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Fairfax CONNECTION

WELLBEING
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‘It’s Like the First Rom-Com’

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Wexton Helps Dems Take the House

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‘Whole Segments of Workers Can’t Live Here’

NEWS, PAGE 9

From left, Jak Ketron, Maddie Mangilit, Emma Hitchcock and Adam Hill portray the leading characters in Paul VI High upcoming production of ‘Much Ado about Nothing.’

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PHOTO BY MARCUS SIMON VIA FACEBOOK

Packed house to celebrate Jennifer Wexton's win in the 10th Congressional District.



PHOTO BY MICHAEL LEE POPE

Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

BY MICHAEL LEE POPE
THE CONNECTION

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980. For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen. John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone," said Republican consultant Dan Scandling, who served as Wolf's chief of staff. "Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation."

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican candidates for Senate in places like North Dakota and Missouri, it provided a huge burden for Comstock. Kavanaugh and Comstock had been friends since they served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to charge Comstock was guilty of an "unacceptable failure of leadership." In the closing days of the campaign, television ads branded the incumbent "Barbara Trumpstock."

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading



PHOTO BY KEN PLUM VIA FACEBOOK

Jennifer Wexton

caravan of foreigners failed to resonate outside rural Virginia.

"Corey Stewart and Barbara Comstock followed President Trump's playbook. They stoked fear about immigrants. Both lost big," said Frank Sharry, founder and executive director of immigration-reform group America's Voice. "It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump."

KAINE CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a "vicious" campaign and delivered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking

supporters and volunteers that helped her win in the most expensive congressional race in Virginia.

Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, \$6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day. In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly

Results

U.S. SENATE

- ❖ Democrat Tim Kaine: 1.9 million votes, 57 percent
- ❖ Republican Corey Stewart: 1.4 million votes, 41 percent
- ❖ Libertarian Matt Waters: 62,000 votes, 2 percent

HOUSE DISTRICT 10

- ❖ Democrat Jennifer Wexton: 203,000 votes, 56 percent
- ❖ Republican Barbara Comstock: .. 158,000 votes, 44 percent

taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer


chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

With two other Democratic women challengers defeating incumbents in Virginia Congressional Districts, Virginia's Congressional delegation shifts from seven Republicans and four Democrats to seven Democrats and four Republicans.

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) announced her run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-pace series of special elections to install new members of the General Assembly ahead of the January session. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."



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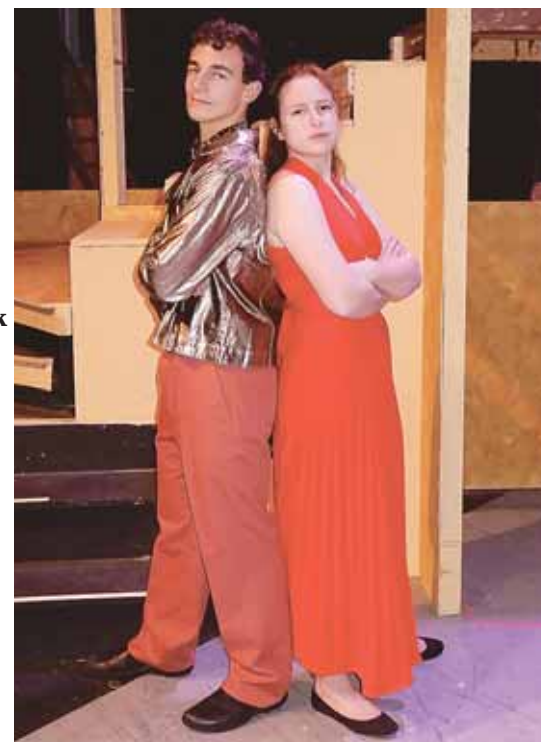
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News

Adam Hill and Emma Hitchcock rehearse a scene from Paul VI High's upcoming play, "Much Ado about Nothing."

PHOTO BY BONNIE HOBBS/
THE CONNECTION



'It's Like the First Rom-Com'

**Paul VI High
presents 'Much Ado
about Nothing.'**

BY BONNIE HOBBS
THE CONNECTION

William Shakespeare said, "The course of true love never did run smooth," and that certainly is the case in his comedy, "Much Ado about Nothing." It's also Paul VI High's upcoming play.

The curtain rises Thursday-Saturday, Nov. 15, 16, 17, at 7 p.m., and Sunday, Nov. 18, at 2 p.m. Tickets are \$10, adults; and \$5, students and senior citizens; at the door or via pviproducers@gmail.com.

