

McLean CONNECTION

HomeLifeStyle
PAGE 6

John Reynolds and daughter Cora, of McLean, enjoyed the arts project space at the McLean Community Center Open House; 6 ½-year old Cora will also be continuing her dance lessons at the MCC. She was dressed and ready for the dance demo.

'It's Our Time to Shine!'

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Education, ERA,
\$15 Minimum Wage

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What's in Home Sales
Numbers?

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MAKE A DIFFERENCE IN YOUR COMMUNITY!

Run for a Seat on the McLean Community Center Governing Board



PUBLIC NOTICE OF ELECTIONS MCLEAN COMMUNITY CENTER GOVERNING BOARD SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT FAIRFAX COUNTY, VIRGINIA



This **OFFICIAL NOTICE** of elections to select members of the 2018-2019 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Road, McLean, Virginia. This year, McLean Day is on **Saturday, May 19, 2018. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

Candidate Qualifications:

Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board within the appropriate category. If you need help determining whether you reside in Small District 1A, please contact the MCC at 703-790-0123, or by emailing elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 19, 2018.

TEENS: Candidates must be 15, 16, or 17 years old on or before May 19, 2018, live within Small district 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) adult Governing Board seats will be filled through the election. The candidates who receive the three (3) highest numbers of votes will serve three-year terms on the Governing Board.

One (1) Governing Board youth seat for teens living within the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat for teens living within the McLean High School boundary area will be filled for a one-year term.

Candidate Petitions Requirements:

ADULTS: Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 19, 2018.

TEENS: Must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before

May 19, 2018, and who live within the same high school boundary area as the candidate.

Petition Packets containing a petition, instructions, and all pertinent paperwork may be obtained at the McLean Community Center Administrative Office, 6631 Old Dominion Drive, McLean, Virginia, 22101. Candidates must pick up and return their own petitions.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed petition with the MCC at the address shown below **by 5 p.m. on Friday, March 16, 2018:**

**McLean Community Center Administrative Office
6631 Old Dominion Drive
McLean VA 22101**

For more information about the elections, please call 703-790-0123, go to www.mcleancenter.org/about/candidates, or email the MCC at elections@mcleancenter.org.

Kat Kehoe, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

NOTICE: Due to the ongoing renovation of the Ingleside Avenue facility, MCC has temporarily relocated to the McLean Square Shopping Center. The majority of MCC's classes will be held at 6645 Old Dominion Dr., McLean, VA 22101. MCC's administrative offices are located at 6631 Old Dominion Dr. (on the first floor of the Century 21 New Millennium building).

Education Issues Take Center Stage

Constituents tell lawmakers to increase teacher pay; pass ERA, \$15 minimum wage and more.

BY MICHAEL LEE POPE
THE CONNECTION

Teachers deserve a pay raise, and Virginia desperately needs to hire more school counselors. These were two of the most prevalent concerns voiced by constituents to members of the Fairfax County legislative delegation, the largest in the Virginia General Assembly.

During a marathon public hearing at the Fairfax County Government Center last weekend, lawmakers heard about everything from raising the minimum wage to reducing restrictions on solar power. But it was the coordinated push for education funding that remained a common theme, as one speaker after the next called on members of the House of Delegates and state Senate to invest an expected windfall of new revenue into the classroom.

“K-12 funding is again our top priority for this legislative session,” said Fairfax Board of Supervisors Chairman Sharon Bulova, speaking at her last public hearing before stepping down at the end of 2019 from a position she’s held since 2009. “We have over 55,000 students receiving free or reduced price lunch, over 36,000 students learning English as a second language and over 26,000 students receiving special education services. We need adequate funding to provide services for these higher need students.”

Gov. Ralph Northam has signaled that education funding will be one of his top priorities this year too, a move largely prompted by a \$300 million windfall of new revenue from the Trump tax cuts. Because changes at the federal level create new incentives for high-income earners to take a standard deduction rather than itemizing, that means more state tax filers will be taking a standard deduction rather than itemizing — creating a new pot of money for lawmakers to spend. At the top of the agenda is a 5 percent raise for Virginia teachers.

