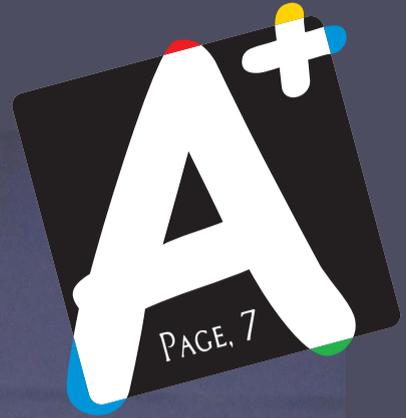


Great Falls CONNECTION



Forrest Johnston, a senior in Langley's Wind Symphony and the All-Virginia Band's principal trumpet last year, was accompanied by the Langley High School Philharmonic Orchestra in the Finale from Haydn's Trumpet Concerto.

HOLIDAY ENTERTAINMENT

PAGE 8

The Stage Is Alive with The Sound Of Music

EDITORIAL, PAGE 6

From Amazon To Shutdown?

NEWS, PAGE 3

Hilarious and Heart Wrenching

CAPPIES REVIEW, PAGE 9

U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

POSTAL CUSTOMER
EQR WSS

ATTENTION POSTMASTER:

TIME SENSITIVE MATERIAL.

REQUESTED IN HOME 12-20-18

OFFICE SPACE AVAILABLE



PRIME LOCATION IN GREAT FALLS



774 A Walker Road, Great Falls, VA 22066 • 703-865-2500 • leasing@exsuitsesgf.com
www.exsuitsesgf.com

OBITUARY

**Joyce Ella
(Henderson)
Greene**



Joyce Ella (Henderson) Greene

Joyce Ella (Henderson) Greene of Fairfax passed away at Alexandria Inova Hospital on Dec. 13, 2018 after a short illness. She was born in San Antonio, Texas on Feb. 26, 1938 to the late Henry Williams and Rebecca Harris Henderson and raised in San Mateo, Calif. and Kansas City, Mo. She studied nursing Holy Ghost Hospital in Boston, Mass. and practiced nursing before she married Robert Ewell Greene, Sr, an Army officer, on July 4, 1959 in Kansas City, Mo. As an Army wife, she moved around the world and the country, including Germany that she loved so much.

She was later a teacher at PALs Day Care Center in Reston, where she was adored by the parents and children in her care. She

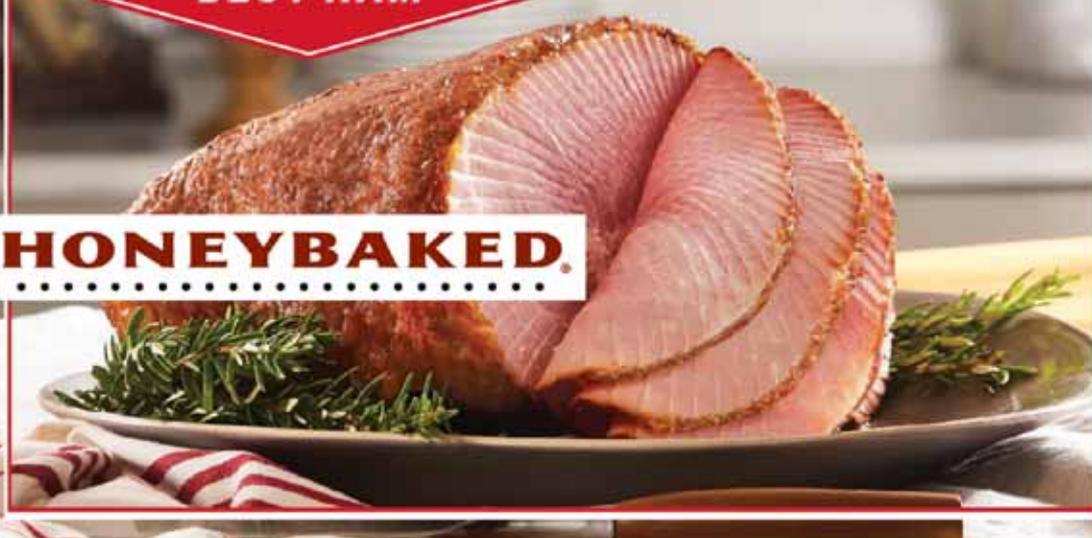
will be missed by many for whom her life brought laughter and smiles.

A loving mother, wife, friend and aunt, she is survived by her loving son, David Arthur Greene of Alexandria and sister Rebecca Henderson Smith of Kansas City, Mo. She was predeceased by her son, Robert Ewell Greene Jr. and siblings Carlene Henderson Eason, Carl Henderson, and Hezzie Henderson. She has numerous nieces and nephews, and great nieces and nephews.

Friends and family may visit on Tuesday, Dec. 18 from 6-8 pm at St. John Neumann Catholic Church in Reston, followed by a mass of Christian burial at St. John Neumann on Wednesday, Dec. 19 at 11 a.m.




Plan on serving
**THE WORLD'S
BEST HAM**



HONEYBAKED.

RESTON • 1480 North Point Village Center
703-733-3860

THE HONEY BAKED Ham Co.

\$5 OFF

**ANY BONE-IN HALF HAM
OR WHOLE BONELESS HAM**

SKU 724219



5 00007 24219 4

Expires 1/7/19. Only valid at participating retail locations. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. One coupon per person per visit. While supplies last. No cash value. Valid on purchase only. Not valid on gift card or gift certificate purchases.

THE HONEY BAKED Ham Co.

\$3 OFF

**ANY HALF
BONELESS HAM**

SKU 724221



5 00007 24221 7

Expires 1/7/19. Only valid at participating retail locations. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. One coupon per person per visit. While supplies last. No cash value. Valid on purchase only. Not valid on gift card or gift certificate purchases.

THE HONEY BAKED Ham Co.

\$3 OFF

**ANY TURKEY BREAST
SMOKED OR ROASTED**

SKU 724220



5 00007 24220 0

Expires 1/7/19. Only valid at participating retail locations. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. One coupon per person per visit. While supplies last. No cash value. Valid on purchase only. Not valid on gift card or gift certificate purchases.

TO ADVERTISE IN YOUR LOCAL MONEY MAILER CALL: 703-437-0964
369-01-270

From Amazon to Shutdown

BY ANDREA WORKER
THE CONNECTION

“I’ve been wrong before, so who knows? But I don’t think we will see a government shutdown over this budget and the border wall.”

That was U.S. Sen. Tim Kaine’s opinion at a roundtable discussion with his colleague U.S. Sen. Mark Warner. The event was hosted by the Northern Virginia Chamber of Commerce, held at the Arlington campus of George Mason University, and moderated by NBC4 News Northern Virginia Bureau Chief, Julie Carey.

The question of a possible government shutdown with its disproportionate effect on Northern Virginia was one that the audience of area businesses, nonprofits and local government representatives were anxious to hear.

“There are two bipartisan options on the table for the President to choose from,” added Kaine, and if neither is to his liking, Kaine said that Congress could still move forward and “kick the can” with one or more Continuing Resolutions. “We can write the checks two months at a time.”