Featuring a cast and crew of about 60, the show is set in Italy – specifically, Messina in Sicily. The time period is modern-day, but with Shakespearean language, and the story centers on two couples. Beatrice and Benedick are past lovers who broke up badly; meanwhile, Hero and Claudio have fallen in love and are about to marry.

"But a serious misunderstanding causes Claudio to call off the wedding," said Director Kathy d'Alelio. "And friends of Beatrice and Benedick scheme to get them back together. Will the two couples reunite? People will have to come see the play to find out.

"I love Shakespeare, so I like exposing my students to him – and his stories are so universal," she said. "His language is challenging, so the actors first had to interpret and understand it so they'd know what they're saying. Then they got into their character work, and every one of them is rising to the challenge. My leads are doing an exceptional amount of work, but they're all dedicated and committed."

THE SET will depict an Italian villa, with three archways and a balcony. And the costumes will be modern clothing. D'Alelio said audiences will see how Shakespeare's

themes are approachable and applicable to everyone. "People will be able to relate to the different problems and situations the couples encounter," she said. "And they'll just enjoy the fun."

Senior Maddie Mangilit portrays Hero. "She's a typical, sweet, innocent girl who doesn't do anything wrong or say a bad word about anyone," said Mangilit. "But she's spineless and doesn't really know how to defend herself against false rumors that she cheated on Claudio, so she's like a damsel in distress."

Mangilit likes her role because, she said, "I can relate to Hero's kindness, but I find myself internally urging her to say something. And I love her relationship with Beatrice because Emma Hitchcock, who plays her, is one of my best friends in real life."

Calling "Much Ado about Nothing" the most easily understandable of Shakespeare's plays, Mangilit said, "The plot is so ridiculous that the audience will find it terribly funny. And the set – with its experimentation with layers – is phenomenal. It's complex, yet still minimal and fun to play on."

Playing Claudio is sophomore Jak Ketron. "He's just come back from war and is all bravado," said Ketron. "Then he sees Hero and just falls head over heels in love. He does things he never saw himself doing before – making eyes at someone and daydreaming about her. He has a strong, moral compass, but is extremely gullible. So when he hears something bad about Hero, he believes it."

Ketron also loves his role. "It's fun to play a character who has such an interesting past as a soldier, yet is now a love interest," he said. "And during the play, he switches back and forth between the two personas."

As for the show, Ketron said, "The set is just beautiful, and the story has so many twists and turns that the audience will never see what's coming. And they'll have an amazing time. There's so much to look at and listen to, as the story unfolds."

SEE PAUL VI, PAGE 11

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OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

EDITORIAL We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

- ❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

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Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

Join Us to Learn, Engage and Act to Save Our Environment

Mount Vernon District to hold first Environment Expo on Saturday, Nov. 10.

BY SUPERVISOR DAN STORCK
(D-Mt. VERNON DISTRICT)

Join me and the Mount Vernon District Environmental Advisory Committee at the District's first Environment Expo on Saturday, Nov. 10, 2018 from 8 a.m. – noon at Walt Whitman Middle School. Spend the morning exploring how each of us can help save our planet, with the theme "Saving the Earth One Person at a Time." The morning will feature an Exhibit Hall with a variety of County agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat". Read more about the Expo at www.fairfaxcounty.gov/mountvernon

As we recognize that climate change is impacting our lives here in the Mount Vernon District, we all need to do our part to protect Mother Earth. In our District, environ-



PHOTO CONTRIBUTED

Scouts plant natural landscaping at Mount Vernon Governmental Center.

mental concerns range from coastal and inland flooding to extreme heat, as well as increasing more intense storms. The Expo will educate and inspire attendees to be more engaged in the protection of our natural re-

sources and our heritage.

While the County has taken steps to be good environmental stewards, like adopting a Countywide Energy Policy, Environmental Vision and Operational Energy Strategy, these steps are not proportional to the challenges we face. I strongly believe we need to move forward quickly to adopt a Community Climate Action Plan and a Resiliency Plan. We also need to enter into an Energy Savings Performance Contract and advocate for Solar Freedom legislation to come before the General Assembly this session. One of the most immediate steps we can take is to quickly adopt CPACE, a potential County financing program where commercial building owners can borrow money for energy efficiency, renewable energy, or similar projects, and then make repayments via an assessment on their property tax bill.