“Obviously the governor’s budget seeks to retain the best educator workforce,” said Melanie Meren, a candidate for the Hunter Mill District on the Fairfax County School Board. “And that means pay increases for teachers.”

AFTER THE PARKLAND shooting last year, Republican leaders in the House created a select committee on school safety to come up with recommendations to increase school safety. The group did not consider any new firearm restrictions, choosing instead to look at hardening school facilities and creating a new tip line allowing students to alert authorities about potential problems. One of the key recom-



Speaking at her last legislative public hearing as chairman of the Board of Supervisors, Sharon Bulova told lawmakers her top priority is funding for schools.

“K-12 funding is again our top priority for this legislative session.”

—Fairfax Board of Supervisors Chairman Sharon Bulova

mendations of the committee is reducing administrative duties of school counselors, freeing them up from duties like administering standardized tests. The committee did not recommend hiring any new school counselors though, even though Virginia falls far short of the recommended ratio of one counselor for every 250 students. That would cost about \$86 million, and Northam has a three-year plan to start moving toward that goal by spending \$36 million this year.

“Governor Northam recently said that our school counselors are the ears of the education system,” said Laura Jane Cohn, a candidate for the Springfield District of the Fairfax County School Board. “They are indeed the ears that hear about bullying and trouble at home.”

Specifics of one of the governor’s budget proposal that is troubling school officials here is to increase funding for a pool of money known as the “at-risk add-on,” a way to increase funding for school divisions with a high percentage of students who live in poverty. Although Fairfax County has 55,000 students who qualify for free or reduced price lunch, that’s only 29 percent of the student population — far below the statewide average of 41 percent. So the governor’s plan to add \$35 million to the at-risk add-on would not benefit Fairfax County.

“Because the at-risk add-on is based on division-wide percentages of poverty rather than our actual numbers of eligible students, Fairfax is disadvantaged by its overall size,” said School Board Chairwoman Karen Corbett Sanders.

HELPING LOW-WAGE workers was an-

other theme to emerge from the five-hour hearing. Several speakers from the Service Employees International Union 512 spoke about raising the minimum wage to \$15 an hour, ensuring workers have access to paid family leave and removing what they see as unnecessary restrictions on workers who want to unionize. They also spoke in favor of making the Earned Income Tax fully refundable. Virginia is one of the few states that does not make its earned income tax credit refundable, which harms families earning less than \$50,000 a year.

“The truth is that many working people across our community are struggling,” said David Broder, president of SEIU512. “The fastest growing jobs are often low-wage and lack basic benefits such as health care, paid leave and retirement plans.”

Carpenter Jose Frias appeared before lawmakers to urge them to take action against wage theft. Virginia is one of the few states that does not allow workers who are victims of wage theft to receive lawyers fees, which harms low-wage workers who would otherwise have no way to pay for a lawyer. Maryland allows for triple damages, and D.C. allows quadruple damages plus legal fees. But in Virginia, people who have not received all the money coming to them have a hard time finding a lawyer willing to work for free.

“Pass laws that give us the right to private cause of action,” said Frias. “We need these tools to defend our jobs and provide for our families.”

SEVERAL SPEAKERS urged lawmakers to scale back recently passed restrictions on homeowners who rent out their



PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

SEIU512 President David Broder asked lawmakers to support raising the minimum wage to \$15 an hour and ensuring workers have access to paid family leave.

houses short term through services like Airbnb.

Other speakers called for instituting universal background checks for people who purchase weapons at gun shows.

A handful of people arrived at the government center to ask lawmakers to “close the puppy mill loophole,” a legislative effort to create new restrictions on businesses that sell animals.

One speaker urged lawmakers to reject efforts to fork over up to \$1.1 billion worth of incentives to Amazon.

“This deal was conducted without any public input, and so this deal has no mandate,” said Helen Li, a Fairfax County resident who is part of a group known as For Us Not Amazon. “Please fight for a fair process instead of rubber-stamping a secret business deal that was made without Virginia residents in mind.”

