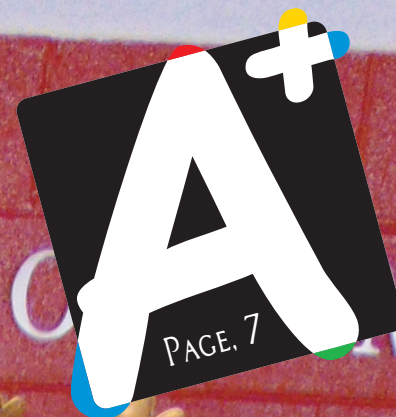


# McLean CONNECTION

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ENTERTAINMENT

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McLean High School's Marine Bio Club does gift-wrapping to raise funds for a Chesapeake Bay Aquarium at the school. Pictured, from left: Farah Nasir, Bela Bhatnagar, Lauren Thompson, Jerick Bravo and Rebecca LeBlanc.

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## NEWS

### Ribbon Cutting Kicks Off Annual Homes Tour

A ribbon cutting by Dranesville District Supervisor John Foust, assisted by the Woman's Club's co-chairman and chair of the tour, officially began the 52<sup>nd</sup> Holiday Homes Tour last week.

**Pictured, from left, are club members and associates Stacy Lewis, Anita Venditti, Virginia Sandahl, and Marilyn Cantrell; McLean Chamber of Commerce President Paul Kohlenberger, Woman's Club President Kathryn Mackensen, tour house homeowner Charlotte Ainsworth, Tour Co-Chair Kay Van Hoven, Supervisor John Foust, Tour Chair Carol Scott, and club members Kay Burnell and Emma Lea Moorman.**



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

### McLean Community Center To Hold Community Open House Jan. 5

**H**aving 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; cre-

ate 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>.

### 'A Civil War Christmas' Extended Until Dec. 30

**1**st Stage, Tysons' award-winning professional theatre, announces the extension of their critically-acclaimed production of "A Civil War Christmas: An American Musical Celebration" until Dec. 30 with show times as follows: Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m.

General admission tickets are \$39. Senior (65+) tickets are

\$36. Student and military tickets are \$15.

Tickets can be purchased online at [www.1ststage.org](http://www.1ststage.org) or by calling the 1<sup>st</sup> Stage box office at 703-854-1856.

The run time is approximately 2.5 hours including one 15-minute intermission.

Captions and audio description will be offered for select performances. Check [www.1ststage.org](http://www.1ststage.org) for the schedule.



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## 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 20<sup>th</sup> 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.”**

**T**he 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?’”

#### 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-



## 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](mailto: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](mailto:editors@connectionnewspapers.com). You can reach sales/marketing/advertising at [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com).

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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

McLean  
**CONNECTION**

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**NEWS DEPARTMENT:**  
[mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Andrea Worker**  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
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**Trisha Hamilton**  
Display Advertising  
703-624-9201  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
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703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

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

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto: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](mailto:circulation@connectionnewspapers.com)





## COMMENTARY



PHOTO BY ASHLEY MISTIZIS

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:

SEE YOUTH ANXIETY, PAGE 10

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# The Stage Is Alive with The Sound of Music

## Langley High Orchestra brings Viennese charm to McLean.

BY ANANYA AMIRTHALINGAM  
LANGLEY HIGH SCHOOL SENIOR

**O**n 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 DeFilipps, 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

**M**any 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 Gulyan 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.

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# HOLIDAY ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.McLeanNewcomers.org) or email [McLeanNewcomers@yahoo.com](mailto: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](http://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](http://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](http://www.nvmr.org).

**AAUW Presents Dr. Dwandalyn Reece.** 2 pm. (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/](http://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](http://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 [wotrslolecturejan2019.eventbrite.com](http://wotrslolecturejan2019.eventbrite.com). Email [juleskrac@aol.com](mailto: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/mahjcards2019](http://bit.ly/mahjcards2019) to order. Contact Gail Gershman at 561-596-4245 or [Gail.Gershman@gmail.com](mailto: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](http://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](http://www.analemma.org). Subject to cancellation based on weather and cloud conditions. Call 703-324-8618 or visit [www.fairfaxcounty.gov/parks/turner-farm](http://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](http://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](mailto:the_sculptor@hotmail.com) or visit [www.JanHeginbotham.com](http://www.JanHeginbotham.com).



# NEWS

**Members of the DECA Club of McLean High School at the Holiday Bazaar.**

PHOTOS BY  
STEVE HIBBARD  
THE CONNECTION



## McLean High Holds Holiday Bazaar

**Eighty-one vendors sell wares and 5,300 people attend this 'Indoor McLean Day.'**

About 5,300 people attended the 20<sup>th</sup> annual Holiday Bazaar at McLean High School on Saturday, Dec. 8, 2018. The "indoor McLean Day" sponsored by the McLean High School Boosters Club featured 81 craft vendors, including school clubs and local businesses. Money raised helps support student athletic programs, academic clubs and activities and programs at the school.