As a County, we can do far more, and adopting more aggressive goals will result in significant cost savings and a faster environmental and budgetary return on our investments. Come to the Environment Expo on Nov. 10, to learn what you can do as an individual to protect our people, places and property.

LETTERS TO THE EDITOR

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you

did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan chal-

lenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engage-

ment we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction

SEE LETTERS, PAGE 15

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A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big issue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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THE CONNECTION
NEWSPAPERS

This chart shows the types of homes available to people at different income levels in the City of Fairfax.



‘Whole Segments of Workers Can’t Live Here’

City of Fairfax discusses affordable housing.

BY BONNIE HOBBS
THE CONNECTION

When it comes to affordable housing, the City of Fairfax is definitely deficient. And how it addresses this problem will determine who can afford to live here, now and in the future.

Toward that end, the Mayor’s Advisory Committee on Housing was convened in May 2017. Its task was to evaluate the types and quantity of existing homes affordable to senior citizens and people with disabilities.

It was also to consider how to preserve affordable housing, project its need over the next 20 years and make recommendations for the City’s 2035 Comprehensive Plan. On Oct. 9, the Committee presented its report during a City Council work session.

Fairfax City’s area median household income (AMI) is currently \$110,300. And although it has plenty of mid-range and high-end, single-family homes, the supply of housing affordable to households earning below 75 percent AMI (\$82,775) is extremely limited. As a result, teachers, public-safety, healthcare, service-industry and restaurant employees are hard-pressed to find places to live here.

“If you’re a household earning less than \$75,000 in this City, you can’t afford to live here,” said Committee member Jim Gillespie. “And when whole segments of your workers can’t live here, that’s a significant problem.”

OLDER ADULTS comprise more than 16 percent of Fairfax’s population and are its fastest-growing age segment. And the lack of affordable housing for them is projected to intensify. Furthermore, according to the report, nearly 30 percent of City households earn only half the AMI, qualifying 33 percent of the students in City schools for free and reduced-price lunches.

Fairfax also has the highest percentage among

Northern Virginia jurisdictions of residents earning less than \$25,000/year, most likely attributable to a higher proportion of senior citizens with fixed incomes. In addition, the report noted that 27 percent of City households have housing and utility costs exceeding 30 percent of household income.

“If people have a health crisis or lose their job, they’re likely to lose their house,” said Committee member Betsy Bicknell. “And some people crowd – meaning more than one family living in an apartment or condo.”

A spring 2017 study by United Ways of Virginia said that, despite working and earning well above the federal poverty level, 29 percent of City households didn’t earn enough to cover basic life necessities. Often, they must choose between paying bills and feeding their families – and when they reach a tipping point, they can no longer keep a roof over their heads.

“Over 50 percent of people who are homeless have jobs,” said Louise Armitage, the City’s Human Services coordinator. “Many of those who live at the Breezeway Motel don’t earn enough to pay the first and last month’s rent to get an apartment. What matters is the magnitude of the problem, and the City of Fairfax hasn’t done its share in addressing housing affordability.”

The Committee’s report concluded that, based on the need for it, the City has a current deficit of more than 500 affordable rental units. And it’s projected to

need an additional 241 housing units dedicated to senior citizens, 111 homes dedicated to people with disabilities by 2042, plus 370 more affordable housing units by 2035. That’s a total of 1,222 affordable homes needed, over the next two decades, so the Committee recommended the City do the following:

- ❖ Promote preservation of existing affordable housing units;
- ❖ Adopt an Affordable Dwelling Unit zoning ordinance;
- ❖ Dedicate one-half penny of the real-estate tax rate annually to the Housing Trust Fund to rehabilitate and preserve existing affordable housing or help leverage other funding streams for new construction;
- ❖ Set specific targets for creating affordable hous-

“The City of Fairfax hasn’t done its share in addressing housing affordability.”

— Louise Armitage, Human Services coordinator

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

THURSDAY/NOV. 8

Annual Charity Holiday Auction.

11 a.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. Northern Virginia Women's Club will hold a charity fundraiser for the Fairfax County Area Agency for Aging. Registration and social hour are followed by their November luncheon and live auction. Prospective members and guests interested in joining our festive activities for this event, should call Anna at 703-281-4811.