Lawmakers also heard from several speakers on both sides of the Equal Rights Amendment. After Illinois became the 37th state to pass the ERA last year, advocates for and against started targeting Virginia as the potential 38th state — the magic number needed to put the ERA over the top and add it to the Constitution.

Arthur Purves of the Fairfax County Taxpayers Alliance raised concerns that the ERA might “make men’s and women’s bathrooms unconstitutional.” Many more speakers, though, said it was long past time for Virginia to join the other states that have approved the amendment.

“We have a historic opportunity this year to ratify the ERA and get it passed and include women in the Constitution of the United States as equal,” said Shyamali Hauth, a veteran who is active in Democratic politics. “I ask you to do the right thing and ensure equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex — those are the exact words of the Equal Rights Amendment.”

OPINION

Wish List

Things this session of the General Assembly, beginning Jan. 9., could/should accomplish.

Before this session, every year for the better part of a decade, the most profound wish for the Virginia General Assembly session was the expansion of Medicaid under the Affordable Care Act, which could provide healthcare to as many as 400,000 poor Virginians who otherwise were living without coverage. Partisan obstruction prevented those people from gaining coverage for many years.

But coverage began this month for 200,000 new enrollees after Medicaid expansion came to Virginia in the last session. It arrived with the November 2017 election and Democrats taking 15 additional seats in Virginia's House of Delegates. The prospect for more awaits in this November's election with all seats in the General Assembly, both the House of Delegates and the Senate, on the ballot.

So we'll begin this year's wish list with gratitude that the entire Commonwealth, including the economy, will be healthier for provid-

COMMENTARY

ing healthcare to the previously uninsured. And a wish that we not complicate the coverage with work-reporting requirements. Please.

So in the new era of new hope for action in the General Assembly, here are some (not so modest) wishes for this session, acknowledging that some may wait another year for serious consideration.

- ❖ Establish a nonpartisan redistricting commission. This is urgent, as the General Assembly would have to act in this session to get a constitutional amendment on the ballot in time for a commission to be ready for redistricting after the 2020 census.

- ❖ Greater transparency everywhere. Move to allow fewer, not more, FOIA exemptions. Require that a reason be given for any FOIA denial.

- ❖ End suspension of driver's licenses for non-payment of court costs and fines.

- ❖ Pass the Equal Rights Amendment.

- ❖ Fund Community Services Board budgets.

Expand Medicaid waivers; clear the waiting list.

- ❖ Fund education fairly, Northern Virginia needs more help.

- ❖ Restrict predatory lending.

- ❖ Think about reform and civil rights when considering bills on law enforcement.

- ❖ Protect LGBT rights

- ❖ Involve local officials in fixing proffer regulation.

- ❖ Implement no-excuse absentee voting.

- ❖ Limit large campaign contributions.

- ❖ Prohibit personal use of campaign funds.

- ❖ Require reporting on solitary confinement.
- ❖ Push jails and prisons to adopt best practices for prisoners with mental health issues.

- ❖ Provide a tax credit for family caregivers, with income limits if needed.

Comments? Additions? Email editors@connectionnewspapers.com

There is an infinite amount of information at virginiageneralassembly.gov Click on "members and session" for quick links.

— MARY KIMM

LETTERS TO THE EDITOR

Claude Moore Colonial Farm Closed

Friends, Volunteers and Visitors:

The Claude Moore Colonial Farm at Turkey Run closed forever on Friday, Dec. 21, 2018. The Friends of the Claude Moore Colonial Farm at Turkey Run would like to express our heartfelt gratitude to the millions of visitors to the Farm over the years. In addition, we deeply value the invaluable time and talents of thousands of adult and youth volunteers and the financial and in-kind contributions of our many benefactors.

The Board of the Friends will be taking some time during the holiday season to rest and reflect on the accomplishments of our volunteers and supporters for these last 37 years. When the New Year dawns we will be continuing our mission of history, agricultural and environmental living educational programs in another location. Please continue to follow us on our social media sites for updates.