Warner agrees, while noting the situation is somewhat better than it has been during past similar circumstances.

“There are seven appropriation bills ready for signing,” he said. “Seventy-five percent of the needs are already funded through the regular rules of order.”

Border security is the last piece, with the president threatening the shutdown if Congress doesn’t provide him with the \$5 billion he’s asking to build the border wall. “We’re still waiting for that check from Mexico [that Trump keeps promising],” Warner joked.

Warner is not opposed to spending on border security. He just doesn’t see the value in massive spending on a wall or fence that would also require maintenance and manning. Spending on drones and other proven technologies would garner his support, “and would be more effective and cost a lot less now and in the future.”

The same applies when it comes to defense spending, which the senators say that the President wants to increase. “Virginia would certainly benefit from more defense spending,” said Kaine, but he doesn’t think it’s really a good idea or the right answer.

WARNER WORRIES that this administration is going all in “to buy the best of 20th century stuff” instead of focusing on what’s needed to fight the “real battles of today.”

Both men see that fight as cyber wars and attacks of misinformation — “taking place daily” declared Warner — and the surpassing of the United States in technology and trade by China, Russia and others. None of these “real, modern threats” will be won by the addition of another battleship or even more troops.



U.S. Senators Mark Warner and Tim Kaine and NBC4 News Virginia Bureau Chief Julie Carey trade questions and answers at a discussion hosted by the Northern Virginia Chamber of Commerce.

PHOTOS BY ANDREA WORKER

Calling the government’s lack of preparedness and outdated networks and devices “stupid on steroids,” Warner gave examples of continuing purchases of devices without even the most basic of safeguards. “We are literally adding to our own vulnerability.”

Warner will be pushing for a cohesive “cyber strategy” going forward and thinks that Virginia could become the Cyber Capital, since no one else has yet laid claim to that title and role.

WHAT ABOUT the addition of Amazon in the senator’s own backyard?

“It’s a game-changer for the region,” in Warner’s view, praising Gov. Ralph Northam and the many others who worked on the deal to make it possible. Warner also sees the Amazon addition as another building block to the growth of a local economy that he says has continued to experience “real weakness” and a “level of vulnerability” post-sequestration. He also hopes that Amazon and the support services that will follow in its wake will help stem the decline of millennials in the region.

Risking what he said might be considered a “little bit of heresy to say with an Arlington crowd,” Warner has his fingers crossed, and will do what he can to encourage some “down-state” job benefits from those support services.

Kaine noted that the Amazon move, while fairly well accepted throughout the Commonwealth, received a resounding 90 percent approval rating from Virginians in the Appalachians.

“They see the connection with our shared successes.”



Fairfax County Supervisor Jeff McKay (D-Lee) meets with U.S. Sen. Mark Warner after the discussion. McKay says he agrees that the Amazon deal was an affirmation of Virginia and its workforce. The supervisor also said he and the board were willing to participate in any way necessary to continue the press for affordable housing and to invest in workforce development.

Both Kaine and Warner agree that the arrival of Amazon poses challenges, but provides the best opportunity to add impetus to working on two of the region’s biggest problems: affordable housing and workforce development.

Kaine sees Amazon’s choice of Virginia as one of their new headquarters as an affirmation of the workforce quality that the state can offer, but warns that it is critical to work toward producing that workforce, rather than allowing local companies to merely “cannibalize each others’ best workers.”

Work has already begun to update and re-write the “Higher Education Act” and Virginia is the chair of that taskforce. Kaine

says there is plenty that can be done at the federal level to encourage employers to “treat their employees like the assets they say they are” with tax incentives, changes to accounting rules, re-do’s of laws that hinder continuing education, and more emphasis on all forms of education, not just four-year college schooling.

On the subject of affordable housing, both men have ideas that they will support.

Kaine believes that Congress can assist by expanding the Low-income Housing Tax Credit. “It’s already a good program” and is a good place to start, rather than trying to “recreate the wheel,” but admits that to date, it’s been a tough sell.

Warner called for a regional housing authority to tackle the issue. The state already has a housing development division and will soon have millions to develop housing initiatives as part of the Amazon deal, but to deal with the problem locally requires local thinking and collaboration in his view.

QUESTIONS ABOUT METRO, transportation and infrastructure were also on the table.

Working together, Virginia, Maryland and the District helped the rail service gain its first dedicated revenue stream this year, but the additional federal \$150 million per year is not guaranteed year over year. Kaine and Warner are hopeful, with a Democrat-controlled House to be seated in January, but it’s still but something to count on, “but if we can get the \$150 million again, we’ll take the money and run,” said Warner.

The two senators lamented the fact that the anticipated “Infrastructure Bill” is nowhere in sight, with Warner going to so far as to label the Trump Plan “a scam extraordinaire, a shell game ... stealing money from the highways departments and projects” and leaving them unable to repair the country’s crumbling infrastructure. With a “builder President in the White House,” Warner thought that infrastructure work would have been easy for both sides of the aisle and all levels of the government to connect, but sees nothing of consequence taking place.

And the last question that Carey posed to the senators? After the midterm elections, would they now categorize Virginia as a “Blue State?”

Warner wouldn’t say specifically, but he does think that the Northern Virginia delegation to the General Assembly being all Democrats will be a benefit.

Kaine still sees Virginia as “battleground trending Blue,” but if the GOP “keeps putting up cultural warriors and ideologues as their candidates, if that’s the match up — we’re Blue.”

OPINION

Merry Christmas

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

The pages of the Connection Newspapers (including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Potomac Almanac and the Centre View) have been full of holiday spirit, beginning before Thanksgiving. Group and individual efforts to help the needy, holiday parades, Santa arriving by boat, Santa arriving by horse-drawn carriage, Santa arriving by tractor-pulled hayride, Santa arriving at the Malls, tree lightings, Menorah lightings, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally.

Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed the hungry and clothe the poor; to care for those who are sick; to invite and welcome strangers; to treat others as you would have them treat you.

Matthew 7:12:

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

Matthew 25:35-40:

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’



Sharing Holiday Spirit

Santa is escorted by an entourage of his paddleboard elves as he prepares to dock at Lake Anne Plaza in Reston for Jingle on the Lake on Dec. 1, 2018. The pages of the Connection Newspapers have been full of holiday spirit, beginning before Thanksgiving.

PHOTO BY CHARLOTTE GEARY/
[HTTPS://CHARLOTTEGEARY.COM](https://charlottegeary.com)

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

SO LET US SHARE the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

“And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David.) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

“And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

“For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

“And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

“And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds.”

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Editor's Note About The Rest of 2018

This is our last regular edition of 2018. Next week, after Christmas, we will publish our annual Children's Issue, devoted entirely to the artwork and writing of local students. You'll be able to find this online at <http://www.connectionnewspapers.com/PDFs/> Scroll down to Children's.

Our next regular edition will publish Jan. 2-3, 2019, with deadline for content and advertising of Dec. 28 (late ads accepted).

In the meantime you can email the editors at editors@connectionnewspapers.com. You can reach sales@connectionnewspapers.com.