FRIDAY/NOV. 9

NOVA Annandale Symphony

Orchestra. 8 p.m. At Ernst Community Center, 8333 Little River Turnpike, Annandale. Under Music Director Christopher Johnston, the concert is sponsored by the Shepherd's Center of Fairfax-Burke (SCFB), the NOVA-Annandale Community College, and the Reunion Music Society. Tickets are \$15 Adults; \$10 students with IDs; Free for children 12 and under free. Purchase tickets through the SCFB (703-426-2824) to support programs and services.

SATURDAY/NOV. 10

Fairfax History Conference.

8:30 a.m.-3:30 p.m. At Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Featuring "Years that Shook Our Nation and Fairfax County: 1868, 1918 and 1968." Join historians and re-enactors to unravel the stories and personalities from three critical years in American history: Reconstruction, World War I, and the tumultuous cultural changes of the 1960s. Registration: \$25. Email lynnegarveyhodge@gmail.com.

Icelandic Christmas Bazaar.

10 a.m.-3 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Icelandic arts and crafts, live music, Icelandic licorice and chocolates, famous Icelandic hot dogs, open faced sandwiches and crepes. Free admission. Visit www.icelanddc.com.

Let's Talk Turkey.

2-3:30 p.m. At Kings Park Library, 9000 Burke Lake Road, Burke. Free. Chef Cal Kraft will share holiday recipes, including turkey, salad, stuffing, sides, desserts and more! He will also bring lots of hints and tips to add more fun to your holiday dinner. Visit librarycalendar.fairfaxcounty.gov/event/4540497

SATURDAY-SUNDAY/NOV. 10-11

Holiday Express Boutique.

Saturday (10 a.m. to 6:30 p.m.) and Sunday (9 a.m. to 2 p.m.). At St. Mary of Sorrows, 5222 Sideburn Road, Fairfax. One-of-a-kind holiday items. Featuring table linens, baby items, ornaments, pumpkins, much more. Gifts for all from babies to grandparents. Sweet Shoppe both days. All items homemade. Chili Lunch and Cafe on Saturday only (10 to 4 p.m.). Silent Auction and Raffle - Drawing 11/11, 2 p.m.; winner need not be present. Contact Lou Aimone at aimonem@aol.com.

SUNDAY/NOV. 11

Women of Resilience.

2 p.m. at Fairfax Museum and Visitor's Center, 10209 Main Street, Fairfax. Free. Featuring "Women of Resilience: Daughters of the American Revolution Service in World War I." Join Tracy Elizabeth Robinson, CA, Director of Archives and History at the DAR Headquarters in Washington, D.C., for a talk on the different roles and services DAR

members performed during World War I. Call 703-385-8414.

Veterans Day Concert. 6-8 p.m. at Church of the Good Shepherd, 9350 Braddock Road, Burke. Good Shepherd concert series presents Capital Band in a concert honoring our veterans. Concert features patriotic band and vocal music followed by a festive reception. \$25 adults/\$15 students. Call 703-323-5400 or visit www.good-shepherd.net.

TUESDAY/NOV. 13

Fall Art Classes. 5:15-6:15 p.m. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Registration for Fall Art Classes for Youth Classes (8 yrs & up). Next session starts Tuesday, Nov. 13. Call the instructor Carol Zeitlin at 703-250-6930 or www.czartlessons.com

Fall Drawing Plus Color Class (5-8

yrs.). 6:15 p.m.- 7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor. Visit www.czartlessons.com. Call 703-250-6930.

THURSDAY/NOV. 15

Lunch N' Life.

12-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Steve Friedman, the guest author and lecturer, will present a program about Broadway musical theater. Sponsored by the Shepherd's Center of Fairfax-Burke. For reservations, call Bea Stephenson at 703-273-5730 by Nov. 9. Cost \$10.00; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org.

SATURDAY/NOV. 17

Civil War Tour.

8 a.m.-4 p.m. at Fairfax Station Railroad Museum and sites in Clifton, Centreville, 11200 Fairfax Station Road, Fairfax Station. Blake Myers, noted Civil War Historian, will lead a history tour of interesting Civil War sites in and around Fairfax, Clifton and Centreville. Meet at the Museum. Wear comfortable walking shoes and appropriate clothing for walking through wooded areas. Museum members, \$20; non-members, \$30. Register at information@fairfax-station.org. Call 703-425-9225 or visit www.fairfax-station.org.

Pet Adoption Event.

11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

"Ever the Gray Ghost."