The Friends of the Claude Moore Colonial Farm at Turkey Run,

which has operated the Farm for these last 37 years, is no longer fundraising or accepting donations. Any individual or organization purporting to raise money in the name of Claude Moore or the Claude Moore Colonial Farm is doing so under false pretenses. The Farm will not reopen at its former site in McLean under any name associated with Claude Moore or the Claude Moore Colonial Farm so any claims to the contrary from any party, including the National Park Service, are false.

The National Park Service has stated that it intends to hold community meetings to discuss future uses of the site. The Friends of the Claude Moore Colonial Farm at Turkey Run will not be involved in those discussions, although we encourage our former volunteers and supporters within the community to make your voices heard.

The Friends of the Claude Moore Colonial Farm at Turkey Run
www.1771.org

Public Safety Drones? Public Input Wanted

The Fairfax County Unmanned Aircraft Systems program will provide an enhanced level of operational capability, safety and situational awareness for first responders, other approved participating agencies, and decision-makers with high quality imagery, data, and customized geospatial solutions using unmanned aircraft while continuing to maintain the public trust.

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents on what they think. We are hosting six public information meetings located throughout Fairfax County.

The draft program is designed to support a variety of government mission types including:

- ❖ Search and rescue
- ❖ Flooding assessments
- ❖ Pre- and post-disaster damage assessments
- ❖ Crash reconstruction

- ❖ Fire incident/scene management and investigations

- ❖ Hazardous materials responses

- ❖ Wildlife estimation

The draft UAS program would not be used:

- ❖ To conduct random surveillance activities

- ❖ To target a person based solely on individual characteristics, such as, but not limited to race, ethnicity, gender, national origin, religion or disability

- ❖ To harass, intimidate or discriminate against any individual or group

- ❖ To conduct personal business or any other unauthorized use

Each public information meeting will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions from representatives of the

Office of Emergency Management, County Attorney's Office, Police

and Fire and Rescue Department. The formal presentation will begin at 7 p.m.

To find out more about the UAS program go to www.fairfaxcounty.gov/uas. The draft public safety UAS program manual is located there along with a link to the email account.

Please send your feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019 to be included in the official public record.

- ❖ Jan. 14, 2019 (6:30 p.m. – 8:30 p.m.), Mason District Governmental Center (Community Room), 6507 Columbia Pike, Annandale, VA 22003

- *Jan. 16, 2019 (6:30 p.m. – 8:30 p.m.), South County Governmental Center (Room 221C), 8350 Richmond Highway, Alexandria, VA 22309

- ❖ Jan. 23, 2019 (6:30 P.M. – 8:30 p.m.), McLean District Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

- ❖ Jan. 24, 2019 (6:30 p.m. – 8:30 p.m.), Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly, VA 20151

- ❖ Jan. 28, 2019 (6:30 p.m. – 8:30 p.m.), Reston Community Center – Hunter Woods, 2310 Colts Neck Road, Reston, VA 20191

- ❖ Jan. 30, 2019 (6:30 p.m. – 8:30 p.m.), Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke, VA 22015

Write

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

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Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

McLean
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*

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NEWS

Mini-grants Available for Youth-led Anti-stigma Initiatives

Proposals due Feb. 1, 2019.

Fairfax-Falls Church Community Services Board (CSB) is once again offering mini-grants for youth-led projects to reduce stigma among their peers, using funds from a suicide prevention grant from the Virginia Department of Behavioral Health and Developmental Services.

These mini-grants will fund youth-planned, youth-led projects within Fairfax County, Fairfax City, and Falls Church City.

Here are some ideas from previous years' grant awardees:

- ❖ Mountain View Alternative Learning Center conducted a project titled "I'm MINDING My Health," where 24 students participated in 2-3 days of student-led group activities around the theme of mental health awareness. The group planned for and participated in group activities facilitated by the school's psychologist, social worker and counselor. They discussed definitions of mental health and strategies they can use to help maintain positive mental health. Using funds from the grant, the students designed posters on that theme and a special bulletin board was set up where students were encouraged to write statements of support for mental health awareness.