According to Forrest Stieg, President of the McLean High School Boosters Club: "The McLean Boosters Holiday Bazaar is an event where we bring in vendors and the local community to come in to celebrate and begin the season through shopping and supporting the McLean High School activities, clubs, and sports programs across the board to better the high school, enriching the student's activities. We raise funds for events that go back to the school's programs that help improve the students' learning capabilities from a high school perspective."

The vendors offered everything from scented soap, leather bags, jewelry, and custom painted baseballs, to candles, beauty products, scarves, hair bows, home decor and more. The event included a roaming Santa as well as performances by the McLean High School Orchestra. Most of the vendors had some connection to McLean High School — some are former students or parents, and all wanted to give back to the McLean community. This year's goal was to raise funds to be used for McLean Athletic Boosters, going beyond supporting the sports teams to include the entire high school population. The goal of the MHS Fund is to bring the entire MHS campus into the 21st century. In the past four years, it completed



**Girls Scout Troop 223s Mariana Berg and Rose Von Eckartsberg sell succulents and evergreen trees to raise money for a trip to Costa Rica for member Jenna Holliday.**

a new electronic scoreboard, new weight room, the turf field, an initial step in developing a comprehensive campus improvement master plan. Plans include an improved track, a sixth tennis court, and a second artificial turf field.

— STEVE HIBBARD



**McLean High Students raise money for a McDanceathon to be held in March that will support Children's National Hospital.**

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## CHRISTMAS AT TRINITY JOIN US FOR WORSHIP

**Monday, December 24**  
**Christmas Eve worship**  
**5, 8 & 10 p.m.**

Worship every Sunday, 8:30 & 10:30 a.m.  
Worship every Wednesday, 12 p.m.  
Celtic Service, Dec. 30, 5 p.m.

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# News

## Madison Ice Hockey Team Defeats McLean 2-1

**T**he Madison High Warhawks defeated the McLean Highlanders 2-1 in ice hockey action. The Highlanders struck first midway through the first period, but that did not deter the Warhawks who tied it up with a goal from forward Matt Hetherington and assisted by defenseman Nick Willey late in the first. Matt Hetherington would strike again, assisted by team captain Luke Pohlman earning the game winning goal late in the second period. The Warhawks dominated possession in the McLean offensive zone for much of the third period stifling the Highlanders scoring opportunities. The Warhawks outshot the Highlanders 34 to 13, with goalie Ben D'Haiti turning away all but 1.



PHOTO BY KATHERINE WILLEY

**Warhawks forward Matt Hetherington lines up a shot against the McLean Highlanders. Hetherington would score both of Madison's goals and the Warhawks would go on to beat McLean 2-1.**

## Youth Anxiety

FROM PAGE 5

❖ 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.

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://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](http://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](http://salary.aauw.org).

#### WEDNESDAY/DEC. 19

**Vienna Woman's Club Meeting.** 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership

meeting with a guest speaker on a common interest subject. Visit [www.ViennaWomansClub.org](http://www.ViennaWomansClub.org) for more.

#### 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](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838

SEE BULLETIN, PAGE 11

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# BULLETIN

FROM PAGE 10

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](http://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](http://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](http://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](http://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](http://www.stjohnsmclean.org) or call 703-356-4902.

## SATURDAY/DEC. 29

**Comment Period Deadline.** The National Park Service (NPS) wants to hear the stakeholders' thoughts on proposals to make Memorial Circle – on the George Washington Memorial Parkway – safer for pedestrians, bicyclists and drivers. Changes are intended to lower transportation risks while protecting Memorial Circle's historic character. Submit written comments online at [parkplanning.nps.gov](http://parkplanning.nps.gov) or by postal mail. No comments will be accepted by fax, email or social media. Mail comments to:

Superintendent  
Re: Memorial Circle Plan EA  
Turkey Run Park  
McLean, VA 22101

## SUNDAY/JAN. 6

**Fairfax Democrats – Road to Richmond Brunch.** 11 a.m.-1p.m. at Westwood Country Club, 800 Maple Ave. East, Vienna. Hear from Democratic leaders in the Virginia General Assembly and the Fairfax County Board of Supervisors about the upcoming legislative session. Get updates on the 2019 elections. \$50. Visit [tinyurl.com/ybmwpzf](http://tinyurl.com/ybmwpzf) for tickets.

## WEDNESDAY/JAN. 9

**Grant Application Deadline.** More than 50 artists have been recognized by ARTSFAIRFAX with an Artist Grant over the past decade. Artist Grants recognize outstanding achievement for work that has already been completed, the artist's commitment to an artistic discipline, their professional activity in Fairfax County and their contributions to the quality of life in Fairfax County. Learn more at [ARTSFAIRFAX.org](http://ARTSFAIRFAX.org).

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## 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.





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