2 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Free. "Ever the Gray Ghost: Colonel John Singleton Mosby and the Lincoln Conspiracies." How much did Mosby know, and was he complicit in an attempt to murder the President of the United States? In his new book, author Dave Goetz – the first author to examine Mosby's possible in the conspiracy – offers new insights and focuses on numerous attempts to capture or kill Lincoln. Call 703-591-0560.

2018 Evening of Elegance with

Jazz and Advocacy Gala. 6-11 p.m. at the Waterford Reception Center, 6715 Commerce St., Springfield. The National Coalition of 100 Black Women, Incorporated, Northern Virginia Chapter (NCBW NOVA) presents their inaugural Evening of Elegance with Jazz and Advocacy Gala. \$75. Purchase directly from coalition members or through Eventbrite at www.eventbrite.com/e/national-coalition-of-100-black-women-nova-

Mozart's 'Don Giovanni' at Mason

Saturday, Sunday at Center for the Arts from Virginia Opera.

By DAVID SIEGEL
THE CONNECTION

iming to seduce audiences with its luscious memorable music, arresting comedy and challenging characters, Mozart's "Don Giovanni" features one of opera's most suave rogues. He is a shameless nobleman who outrages the women and men who encounter him as he journeys along his chosen path; a lustful life.

Mozart's "Don Giovanni" has been a treasure for centuries. It remains one of the most performed operas in the world. Last performed by Virginia Opera in 2010, "Don Giovanni" returns to the Center for the

Arts full of bright comedy, tragedy and a journey to an ultimate fate.

With Mozart's "Don Giovanni" as with all Mozart works, "there is an abundance of humor and beauty, leading to

endless discoveries and fresh insights," said Adam Turner, Artistic Director, Virginia Opera and conductor of the Virginia Symphony Orchestra for the production.

"Mozart's soundscape reflects this constant back and forth between the serious and light qualities; particularly with the orchestra serving as sort of a 'Greek chorus', offering poetic and witty commentary throughout," said Turner. "The opera requires vocal pyrotechnics and deeply committed characterizations from singing actors. The virtuosity demanded by Mozart's score is unparalleled.

presents-an-evening-of-elegance-tickets-49268297805.

Jazz4Justice. 8 p.m. at GMU's Center for the Arts, Fairfax. George Mason University's School of Music presents the 17th annual Jazz4Justice live concert and fundraiser. The events raise funds to support vital legal services and the George Mason University Jazz Studies program. Tickets available at 703-993 2787, or at cfa.gmu.edu.

SATURDAY-SUNDAY/NOV. 17-18

Gem, Mineral and Fossil Show.

10 a.m.-6 p.m. Saturday; 10 a.m.-4 p.m. Sunday. At The HUB Ballroom, GMU, 4400 University Drive, Fairfax. Admission \$6/adults; kids free. Presented by the Northern Virginia Club, Inc. and sponsored by the Dept. of Atmospheric, Oceanic and earth Sciences at GMU. Featuring over 20 dealers. Also demos, door prizes, exhibits and kids' activities including mini-mines for kids to dig in and get

free minerals and fossils. Contact Tom Taaffe at rockclctr@gmail.com or visit www.novamineralclub.org.

Burke Civic Ballet's "The Nutcracker." Saturday, 2 and 6 p.m.; Sunday, 1 and 5 p.m. at Ernst Community Cultural Center Theater, Northern Virginia Community College, Annandale Campus. Share in the magic of this holiday tradition. Featuring 3-year old miniature dolls to professional dancers, this 25th Anniversary production will enchant all ages. Visit www.buffas.com to order tickets or email burkeciviballet@gmail.com.

SUNDAY/NOV. 18

Flower Design Show. Noon-4 p.m. at Blenheim Civil War Interpretative Center, 3610 Old Lee Highway, Fairfax. Fairfax Ferns Garden Club presents a Small Standard Flower Show – "Strolling Through Historic Fairfax City." It will include flower design, horticulture, nature

"And now, more than ever, Mozart's masterpiece offers us the opportunity to reflect upon current day conversations, particularly inspired by the #MeToo and #TimesUp movements. Mozart and "Don Giovanni" may not have changed, but we have," noted Turner.