- ❖ The Community Preservation and Development Corporation met with 32 youth, from ages 6 to 18 years enrolled in the Summer Learning Loss Prevention Program in the Island Walk community center in Reston.

The collective taught the youth how to stop, reduce and cope with stigma relating to mental health conditions. They also learned how to help someone with a mental health challenge and how to find resources for them.

- ❖ McLean High School ran a suicide prevention program, "Sources of Strength," and paid for training for 40 students to serve as peer leaders and 10 teachers to serve as adult advisors. Sources of Strength is an evidence-based mental health program shown to positively change school culture using an upstream approach to enhance the protective factors among youth, increasing the number of assets




PHOTO COURTESY OF FAIRFAX COUNTY

Social media post from McLean High School with a photo of participants in Sources of Strength.


in students' lives. The program trains students as peer leaders and connects them with adult advisors at school and in the community.

Proposals are due Feb. 1, 2019. Review the Request for Proposals to find out how to apply, and email csb-prevention@fairfaxcounty.gov with questions.



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HomeLifeStyle

Beyond The Resolution

Keeping a home in order all year long.

BY MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. Dedicating five to 10 minutes every evening to rehang clothes and separating items that need to

"If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

— Preston Taylor of From Chaos to Order



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

PHOTO BY STACY ZARIN GOLDBERG

be dry cleaned can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket."

Taylor recommends tackling laundry every evening if necessary. "If you start a load when you first arrive

home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehang towels, and then wiping it down one's shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep

a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."

After Holiday Visits, Some Questions

Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer's Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

- ❖ Memory loss that disrupts daily life.
- ❖ Challenges in planning or solving problems. \

❖ Difficulty completing familiar tasks at home, at work or at leisure.

❖ Confusion with time or place.

❖ Trouble understanding visual images and spatial relationships.

❖ New problems with words in speaking or writing.

❖ Misplacing things and losing the ability to retrace steps.

❖ Decreased or poor judgment.

❖ Withdrawal from work or social activities.

❖ Changes in mood and personality.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.



Kendyl and Katelyn, sisters from Falls Church, are ready to start their tour of the newly renovated McLean Community Center at the facility's Open House on Jan. 5.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Not all the fun was just for the kids – just ask Karl von Schrittz, the McLean resident who was “electrified” by the static electricity interactive display by the STEMtree folks who offer classes at the McLean Community Center.

‘It’s Our Time to Shine!’ McLean Community Center debuts renovated facilities with Open House

BY ANDREA WORKER
THE CONNECTION

On Saturday, Jan. 5, the doors of the McLean Community Center (MCC) were opened wide for an Open House. Local residents and visitors from throughout the county were introduced to the new and improved “Center of It All.”

It was in Spring of 2017 that the MCC went dark and began its transformation – one that starts even outside its walls with “parking lot lighting that works” noted Center Executive Director George Sachs at the ribbon-cutting a month ago, “and lights along the outdoor pathways.”

Another outdoors improvement was the new stormwater management and filtration systems added underneath the parking lot – systems that were well-tested and passed with flying colors during the record-breaking rainfalls of late 2018.

Most visitors familiar with the original facilities remarked on the lobby area as the place where change was most noticeable. That space was opened up dramatically. Where arriving guests were once faced by a large wall, floor-to-ceiling windows now look out upon a glass-enclosed interior courtyard and flood the space with light instead.

THE COURTYARD, complete with inviting greenery and benches, was made possible by a generous donation from McLean residents and MCC supporters Roberto and Gloria Maria Federigan. A brand new welcome and registration desk now sits front and center where visitors can get all the latest information on MCC happenings.

All told, about 7,700 square feet of space was added, while another 33,000-plus square feet were improved upon. Sachs was pleased to say that these improvements would allow the MCC to offer even more programs to its almost dizzying inventory



Deanna and Charles Martin are long-time McLean residents and supporters of the McLean Community Center. At the Open House, they check out information with MCC Special Event Manager Catherine Nesbitt about a “trip to Spain” – or more accurately, a bus ride in to DC for a fabulous night of food, wine, and Flamenco entertainment, part of the MCC’s “Passport Series.”

of activities, and to expand the number of participants that many of the events can accommodate.