Sign up for a free digital subscription at www.ConnectionNewspapers.com/subscribe

foundly moving experience, something that they remember for the rest of their lives. One mother remarked, “I never knew there was such love in the world.”

On behalf of Homestretch, we thank all those who donated funds and volunteered time to bring so much joy to the families we serve.

Christopher Fay
Executive Director
Homestretch

LETTERS TO THE EDITOR

Successful Holiday Adoption Program

To the Editor:

Homestretch is a place where homeless parents with children go to turn their crises into opportunities. We work with our families to ensure each parent acquires skills and education, reduces debt, repairs credit, builds savings and restores health; and provide services for their children to ensure they are safe, happy and flourish-

ing in school.

As a way of rewarding these families for their hard work, each family gets “adopted” for the holidays. They receive a full Thanksgiving meal, and at Christmas they get a bounty of gifts based on wish lists that they provide. This holiday adoption program is a wonderful blessing for the children but it also assures the parents that

their hard work is leading to a far better life down the line.

Holiday adopters are local individuals, churches, businesses or civic groups who choose to do this as their way of supporting Homestretch.

For a mother escaping domestic violence or human trafficking, to see her children cared for in this way at Christmas by a group of caring strangers can be a pro-

Great Falls
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com





PHOTO CONTRIBUTED

Five 2019 debutantes, including Miss Zoe Elena Patton, daughter of Lindene Elise Patton, Great Falls, and Miss Anna Florence Toloczko, daughter of Mr. and Mrs. Matthew Toloczko, Great Falls

Old Dominion Cotillion Announces 2019 Debutantes

The Old Dominion Cotillion (ODC) 28th Annual Holiday Tea was held on Dec. 9 at the home of Mrs. Jeffrey Georges in Hamilton, Va. Attending the festive event were Pages, Future Debs, Debutantes, Post Debs, Alumnae, Patrons, and guests.

Following Cotillion tradition, this event is hosted by the Pages and Future Debs in honor of the Debutantes who will be presented at the annual ball in July. The five 2019 Debutantes are Miss Jacquelyn Nancy Olivera, daughter of Mr. and Mrs. Kevin Olivera, Ashburn, Miss Zoe Elena Patton, daughter of Ms. Lindene Elise Patton, Great Falls, Miss Mariana Pava, daughter of Mr. and Mrs. Vincente Pava, Leesburg; Miss Abigail Nicole Silvasy, daughter of Mr. and Mrs. Scott Silvasy, Ashburn; Miss Anna Florence Toloczko, daughter of Mr. and Mrs. Matthew Toloczko, Great Falls; and Miss Samantha Lynn Vance, daughter of Ms. Megan Vance, Jacksonville, Fla. As well as being the premiere presentation of the 2019 debutantes, this Holiday Tea was also a philanthropic event to benefit Mobile Hope, a non-

profit improving the lives of young people, 24 years of age or younger, who are precariously housed or homeless in Loudoun County. The young women of the Old Dominion Cotillion collected and donated boxes of new or gently used winter coats; toys; games and books; and gift cards.

The Old Dominion Cotillion is a women's organization that was established in 1991. Young women are educated in the social graces through enrichment, social and philanthropic activities. ODC's social development activities include social graces, dress code and conversation for all occasions, netiquette, sports etiquette, car maintenance, interview skills, manners in public places and much more. Dance lessons and seminars in stationery and dinner etiquette always round out the program.

Membership is open for the 2018-2019 Social Season, which concludes with the 28th Anniversary Debutante Ball in July 2019. Contact Lynn Williams, ODC Director, at williamslynn@gmail.com, or visit the website at www.olddominioncotillion.org

McLean Community Center To Hold Community Open House Jan. 5

Having recently completed an 18-month renovation, the McLean Community Center (MCC) is hosting a free Community Open House from 11 a.m. to 2 p.m. on Saturday, Jan. 5. In addition to taking self-guided tours using a map and a "passport," participants can take advantage of a mini health fair in the Center's Community Hall. MCC is located at 1234 Ingleside Ave.

Center staff will be situated throughout the building, and participants will be able to get a sneak peek of The Alden Theatre's 2019 Spring Season; learn what's happening at The Old Firehouse Center; get information on Camp McLean and other summer camp programs; create art in the McLean Project for

the Arts' Duval Studio; and discover new, upcoming classes, youth events and trips.

The Special Events Division will offer a "Preview of Upcoming Events" with a free, smaller version of its BeFit McLean Health Fair. Information on health care issues and preventive practices will be available as well as health screenings for vision, blood pressure, sleep health, stress management and nutrition, among others.

Participants who complete the tour and submit a properly completed "passport" may enter a drawing to win prizes.

For more information, call the center at 703-790-0123, TTY: 711, or logon to <https://bit.ly/2GgRM59>.

G. STEPHEN DULANEY

State Farm Insurance

IN GREAT FALLS



AUTO • HOME
LIFE • HEALTH
FINANCIAL SERVICES

Like A Good Neighbor,
State Farm Is There.®

www.gstephendulaney.com



703-759-4155

731-C WALKER RD. • GREAT FALLS, VA

State Farm Insurance Companies
Home Office Bloomington, Illinois

HAIR SALON



FALLS BEAUTY & DAY SPA

We're now open in Village Centre

(above Great Falls Creamery, behind The Old Brogue)



Mon-Sat
9:30am-6:30pm.
We also have 'by
appointment' hours
until 10pm



(for you workaholics!)

Lisa is a Master Colorist. Licensed 20+ years experienced Senior Stylist, Cosmetologist, and Master Color Expert at Dessange Paris-Dubai and Dessange Paris Day Spas, Tysons Corner for select clientele.

Services include hair cut/styling, coloring, waxing, threading, manicure/pedicure, facials, and makeup. Come visit us for a quiet relaxing experience.

Base Price & up

- \$30 Eyebrow Threading
- \$50 Blowout
- \$50 Full Face (includes eyebrows) Waxing
- \$60 Full Face (include eyebrows) Threading
- \$70 Women's Hair Styling (Shampoo, Cut, Blow-dry)
- \$70 Women's Single Process Color
- \$70 Updo / Special Evening-Hair Design
- \$85 Full Face Makeup Application
- \$99 Eyelash Fill-in
- \$30 Gentlemen's Haircut (Shampoo, Cut, Blow-dry)
- \$40 Gentlemen's Color



703-261-6660 • www.fallsb.com

766 Walker Road, Suite D, Great Falls, VA, 22066

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

10% down
nothing until the job
is complete for the
past 17 years

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Free Estimates
703-214-8384

Visit our website: www.twopoorteachers.com

The Stage Is Alive with The Sound of Music

Langley High Orchestra brings Viennese charm to McLean.

BY ANANYA AMIRTHALINGAM
LANGLEY HIGH SCHOOL SENIOR

On a not so cold December evening, Langley High School Orchestra transported a packed auditorium to Vienna. No, not the nearby town — Vienna, Austria. Aside from being the music capital of the world and the home of many of the classical greats, Vienna is also the orchestra's destination for this year's spring trip. A combination of a traditional Austrian feast, lavish decorations, German speakers (orchestra students from Langley's German language department), who announced the pieces in both German and English, and of course wonderful music, the concert succeeded in bringing a little bit of Viennese charm to McLean.