Lillian Groag directs Virginia Opera's "Don Giovanni." The production will showcase talented young singers making their Virginia Opera mainstage debuts. They include baritone Tobias Greenhalgh as Don Giovanni, bass-baritone Zachary Altman as manservant Leporello, and soprano Rachelle Durkin as Donna Anna and former Emerging Artist Sarah Larsen as Donna Elvira

"Don Giovanni" is complex with characters who want to do their own thing. "Everyone wants to break the rules," said Groag. The opera "endures because it is so funny - the definition of slapstick comedy. You will be laughing for an hour and a

half then it turns abruptly. It has supernatural elements, terrifying moments and the most wonderful music in the world.

"There's a reason audiences love watching Mozart's operas - it's like attending a sporting event, waiting for the performer to "cross the finish line" or "execute the triple axel" - exhilarating and electrifying performances at the highest artistic level." added Turner. "I hope that audiences are thoroughly entertained and engaged by this production."

ing a sporting event, waiting for the performer to "cross the finish line" or "execute the triple axel" - exhilarating and electrifying performances at the highest artistic level." added Turner. "I hope that audiences are thoroughly entertained and engaged by this production."

Virginia Opera presents Mozart's "Don Giovanni" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performances; Saturday, Nov. 10 at 8 p.m. and Sunday, Nov. 11, at 2 p.m. Visit www.cfa.gmu.edu or call: 888-945-2468.

photography and educational exhibit. Plant related items for sale. Free admission. Email hilcarn31@aol.com or call 703-591-5305.

SATURDAY-SUNDAY/NOV. 24-25

Fairfax Ballet Company's

Nutcracker. Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at W.T. Woodson High School, Fairfax. The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Company members, along with students from the Russell School of Ballet and George Mason University, and professional guest artists, join Clara and her Nutcracker Prince in a magical journey through a winter wonderland. \$15-\$30. Find tickets at fairfaxnutcracker2018.brownpapertickets.com or at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-665-9427.

NEWS

Paul VI Presents 'Much Ado'

FROM PAGE 4

Sophomore Adam Hill portrays Benedick. "He's a funny, charming, charismatic, ladies' man," said Hill. "He's likable, talkative, brutally honest and very social and outgoing. He's also brave; he's a soldier and Claudio's best friend."

Hill likes his character's attitude about everything. "Benedick doesn't take things seriously unless he has to," explained Hill. "He's looking for a good time. And it's exciting playing a lead. It's a lot of work, but I'm enjoying it and performing with everyone in the cast."

He said the audience will like the costumes because "they're bright and colorful, but don't detract from the actors. They'll also appreciate the chemistry, especially between the show's male characters. And the story is both suspenseful and funny, with a happy ending."

PLAYING BEATRICE is senior Emma Hitchcock. "She's a very quick-tempered, fiery sentimentalist," said Hitchcock. "Benedick already broke her heart once and she doesn't want to be burned again. So she puts up fortress walls of sarcasm and mean-spirited humor to push people away, in general, but especially Benedick. She loves trying to make him feel bad about himself. She has a sister-like bond with her cousin Hero and is super-protective of her. Beatrice is brash and loud, but Hero is quieter, so they balance each other out."

Hitchcock, too, enjoys her part. "Beatrice is sur-

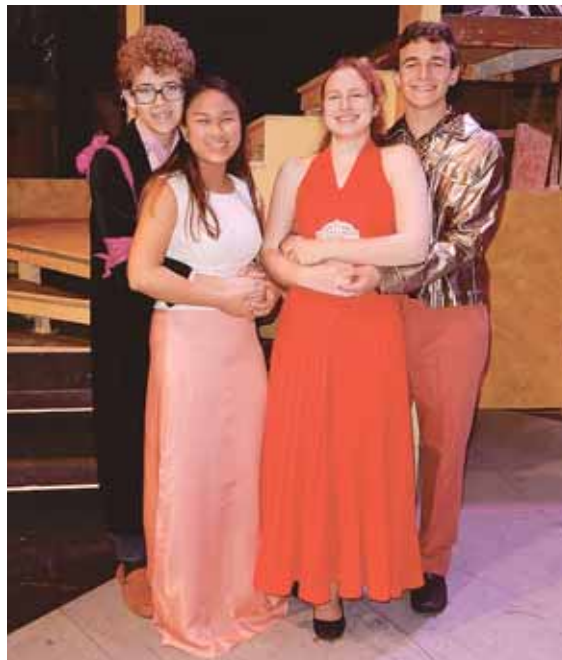


PHOTO BY BONNIE HOBBS/THE CONNECTION

From left, Jak Ketron, Maddie Mangilit, Emma Hitchcock and Adam Hill portray the play's leading characters at a costume party.

prising," she explained. "You expect her to be all bark and no feeling. But she has layers and is a complicated character. She's the most complicated of Shakespeare's female characters that I've read. She's been around the block a few times and isn't afraid to demand what she wants, even if it'll hurt other people. She's that way because she's been hurt before and doesn't want it to happen again."