It’s a testament to the administration and staff of the MCC that during the long renovation process they were able to continue offering their usual array of classes, exhibits, camps and other regular activities using the satellite facilities at the Old Firehouse Center and a number of other temporary locations.

Their organizational skills were on display at the Open House, as they guided visitors through the new spaces with “passports” in hand. A stamp in that “book” for each area visited or activity participated in afforded each a chance to win a prize.

Staff were handing out swag bags at the entrance to the expanded, light-filled lobby,

to collect the many goodies and giveaways to be had as those visitors wandered the new classroom spaces and activity areas.

In the entry atrium, “5-almost-6-years-old” Katelyn and her sister, 8-year-old Kendyl from Falls Church, were just starting their Open House adventure. Kendyl was looking forward to joining in the Hip Hop demo class since she will be a class member in the new facilities. In the lobby, they had stopped by the Old Firehouse and Camp McLean information booths to collect a few goodies for their swag bag and get some information from the Old Firehouse staff – along with that coveted “passport” stamp.

Mike Fisher, the Old Firehouse Center general manager was on hand to talk about the facility and its offerings, and his pas-



It’s recess time for Fairfax County School Board member Ryan McElveen who took the time out to enjoy an arts and craft program with his two-year-old daughter Sierra at the McLean Community Center Open House.

sion for the place, the people and community are easy to see.

Started as somewhere safe for youngsters and teens to meet for “recreation and personal development” particularly after school and during the summer, Fisher says “It’s our mission to utilize the Old Firehouse for that purpose and more, to its fullest ability.”

Morning classes and events are now scheduled for adults, and the Old Firehouse has partnered with a group to offer programs for youngsters with differing abilities.

Elsewhere, dance and fitness demos were taking place in the Shelp Studios, while the Stedman Room offered previews of upcoming youth events, and the Hampton Room was filled with children – of all ages – tak-

SEE MCC, PAGE 10

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

WEDNESDAY/JAN. 9

Movie Series: New Disney

Classics. 12:30 p.m. at The Alden Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with “new Disney Classics” – those that were loved during the 1990s. The films will be shown at 12:30 p.m. on the 2nd Wednesday of the month through June. Free admission. Visit mcleancenter.org/performing-arts.

FRIDAY/JAN. 11

The Old Firehouse 5th and 6th Grader Parties. 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. The Snow Ball – these popular parties are themed and the Old Firehouse is decorated accordingly. Participants will enjoy free catered food and beverages, an open dance floor with music played by a popular DJ and a variety of party attractions. \$35/\$25 MCC district residents. Preregistration is highly recommended. Call 703-448-8336 or visit mcleancenter.org/teens.

SATURDAY/JAN. 12

NVMR Model Train Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. The NVMR open house has model trains and trolley activities that realistically depict an actual railroad that existed in North Carolina in the 1950s, the Western North Carolina (WNC). Locomotive, rail car, and towns industry in this layout is modeled after those places and things as they looked in that era. Thomas and Friends are there, too. Visit 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/.

Klondike Campfire Cookout. 3:30-5 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. How did Native Americans prepare a meal in the middle of the winter cold in ages past? Find out while making a own meal at the “Klondike Campfire Cookout” at Riverbend Park. Prepare a winter meal using colonial and indigenous cooking techniques around a campfire. Food and drink are provided. Bring a flashlight and wear warm clothes. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

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

Honoring Dr. King in McLean

McLean Community Center celebrates Dr. Martin Luther King Jr.’s Birthday with special appearance by performance artists Liner Notes.

BY DAVID SIEGEL
THE CONNECTION

Continuing its long tradition, the McLean Community Center will celebrate the life and works of Dr. Martin Luther King Jr.