The concert opened with a chamber group of Philharmonic members presenting the Austro-Hungarian anthem "The Emperor's Hymn," by Franz Joseph Haydn. A lively piece, sophomore and second violinist Claire Fulton describes it as her favorite part of the concert, and the perfect way to "get the audience in the right spirit."

The Philharmonic Orchestra continued with the "Magic Flute Overture," a Mozart classic, with members of Langley's band. Lyrical in its flowing runs, the song paints a picturesque image of Vienna landscape. Next, the Philharmonic performed the "Finale from the Trumpet Concerto," of Franz Joseph Haydn. The triumphant melody alternated between the orchestral strings and soloist Forrest Johnston, a senior in Langley's Wind Symphony and principal trumpet in both the All-Virginia Band and the American Youth Philharmonic Orchestra last year. Many of the audience members were swaying in their seats or gazing in awe at Forrest's skillful trumpet playing. The Philharmonic concluded with "Morning, Noon and Night in Vienna" by Franz von Suppe, featuring senior Christopher Fox and sophomore Fay Shuai, solo cellists in the Philharmonic. Both have played in the All-Virginia Orchestra last year. As the name suggests, the piece takes a musical journey from a soothing morning to a boisterous night in Austria's capital.

As the Symphonic Orchestra settled on the stage, pianist and cellist Cao Linh Pham, a junior in the Philharmonic, played Johannes Brahms "Rhapsody in g minor," on the piano.

Fully assembled, the Symphonic Orchestra presented the Allegro from Beethoven's "Piano Concerto No. 3, Op. 37." A nearly 17-minute endeavor, the piece featured Karina Wugang, a junior in the Symphonic Orchestra. Karina, who has been preparing this piece since the beginning of summer, stunned the audience with her bril-

Forrest Johnston, the All-Virginia Band's principal trumpet last year, was accompanied by the Langley High School Philharmonic Orchestra in the Finale from Haydn's Trumpet Concerto.



PHOTOS BY HELEN BECKNER



The violins and violas of the Langley High School Philharmonic Orchestra dazzle their audience with music of famous Austrian composers.

liant piano cadenza towards the end of the concerto. This intense piece was followed by a strings only performance of the Ländler from Gustav Mahler's "Symphony No. 1 in D Major."

A quick interlude was used to showcase the talents of Madeline Yu, Alyssa Kim, and Lauren Cain, all members of the Philharmonic Orchestra, in Shostakovich's "Pieces for 2 Violins," with Madeline and Alyssa fulfilling their roles as first violins, and Lauren as the pianist.

As the trio's melody echoed through the auditorium, the Concert Orchestra, conducted by assistant director, Adam Willett, set up for their performance. They began with Mozart's "Symphony No. 29." While many of the students will say their favorite part of the evening was the delicious

Apple Strudel from Heidelberg Pastry or the specially made Chicken Schnitzel from Listrani's, Zachary Sutton, a senior bassist in the Symphonic Orchestra, thoroughly enjoyed the Concert Orchestra's final piece, Johann Strauss Sr.'s "Radetzky March, Opus 228." A crowd pleaser, Dr. McCormick and Mr. Willett decided to make the piece an interactive experience by having the audience clap out the march's beat during key moments in the piece. For this very purpose, Zach and his fellow Symphonic bassist, junior Josh DeFilippis, dressed in authentic Austrian boiled wool jackets and held up signs instructing the crowd on when to clap. Zach, who has had interesting roles in previous concerts such as tambourine solos and playing a triangle, described the role as, "part of my duty as a musician." At the end of the lively tune, the audience was prompted by Zach's extra signage for "Thunderous Applause," and, of course, a "Standing Ovation," to which the audience dutifully complied.

McLean Singers Visit Spring Hill Elementary

Fourth Graders at Spring Hill Elementary School had a special treat on Colonial Day. The costumed McLean Singers performed music of the 18th century, transporting the students back in time.





PHOTO COURTESY OF MONTGOMERY COLLEGE

Asking questions in class is advice that David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College would offer new students.

Advice from Professors

Sharing things they wish they could tell their prospective students.

BY MARILYN CAMPBELL

Many high school seniors will spend their holiday break working on college applications or making visits to perspective university campuses. As the excitement builds over the new collegiate experience that lies ahead, local professors offer advice on the things they wish they could share with new college students.

Avoid seeing college as simply a means to end or a pathway to a career and instead take advantage of the multitude of learning experiences available to students.

From football games and art exhibitions to student debates and faculty recitals, there are opportunities gain a vast amount of knowledge in four years.

Use that time to discover one's interests, says Vincent Intondi, Ph.D., professor of history at Montgomery College. "Do not come to college simply for financial gain," he said. "Study what you are most passionate about. Study what you love. The jobs will be there."

In an effort to encourage students to move outside of their comfort zone, Linda Gulyn suggests that they, "Learn, have new experiences, but do well academically," she said. "Socialize and engage in activities across your major or regular crowd."

"Do not come to college simply for financial gain. Study what you are most passionate about. Study what you love."

— Vincent Intondi, Ph.D., professor of history, Montgomery College.

"Read and always do your homework," said David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College.

"If you read slowly, don't sweat it, just read," he said. "If you get bored, break your reading in to short sessions, but come back to it. If you can't make sense of it all, make sense of as much of it as you can, then talk to a classmate and ask a question in class."

Use college as an opportunity to build skills that will be necessary after college, says Jerome Short, Ph. D. "Students should choose courses and experiences to build their oral and written communication skills to better express themselves persuasively and concisely," he said.

Practice self-care and recognize stress and anxiety that a new college experience might bring. When those feelings arise, avoid negative coping mechanisms and instead focus on those which are healthy, advises Short.

"College is a time to dramatically grow your brain," he said. "Scientific research shows that exercise grows brain cells, learning connects cells, and sleep consolidates memories in cells. Do plenty of each of them every day."

For some professors, one of the best parts of their job is getting

to know and share knowledge with their students even on subjects that are not related to the course, says Joanne Bagshaw, PhD, professor of psychology at Montgomery College.

"Get to know your professors, and make sure they get to know you," she said. "Visit your professors during office hours and use the time to ask questions about the course and even chat about topics interesting to you."

"College is a time to dramatically grow your brain. Scientific research shows that exercise grows brain cells, learning connects cells, and sleep consolidates memories in cells. Do plenty of each of them every day."

— Jerome Short, Ph. D.

ROYAL TRAVELER

A private, door-to-door, luxury SUV & sedan service starting at \$299 per trip.