Hitchcock says the audience will love the show because "The humor is universal, as is the story of two, former lovers falling in love again. It's like the first rom-com."

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NEWS

Empower Chiropractic holds double ribbon cutting ceremony with Reston and Tysons Chambers of Commerce. From left: Dr. Evan Lichtenauer, co-founder Empower Chiropractic; Marc Ingraio, president and CEO, Reston Chamber of Commerce; Dr. Callan Lichtenauer, co-founder Empower Chiropractic; and Chris Tomseth, vice president, marketing, Tysons Regional Chamber of Commerce.



Empower Chiropractic Opens Family Practice in Fairfax

Empower Chiropractic, owned and operated by the husband and wife team of Drs. Evan and Callan Lichtenauer, have opened a new family chiropractic practice within the Fairfax Circle Shopping Center (9649 Fairfax Blvd.) in Fairfax.

The recent graduates of LIFE University in Marietta, Ga. relocated to the Northern Virginia region earlier this summer to establish the practice that utilizes the Torque Release Technique (TRT) that has been proven to correct the root cause of health care issues and consistently deliver life-changing results to patients.

Empower Chiropractic is in the Fairfax Circle Shopping Center, located near the intersection of US Route 29, Old Lee Highway, and US Route 50. For more information, call 571-406-4102 or visit www.empowernova.com.



Drs. Evan and Callan Lichtenauer

PHOTO CONTRIBUTED

Fairfax County Police Department Arrests Former Fairfax County Sheriff's Deputy

A former Fairfax County Sheriff's Office deputy was charged Nov. 1 with simple assault. Tenzin Kunkyab, 33, of Fairfax, was charged with one count of simple assault. The Police Department's Special Investigations Section was contacted by the Office of the Commonwealth's Attorney on Feb. 2, 2018, after a Fairfax County Sheriff's Office Internal Affairs investigation determined Kunkyab assaulted an inmate on Dec. 20, 2017, at the Fairfax County Adult Detention Center. Kunkyab did not use any weapons during the physical assault — according to police reports.

The Special Investigations Section has been working in coordination with the Office of the Commonwealth's Attorney and the Fairfax County Sheriff's Office since being made aware of



POLICE PHOTO

Tenzin Kunkyab

the incident. In cooperation with Fairfax County Office of the Commonwealth's Attorney, the warrant was obtained in the morning Nov. 1 for Kunkyab and he immediately turned himself in at the Adult Detention Center. Kunkyab has been released on his own recognizance.

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Dr. Jones was graduated from William and Mary. After attending their Physics Graduate School, CPT Jones was employed by USAEHA and the UN Command as a Nuclear Physicist. Dr. Jones graduated from SUNY at Buffalo Dental School with additional training in a General Practice Residency at DeWitt Army Hospital. After being assigned to Flint Kaserne, Germany (10th Special Forces) LTC Jones was Chief of General Dentistry at Ft. Belvoir, VA.

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NEWS

Affordable Housing Discussed

FROM PAGE 9

ing units;

- ❖ Commit vacant or underused public land to build homes affordable to people at all income levels;

- ❖ Via a contract, have Fairfax County administer parts of the City's Housing Affordability program;

- ❖ Partner with private, nonprofit and faith-based entities for long-term land leases to develop affordable and workforce housing with public financing;

- ❖ Allocate City-owned land for affordable housing and also consider co-locating it with new construction of public facilities, such as the community center or the rebuilt Fire Station 33;

- ❖ Support creating a variety of housing options for senior citizens and people with disabilities; and

- ❖ Incorporate these recommendations into the Comprehensive Plan.

During the Council work session, Armitage listed five local churches interested in providing some affordable housing, and Councilwoman Janice Miller noted the possibility of including senior housing in the Willard Health Center.

Brooke Hardin, the City's director of Community Development and Planning, said he and Armitage are meeting with the county to learn how many affordable housing units are needed at that site for the county to consider it a viable success. And, added Armitage, "The proliferation of townhouses isn't beneficial to senior citizens."

"We live in only 6.3 square miles," said Councilwoman Jennifer Passey. "So how does the Housing Trust Fund option work? Are there builders who do affordable homes, and how can we get them here?"