“Our 2019 McLean Community Center Martin Luther King Jr Celebration is “a reflection of our mission. The MCC is committed to cultivating a healthy community in McLean. Dr. King’s principles and vision are tools that we can use to build such communities,” said Sarah N. Schallern, director, performing arts, MCC. “In times that are especially divided, it’s important that friends and neighbors can come together to celebrate a man who was a great unifier and be inspired to bring his teachings into their lives,” added Schallern.

The observance will include an Alden Theatre performance by renowned musical performance group, Liner Notes. Created by master teaching artist and performer Paige Hernandez, Liner Notes will originate a special multimedia concert experience. It will be a fusion and collision of music’s past and present through jazz standards, hip hop samples and with a reading of actual record liner notes from musicians of the civil rights movement.

Hernandez is a critically acclaimed artist, performer, director, choreographer and playwright. Her works have been commissioned by the Smithsonian’s Discovery Theatre. She is a two time Helen Hayes nominee and has been named a Citizen Artist Fellow with the Kennedy Center. Hernandez has been named one of “Six Theatre Workers You Should Know” by American Theatre Magazine. She has also been recognized in organizations including the Wolf Trap Institute for Early Learning through the Arts

After seeing a Liner Notes performance at the Kennedy Center, Danielle Van Hook, MCC’s Director of Youth Theatre Programs said it was “a beautifully produced event, with great music by a great band that was more than just a concert. It was an intergenerational and participatory experience.

“I felt the joy in the Liner Notes music in a way that I haven’t from a concert before.” added Van

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. Email juleskrac@aol.com or call 202-321-5824.

Annual Salzman Lecture. 6 p.m. in the Sanctuary at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. This year’s speaker will be Susan Wharton Gates,

PhD, author of “Days of Slaughter: Inside the Fall of Freddie Mac – and Why It Could Happen Again.” She will share experiences and insights as a former vice president of public policy at Freddie Mac in the lead up to the 30-percent collapse of house prices and subsequent government takeover of her company in 2008. The Salzman lecture series was established in 1998 to honor the memory of Lewinsville elder and outstanding Presbyterian layman, Howard Salzman. Visit www.lewinsville.org.

MONDAY-TUESDAY/JAN. 14-15

Audition for “Winnie-the-Pooh.” 7-9 p.m. at The Alden, 1234 Ingleside Ave., McLean. The Alden in McLean is holding open auditions for its spring production, “Winnie-the-Pooh;” call backs will be held from 7-9 p.m. on Wednesday, Jan. 16. Walk-ins are welcome if space permits, but it is recommended to schedule an audition in advance by emailing

Danielle.VanHook@fairfaxcounty.gov. Call 703-790-0123, TTY: 711, or visit www.aldentheatre.org.

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 to order. Contact Gail Gershman at 561-596-4245 or Gail.Gershman@gmail.com.

THURSDAY/JAN. 17

Author Event: Judith Mudd-Krijgelmans. 7-8:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet the author of “Flowers

for Brother Mudd: One Woman’s Path from Jim Crow to Career Diplomat.” Learn how a girl from Louisville’s Smoke Town survived a segregated society and what propelled her to jet across the world for decades in a career chosen at age 16. Books available for sale and signing. Free. Visit librarycalendar.fairfaxcounty.gov/event/4534636.

FRIDAY/JAN. 18

“Dining With Dorothy.” 12:30 p.m. At Westwood Country Club, 800 Maple Ave., E, Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space, contact event chair, Dorothy Flood at dflood1706@gmail.com.

FRIDAY-SATURDAY/JAN. 18-19

“Peter Pan.” 8 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at www.viennatheatrecompany.com/ordering-tickets-online/, in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if seats are still available). Visit www.viennatheatrecompany.com.

SUNDAY/JAN. 20

Breakfast Buffet. 8 a.m.-noon. at Vienna American Legion Post 180, 330 Center St., N., Vienna. A Breakfast Buffet will be offered by the Vienna American Legion. Adults \$10, children 12 and under \$4. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Call 703-938-9535.

Hot Cocoa Party. 3-5 p.m. At Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a walk through the winter wonderland with a naturalist and then slip inside to warm up with a hot cocoa party. Listen to some heartwarming winter stories and make a wintry craft to take home. This program is designed for participants age 4-adult. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Lunar Eclipse. 9:30 p.m.-12:30 a.m. at Turner Farm, 925 Springvale 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.