Call (202) 739-8382 today!

royaltraveler.com/connections

Servicing: Virginia | D.C. | Maryland | Delaware | Pennsylvania | New Jersey | New York

Bita Motesharrei MD, FACOG

- » Fellow of the American College of Obstetricians and Gynecologists
- » Diplomate of American Board of Obstetrics and Gynecology
- » Clinical professor of OBGYN at George Washington University School of Medicine

OBSTETRICS & GYNECOLOGY

Call us today to set up an appointment with Dr Motesharrei. She will be your personal physician throughout your care:

(703) 356-7700

- Preconceptional Counseling
- Adolescent Gynecology
- Premenstrual Disorders
- High Risk Obstetrics
- Menopause
- Sexual Disorders
- Routine Prenatal Care
- High Risk Pregnancy

WOMEN'S GLOBAL HEALTH

1515 Chain Bridge Rd Suite 314
McLean, VA 22101
(703) 356-7700 | WomensGlobalHealth.com

HOLIDAY ENTERTAINMENT

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

ONGOING

Art Exhibit: 500. Through Dec. 23, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. The Torpedo Factory Artists' Association presents a mixed-media show featuring the work of 13 TFAA member artists, from framed oil paintings to photography, all of the art is priced \$500 and under. Visit www.torpedofactoryartists.com.

Santa HQ. Through Dec. 24, Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. HGTV's Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Shoppers are invited to bring an unwrapped toy and participate in our 'Help Through Holiday Giving' toy drive benefiting Second Story (formerly Alternative House). Visit www.santa-hq.com.

Stroll Candy Cane Lane. Through Jan. 6, 10 a.m.-5 p.m. at Oak Marr's Mini Golf Course, 3200 Jermantown Road, Oakton. Make time to walk the course or play a round of mini golf and enjoy holiday lights and displays at each hole. Play a round of mini golf amid the festive decorations for \$7 per person, or just stroll through Candy Cane Lane for \$2 per person. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/golf/oak-marr/minigolf.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

Free Tai Chi. Saturdays through March 30, from 7:55-9 a.m., Introduction and Beginners' Practice, meet in the

Langley Hall at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. All are welcome. Call 703-759-9141 or visit www.FreeTaiChi.org.

Trivia Night. Tuesdays, 7 p.m. at Lost Dog Cafe - McLean, 1690 Anderson Road, McLean. Trivia featuring multiple winners and fun door prizes. Free to play. Visit www.facebook.com/EarthTriviaDc/.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.

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

SATURDAY/DEC. 22

Holiday Animal Winter Festival. 10 a.m.-noon at Riverbend Park, 8700 Potomac Hills St., Great Falls. Sip hot chocolate and celebrate the season by learning about wintering animals. Make holiday ornaments of the animals, too. \$12 per person. Designed for participants 3-adult. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Klondike Campfire Cookout. 3:30-5 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Expand cooking skills at the "Klondike Campfire Cookout." Prepare a winter meal using colonial and indigenous cooking techniques around the campfire. Food and drink are provided. Bring a flashlight and warm clothes. Space is limited. Designed for participants 3-adult. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

WEDNESDAY/JAN. 2

First Hike Fairfax 2019. Visit any Fairfax County Park Authority trail on Jan. 1, 2019. Take lots of photos.



PHOTO BY TERESA CASTRACANE

From left: Rebecca Ballinger, Suzy Alden, and Tiziano D'Affuso in "A Civil War Christmas" at 1st Stage. The show runs through Dec. 30 in Tysons Corner.

Extended: A Civil War Christmas

It's 1864 and Washington, D.C. is settling down to the coldest Christmas Eve in years in this pageant of carols by Paula Vogel, the Pulitzer Prize-winning writer of *Indecent*. Stories of many intertwining lives—spanning from the battlegrounds of Northern Virginia to the halls of the White House—demonstrate that the gladness of one's heart is the best gift of all. Through Dec. 30, Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays 2 and 8 p.m.; and Sundays, 2 p.m. at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Approximately 2 hours with one 15-minute intermission. Visit www.1ststage.org for the schedule of Community Conversations, captioned and audio described performances. Tickets: general admission, \$39; senior (65+), \$36; student and military, \$15 at www.1ststage.org or 703-854-1856.

Pick a favorite photo to enter into the Fairfax County Park Authority's First Hike Photo Contest by Jan. 2. The contest is open to amateur and professional photographers. Limit one photo entry per person. Visit the First Hike Fairfax at www.fairfaxcounty.gov/parks/first-hike for more info.

Coffee with The McLean Newcomers and Neighbors. 11 a.m.-12:30 p.m. in the Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. The McLean Newcomers and Neighbors will host a coffee for members and prospective members. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

SATURDAY/JAN. 5

RECenter Swim Classes Start. The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. For more information about the Park Authority's swim programs, call 703-222-4664 or visit www.fairfaxcounty.gov/parks/recenter/swimming.

MCC Community Open House. 11 a.m.-2 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Having recently completed an 18-month renovation, the McLean Community Center

(MCC) is hosting a free Community Open House. In addition to taking self-guided tours using a map and a "passport," participants can take advantage of a mini health fair in the Center's Community Hall. Call 703-790-0123, TTY: 711, or visit www.mcleancenter.org.

SATURDAY/JAN. 12

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

AAUW Presents Dr. Dwandalyn Reece. 2 p.m. (doors open at 1:30) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Dr. Dwandalyn Reece is Curator of Music and Performing Arts at National Museum of African American Culture and History. Reece created the museum's award-winning inaugural exhibition, *Musical Crossroads*, and co-curated the grand opening music festival, *Freedom Sounds: A Community Celebration*. The public is invited. Free. Visit vienna-va.aauw.net/.

Astronomy Festival. 5-8 p.m. at Turner Farm, 925 Springvale Road, Great Falls. After the sun sets, soak up some starshine at an "Astronomy Festival" that will include guided stargazing and telescope viewing. Listen to ancient stories about the

constellations around the campfire, and participate in other activities and games throughout the evening. \$8 per person. Hot chocolate and snacks will be available for purchase. Canceled if it rains or snows. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

SUNDAY/JAN. 13

Lox and Lecture: "The Island of Roses - Tragedy in Paradise." 11:45 a.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Through the memories of her mother, family friends and additional archival material, Rebecca Samona reconstructs the little known story of the life of the Jews of Rhodes, an Italian colony. Following their deportation to Auschwitz in July 1944 and the destruction of the community, the handful of survivors kept alive the memories of this centuries-old culture, and conveyed the stories to their descendants. There will be a question and answer session after the movie. Light bagel and lox brunch prior to the movie. WoTRS members \$7, non-WoTRS members \$10. RSVP by Jan. 10 at wotrslxlecturejan2019.eventbrite.com. Email juleskrac@aol.com or call 202-321-5824.

TUESDAY/JAN. 15

Mah Jongg Card Order Deadline. This effort supports various Temple Rodef Shalom programs and charitable giving through a rebate program from the National Mah Jongg League. Last year more than 620 cards sold to raise over \$1,300. These are official cards and will be sent directly from the National Mah Jongg League in late March/early April 2019. \$8 for small cards; \$9 for large cards. Visit bit.ly/mahjcard2019 to order. Contact Gail Gershman at 561-596-4245 or Gail.Gershman@gmail.com.