"We haven't yet defined how best to use the Housing Trust Fund," replied Armitage. "The City of Falls Church is half our size and population, but it identified many different types of affordable housing options and developed some creative ways of carrying them out."

Passey then asked if there's a priority re the types of affordable units needed. "We have to do it all, or we'll never get to 500 new, affordable units," answered Bicknell. "And we better not lose our existing affordable housing – including affordable, single-family homes and duplexes. That's number one."

Councilwoman So Lim asked about the 9-year waiting list for Section 8 housing vouchers for financial help. "We're hoping that list will open in January, for a brief time," said Armitage.

Councilman Sang Yi asked what effect that work session would have, and Mayor David Meyer said the statements would be integrated into the

Committee's report. Then the report, its goals and recommendations will be incorporated into the City's draft Comprehensive Plan. And both the Planning Commission and Council will review and comment on the Plan before it's adopted.

"We have promises of 24 affordable units at Fairfax Gateway and 24 at Scout on the Circle," said Bicknell. "Meanwhile, we had 110 [affordable] units demolished at Oak Knolls. We're going backward. We've set goals before, and we've still made no progress. We need developers to make a commitment to putting in affordable housing and working with nonprofits to make it happen."

ARMITAGE then showed a slide detailing exactly where and how many – 347 – affordable housing units have either already been lost to redevelopment in the City or are expected to be wiped out by future development here.

Bicknell said it makes sense for people who work in Fairfax City to be able to live here. Trouble is, she explained, "We have a lot of low-paying jobs in the City and many people living here who don't make much money."

"About 40 percent of the homeless people counted in January are children," said Committee member Dorothy Sorrell. "We're asking affordable housing be included in the Comprehensive Plan as a priority. Citizens surveyed here listed affordable housing as their number-one concern."

"Your charge is to do your job in the best interests of the citizens," she told the Council members. "And when they say affordable housing is their priority, you'd better listen."

Miller said Council should ask City staff to develop a plan "based on this report and implement it. That way, we could have an ordinance to adopt. We should have measurable goals and review them yearly."

"Market forces are moving forward," said Meyer. "And if we'd contributed some money to our Housing Trust Fund each year, we could have saved the affordable housing units at the Cardinal Court Apartments. Our economic growth in the future will be impeded if we don't address our affordable housing problem."

"This is about our community and who we are," said Councilman John Stehle. "My family and I wouldn't be here if we couldn't find an affordable house."

Meyer then acknowledged the "countless, extra hours" Armitage, the Committee and planner Eric Forman devoted to this report. Sorrell replied that it was "an act of love for our community and neighbors."

WEEK IN FAIRFAX

Learn about Bicycling Plans

The Fairfax Alliance for Better Bicycling (FABB) will meet Wednesday, Nov. 14, at 7:30 p.m., in the Sherwood Center, 3740 Old Lee Highway in Fairfax. The public is invited to hear Chloe Ritter, Multimodal Planner for the City of Fairfax Transportation Division, discuss the City's new multimodal transportation plan, the Fairfax City-Mason-Vienna Bikeshare Study and other initiatives. She'll also answer questions. In addition, attendees will learn about the bikeshare study, potential for improved bike connections to the Accotink and cross-county trails and other, new,

Fairfax City bicycling improvements and developments. They'll also be able to share their concerns and suggestions for improving bicycling in their communities.

Veterans Day Ceremony on Sunday

American Legion Post 177 and Veterans of Foreign Wars Post 8469 will hold a joint Veterans Day Ceremony, this Sunday, Nov. 11, at 10 a.m. It will be at the American Legion's post at 3939 Oak St. in Fairfax. This year's event carries an even greater meaning because 2018 marks the centennial of the end of World War I, which ended Nov. 11, 1918 at 11 a.m.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

FOOD DRIVES

Scouting for Food. Scouts will collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit.PenFed.org. PenFed branch locations collecting donation items include:

- ♦ Kingstowne – 5775 Barclay Drive, Alexandria
- ♦ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
- ♦ National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield

Holiday Basket Donation. Thanksgiving basket donations by Nov. 19 and Christmas baskets by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. Visit www.koinoniacares.org/holiday-baskets.html for suggestions and to sign up to donate a basket.

Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

LETTERS

FROM PAGE 6

in British Columbia is now set to expand to all of Canada. Washington State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

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Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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



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