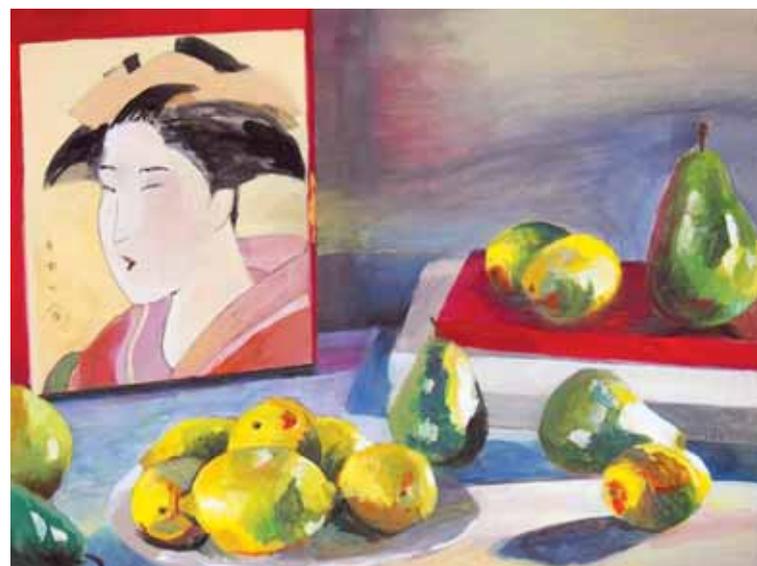
SUNDAY/JAN. 20

Martin Luther King Jr. Day Celebration: "Liner Notes." 2 p.m. at The Alden 1234 Ingleside Ave., McLean. For all ages. Collide with music's past and present through jazz standards, hip-hop samples and actual liner notes from musicians of the civil rights movement in this multimedia concert experience (video). \$25/\$15 MCC district residents. Visit www.mcleancenter.org.

Lunar Eclipse. 9:30 p.m.-12:30 a.m. at Turner Farm, 925 SpJringvale Road, Great Falls. Experience this total lunar eclipse as you enjoy a campfire, marshmallow roasting and constellation viewings. Get close-up views of the moon, Mars and the stars from the roll-top observatory. The park will stay open until the end of the eclipse. Designed for participants age 6-adult. \$10 per person. For more information visit www.analemma.org. Subject to cancellation based on weather and cloud conditions. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

SUNDAY/JAN. 27

McLean Chocolate Festival. 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Wide variety of chocolate vendors. Demonstration of pre-revolutionary chocolate-making. Children's game room with chocolate-themed games and live performances. Plenty of free parking. Admission, \$2; under 3, free. McLean Rotary uses proceeds to fund local charitable organizations. Visit www.mcleanchocolatefestival.org.

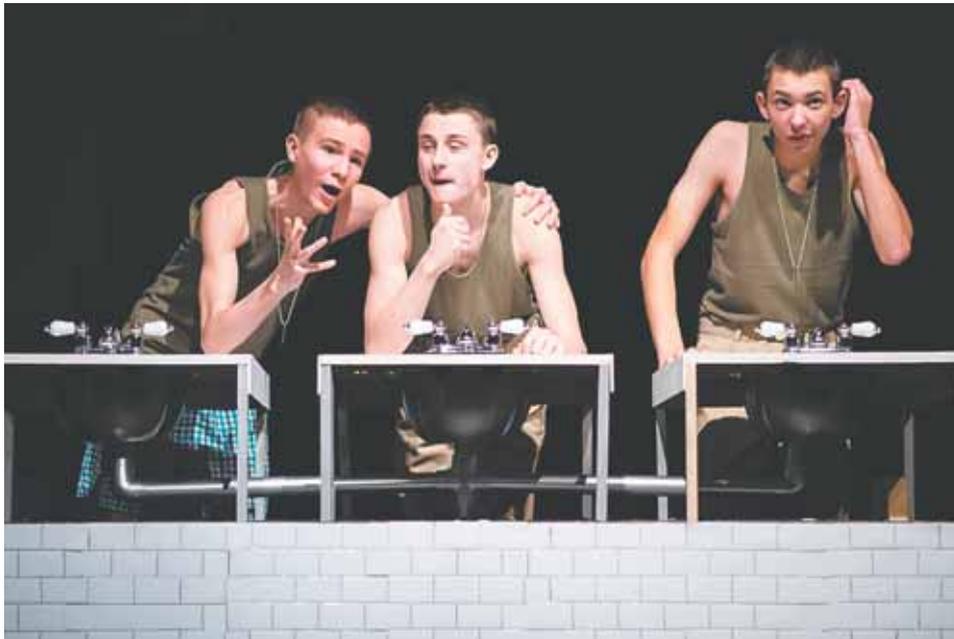


One of the gouache paintings on exhibit, Still Life with Japanese Art by Jan Heginbotham.

Fleurs et Fruits

Jan Heginbotham presents "Les Fleurs et les Fruits," still life paintings in oil and gouache. Portraits of fresh flowers and handsome fruits and veggies. Bank hours at TD Bank, 9901 Walker Road, Great Falls Village. Free. The exhibit runs Dec. 7-Jan. 4. Email the_sculptor@hotmail.com or visit www.JanHeginbotham.com.

CAPPIES REVIEW



From left: Anderson Hauptli, Samuel Buroker and Peter Fox in Langley High School's production of 'Biloxi Blues.'

PHOTO BY
BLAKE TIPPENS

Hilarious and Heart Wrenching

Langley High School's production of 'Biloxi Blues.'

BY LILY PEREZ
WOODROW WILSON HIGH SCHOOL

The quotidian life of the young actors involved in Langley High School's production of "Biloxi Blues" likely involves the common woes of America's youth: homework, chores and the like. Through the intricate technical work and innate characterization which this cast and crew brought to their production, a very different period in the country's history was brought to life onstage — one in which teenagers prepared for war, and felt the full weight of that burden.

Neil Simon's "Biloxi Blues" is the second entry in a trilogy of semi-autobiographical plays narrated by aspiring writer Eugene Morris Jerome, a young New Yorker who finds himself at the advent of his basic training for the army in Biloxi, Miss. during World War II. Filled with moments both hilarious and heart wrenching, Langley's profound production served as a visceral reminder of the moral strife of past generations.

Sporting matching buzz-cuts appropriate for a group of new recruits, the platoon central to the plot of "Biloxi Blues" did not shy away from the mature content of the text, with commendable use of accents imbuing authenticity into their work. The six soldiers executed both crass humor reflective of 1940s culture, and tense confrontations related to the use of racial slurs and the stigmatization of homosexuality. While long scenes staged in the barracks showcased the group's lively chemistry, in smaller scenes each actor revealed the nuances of his character and relationships.

Josh Guinn as Arnold Epstein was effective in conveying the challenges faced by those morally and intellectually opposed to "the Army way," especially

as he came into conflict with the intimidating Mark Bosset as Sgt. Toomey. Bosset's realistic representation of a drill sergeant was accomplished through an intensity manifested in his commanding physicality. Tasked with providing a foil to the inexperienced privates, Bosset brought maturity to the role, clearly characterizing Toomey as a man whose fundamental identity was based in his duty to the army.

From the opening moments of the production, Cole Sitalides established himself as the emotional vessel through which the audience would experience the play. Sitalides displayed a sincerity which strengthened his dynamic with each of his scene partners, especially when Eugene left the realm of the barracks and sought to engage fully in life before deployment. With Hannah Cameron-Cadenazzi serving as Eugene's love interest, Daisy, an authentic relationship was crafted in just two short scenes, developing an essential aspect of the play's representation of young men's desires when faced with the inevitability of war.

Langley's student-led production team proved indispensable to the production. Crisp costuming facilitated the actors' embodiment of World War II soldiers, and distinguished the personalities of the few female characters. Natural use of the cyclorama to indicate the time of day and smooth changes in lighting to shift the focus of a scene were both ways in which the lighting crew skillfully clarified the movement of the plot. From the scar on Sgt. Toomey's head signifying the location of a wound mentioned in the script, to the tiling done on a sink set piece used in only one scene, the exhaustive work of the students behind the scenes was essential to exuding the period, and thus the social context, of "Biloxi Blues."

The cast and crew of Langley's "Biloxi Blues" exhibited a complex and profound understanding of a play wrought with challenging themes, crafting an impactful image of American society, both then and now.

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.

SOBER-RIDE FOR THE HOLIDAYS

Free Sober Rides. 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP's Holiday SoberRide promo

code will be posted at www.SoberRide.com.

WEBINAR

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone

looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

SEE BULLETIN, PAGE 11

THE CONNECTION

Newspapers & Online

Reaching 15 Markets throughout Northern Virginia and Potomac, Md

Available in print and digital PDFs online, through email and social media






visit connectionnewspapers.com/PDFs to subscribe for free

LOCAL MEDIA CONNECTION

Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Harmon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dalton Connection



Sign up for

FREE DIGITAL SUBSCRIPTION

to any or all of our 15 papers

WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

Legals

Oh! MicroGreens LLC
announces that Glen C.
Mead is no longer a partner
at Oh Micro Greens.com LLC

Home Services

GIGGLES DAYCARE, LLC
In home Daycare right here
in your neighborhood!

Giggles Daycare accepts
infants through 5 years old.
Giggles is a full time daycare
with part-time and hourly
options available as well.

Please contact me for
more information at:
571-313-0313 or email
mwillisongiggles@gmail.com

An expert is someone who knows
some of the worst mistakes that can
be made in his subject and how to
avoid them.

-Werner Heisenberg



PHOTO BY ASHLEY MISITZIS

More than 250 people turned out at McLean High School Dec. 6 to see the film “Angst: Raising Awareness Around Anxiety” sponsored by the Safe Community Coalition of McLean. Peggy Fox of WUSA 9 moderated a panel discussion following the film.

Safe Community Coalition Shines a Light on Youth Anxiety

BY GINA MANNING
BOARD MEMBER/SCC

As part of a yearlong focus on anxiety, the Safe Community Coalition (SCC), in conjunction with the McLean High School PTSA, hosted the IndieFlix Original documentary “Angst: Raising Awareness Around Anxiety” on Thursday, Dec. 6, 2018, at McLean High School.

“This year, the Safe Community Coalition decided to focus on anxiety,” said Dr. Melissa Sporn, McLean based clinical psychologist and SCC board member. “Anxiety is a normal part of childhood, and every child goes through phases. A phase is temporary and usually harmless, but children who suffer from an anxiety disorder experience fear, nervousness, and shyness, and they start to avoid places and activities. Research shows that untreated children with anxiety disorders are at higher risk to perform poorly in school, developing other related mental health disorders such as depression and obsessive-compulsive disorder, miss out on important social experiences, and engage in substance abuse at a higher rate than their non-anxious peers.”

In the film, young people affected by anxiety openly discuss their struggles, and mental health professionals discuss coping strategies. In addition, Olympic athlete and mental health advocate Michael Phelps offers a candid glimpse into his personal experiences with crippling anxiety and depression. The bottom line – no matter who you are, it’s okay to not be okay.

Following the movie, WUSA 9 Northern Virginia Bureau Chief Peggy Fox moderated a panel discussion and question and answer session with mental health professionals from the McLean community including psychiatrist Dr. Adrian Brown, Licensed Clinical Social Worker Jennifer Weaver, FCPS school psychologists Beth Werfel from McLean High School and Kayla McCallister from Kent Gardens Elementary School and Marley Jerome-Featherstone, LCSW from McLean High School.

One key takeaway from the evening, elaborated on by panelist Jennifer Weaver was the profound effect of a seemingly simple technique: Name it to tame it. “For a child experiencing intense negative emotions, simply labeling what they’re feeling helps put distance between themselves and those feelings,”

she said. “We call that ‘name it to tame it’ and it’s a simple yet effective tool used in mindfulness training.”

Other key takeaways from the movie and panel discussion:

- ❖ Anxiety disorders are highly prevalent, affecting more than 30 percent of adolescents or one in eight children. About 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.

- ❖ Anxiety disorders are highly treatable. “The stunning aspect of this is that anxiety is a very treatable disorder,” said Melissa Sporn. “It is easily mitigated through cognitive behavioral techniques, mindfulness and, if necessary, medication.”

- ❖ Neuroplasticity, or the brain’s ability to rewire to adapt to new circumstances, isn’t science fiction. You can change the way you think about something, creating new connections between neurons, and in effect, rewire your brain to positivity.

- ❖ Distraction—snapping fingers, texting a friend, focusing on your breath, putting ice cubes in your hands, etc.—allows the “fight or flight” part of the brain responsible for the anxiety to take a break.

- ❖ Parental modeling is powerful tool to destigmatize anxiety. Sharing experiences of anxiety/shame/fear with your children and letting them know how you manage your own anxiety lets them know that adults are human too.

- ❖ Exercise and adequate sleep, at least 8-9 hours for teenagers, are vital for teenagers to stay healthy and manage their anxiety.

“We at the SCC have been working towards reducing the stress our students experience for years,” said Dr. Sporn. “We do that through providing programs during highly stressful times, such as the transitions between elementary and middle school, middle school and high school, and finally the transition to college from high school. This year, we wanted to directly address the worries and unease many students are experiencing. We hope the community embraces the opportunity to open a dialogue on the topic of anxiety.”

To find out more about the SCC, visit mcleanscc.org. You can also visit angstmovie.com for a list of resources. And follow us on Twitter and Facebook with @mcleanscc.



TELL US
WHAT
YOU
THINK

SUBMIT YOUR LETTER TO THE EDITOR HERE
www.ConnectionNewspapers.com/contact/letter

Sign up for
**FREE DIGITAL
SUBSCRIPTION**
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

Great Falls Farmers Market to Host Holiday Market

This Saturday, Dec. 22, The Great Falls Farmers Market will hold community's annual holiday market at the historic Great Falls Grange on both lower and upper levels. The King Street Bluegrass Band will play on the Grange Stage. In addition to regular vendors, local artisans and craftspeople and talented Great Falls young people are invited to join in. Spaces are limited and reservations must be made by midday Thursday.

"All of our vendors wish you and your family a memorable family feast and unique gift-giving this holiday season," said Kathleen Murphy, Market Manager.

BULLETIN BOARD

FROM PAGE 9

THURSDAY/DEC. 20

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Collaborative IEP Meetings: Parents as Partners. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Workshop for parents of children receiving special education services. Highlights include: the IEP process and its components, the parent's role in the IEP meeting, responsibilities of the IEP team members and planning for a child's IEP meeting. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

FRIDAY/DEC. 21

The Longest Night. 7 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. A Service of Hope for those who see no joy in the holidays. Some don't have the energy or interest to sing the traditional Christmas carols with masses of happy people. Sometimes darkness, grief and discouragement are heightened at Christmastime. Gather in candlelight to sing, pray and receive the Sacrament of the Lord's Supper as we lay claim to the Light of Life even in the midst of deep darkness. Visit www.lewinsville.org or call 703-356-7200.

MONDAY/DEC. 24

Christmas Eve Worship. At St. John's Episcopal Church, 6715 Georgetown Pike, McLean.

- ❖ 4 p.m. - Family Service of Holy Eucharist with Christmas music beginning at 3:30.
- ❖ 7 p.m. - Holy Eucharist with Christmas music beginning at 6:30.
- ❖ 10 p.m. - Holy Eucharist with Christmas music beginning at 9:30.

Visit www.stjohnsmclean.org or call 703-356-4902.

Christmas Eve Services. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. All are welcome at Christmas Eve services:

- ❖ 4:30 pm - Family Christmas Eve service. No need to worry about keeping the children quiet in church - this service has been designed for them. Childcare provided for infants.
- ❖ 7 and 9:30 p.m. - Candlelight Communion Services. Hear the Christmas Story, enjoy the beloved music of Christmas with the handbell choirs and Chancel and Westminster choirs, and celebrate the Sacrament of the Lord's Supper. Childcare provided for infants-5 years old at the 7 p.m. service only.

Visit www.lewinsville.org or call 703-356-7200.

TUESDAY/DEC. 25

Christmas Day Worship. 11 a.m. at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Holy Eucharist. Visit www.stjohnsmclean.org or call 703-356-4902.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc....		ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamlie@lawsandgutters.com web: lawsandgutters.com Friendly Service with a Friendly Price!		GUTTER A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia	
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500		LANDSCAPING J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service			
Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE			
ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with CONNECTION DIGITAL <ul style="list-style-type: none"> ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING			
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			

Stepping Back From the Precipice



By KENNETH B. LOURIE

Not so bad, even though it's been nearly 10 years on the cancer trail - and two columns, recently, courting my imminent demise.

The appointment with the otolaryngologist to assess the presumptive damage/my decline was instead wonderfully uplifting: "nothing worrisome in the throat." What symptoms I was experiencing (basically seasonal-type cold and flu to go along with a scratchy and extremely hoarse voice) had nothing to do with cancer and more so to do with the time of the year.

Meaning I wasn't going to die as a result; just sneeze, cough and so forth like everyone else, which as I've been told, repeatedly, I'm not.

Cancer patients might not have the benefit of doubt or delay like the rest of you. Time may not be of the essence, but one never knows. Cancer cells sort of have a mind/process of their own.

It's not so much a lesson learned as it has been a lesson reminded.

My oncologist has frequently advised me that should a new symptom appear and persist for two to three weeks, I should email him and alert him to my status/situation. I might have been a week or so late this time, but fortunately not too many dollars short.

My oncologist responded immediately as did my primary care physician. Each doctor making arrangements for me within a matter of hours: a face-to-face appointment with my internal medicine doctor - which led to the referral for the otolaryngologist (who called to schedule an appointment before I even got a chance to); and a referral as well by my oncologist for a CT scan of my neck.

Having now been examined and results interpreted, I am glad to report that as scared as I have been for the past two columns, my symptoms were not indicative of my lung cancer progressing. Rather it was more indicative of a cancer patient being stupid and stubborn.

Not wanting to ever believe that my life hangs in the balance and could be severely endangered by my neglect, I tend to go about my health-related business as I would guess the rest of you who are healthy and not cancer-diagnosed: I wait out the symptoms and try not to go negative.

As has been said recently - to me, nothing could be less appropriate given my stage IV, lung cancer. Being negative might actually save my life.

The reality is: I am compromised and subject to risks and complications many of you are not. My immune system has likely been weakened by this most recent every-three-week infusion interval recommended to shrink a relatively new tumor - and in so treating, hopefully will not have allowed any existing cancer cells to trigger and mutate and cause even more trouble.

After all, cancer is likely in control here and giving them an inch, so to speak, has never been part of our plan.

Even though my cancer had already metastasized in 2009, its movement seems to have been confined to my lungs and amazingly has remained there ever since. Still, if I've finally learned anything with this most recent scare, it is that I can't turn a blind eye or a deaf ear, metaphorically writing, to common sense or doctor's orders.

I'm not supposed to wait for the ambulance, if you know what I mean? I'm supposed to be smarter than that and act like my life matters: making arrangements much sooner rather than way later. Denying, pretending and hoping that new symptoms are benign because many other people experience them is, for a cancer patient, as foolish as it gets.

The last, and I mean the absolute last thing a cancer patient should think is that they are like everybody else. They are not. We are not. I am not.

You get it, Kenny?

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

If you're buying or selling a home, think of this as a defining moment.



9890 Windy Hollow Rd, Great Falls \$1,600,000



11617 Rolling Meadow Dr, Great Falls \$1,349,000



10507 Patrician Woods Ct, Great Falls \$1,499,000



9311 Cornwell Farm Dr Great Falls \$2,799,000



11612 Rolling Meadow Dr, Great Falls \$1,750,000



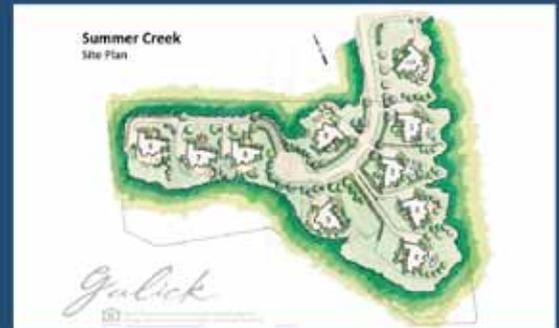
10714 Milkweed Dr, Great Falls \$1,150,000



495 River Forest Dr, Great Falls \$2,099,000



11196 Branton Ln, Great Falls \$1,850,000



SummerCreekCommunity Starting at \$1,849,500



10929 Beach Mill Rd, Great Falls \$875,000



1209 Tottenham Ct, Reston \$1,100,000

Dianne Van Volkenburg

and her team of real estate agents and marketing specialists are unsurpassed in providing first-class service to buyers and sellers. In fact, Dianne and her team have one of the highest rates of repeat clients in all of Northern Virginia as former clients, families and friends trust them for their real estate needs.



DIANNE JAN & DAN

LONG & FOSTER | CHRISTIE'S
REAL ESTATE | INTERNATIONAL REAL ESTATE

9841 Georgetown Pike, Great Falls, VA 22066
703-759-9190 • GreatFallsGreatHomes.com

703-757-3222

OVER \$100 MILLION SOLD IN 2017!