MONDAY/JAN. 21

Live Music: Danny Burns. 7 p.m. at Jammin’ Java, 227 Maple Ave. E., Vienna. Irish Americana songwriter Danny Burns is playing for his record release party. The guest list on the album includes Tift Merritt, Holly Williams, Mindy Smith, Cara Dillon, Sam Bush, Jerry Douglas, Tim O’Brien, Dan Tyminski, Critter Fuqua. \$15. Call 703-255-1566 or visit www.jamminjava.com.



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PHOTO COURTESY OF McLEAN COMMUNITY CENTER

Liner Notes appearing at the 2019 McLean Community Center Dr. Martin Luther King Jr. Birthday celebration.

REAL ESTATE

What's In Home Sales Numbers?

Year over Year Comparison 2018 to 2017 to 2008 for McLean and Great Falls.

BY KAREN BRISCOE



The statistics for 2018 real estate

transactions in McLean and Great Falls have been tallied. The numbers are down year over year, with 1,096 total transactions compared to 1,214 the previous year. The good news is the market is considerably improved over 2008, a decade ago, which totaled only 749.

The shift in the market is likely due to several reasons.

First, interest rates have bounced around, but are up over historic lows. As interest rates rise, buyer's purchasing power is affected. There can be a positive market effect as buyers have urgency to purchase and lock in their interest rate.

Second, in many price segments inventory levels are low relative to demand. In the lower price points, buyers do not have many choices available. Buyers are faced with several options in those market dynamics. In some cases home purchasers raise their price point, make concessions, or put the move on hold until more choices became available. Some sit on the sidelines and wait for prices to be in line with their purchasing power and/or for more homes to become available.

The midterm elections took place in November of 2019. Given that Northern Virginia is just across the Potomac River from

**McLean & Great Falls Annual Market Analysis
of Home Sales (Based on List Price):**

2018 compared to 2017 and 2008

| 2018 Total Sales: 1,096 | | | | | | |
|---|-----------|-----------|---|----------------|----------------|------------|
| Zip Code | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 22101 | 21 | 45 | 132 | 68 | 161 | 60 |
| 22102 | 10 | 14 | 39 | 33 | 50 | 245 |
| 22066 | 1 | 5 | 59 | 45 | 75 | 33 |
| Total: | 32 | 64 | 230 | 146 | 286 | 338 |
| Combined Total Upper Brackets: 326 | | | Combined Total Lower Brackets: 770 | | | |

| 2017 Total Sales: 1,214 | | | | | | |
|---|-----------|-----------|---|----------------|----------------|------------|
| Zip Code | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 22101 | 20 | 38 | 141 | 93 | 178 | 75 |
| 22102 | 10 | 17 | 44 | 31 | 43 | 277 |
| 22066 | 5 | 13 | 55 | 55 | 95 | 24 |
| Total: | 35 | 68 | 240 | 179 | 316 | 376 |
| Combined Total Upper Brackets: 343 | | | Combined Total Lower Brackets: 871 | | | |

| 2008 Total Sales: 749 | | | | | | |
|---|-----------|-----------|---|----------------|----------------|------------|
| Zip Code | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 22101 | 14 | 19 | 57 | 38 | 67 | 144 |
| 22102 | 10 | 18 | 24 | 7 | 31 | 165 |
| 22066 | 4 | 10 | 47 | 28 | 42 | 24 |
| Total: | 28 | 47 | 128 | 73 | 140 | 333 |
| Combined Total Upper Brackets: 203 | | | Combined Total Lower Brackets: 546 | | | |

Washington, DC the election cycle has more impact on this market area. Uncertainty in many cases causes buyers to put moving decisions on hold. Now that the elections have concluded, in many cases, the market picks back up.

All brackets have improved considerably in comparison to the 2008 market a decade ago.

Inside the Beltway McLean zip code of 22101 continues to remain the strongest due to the most housing type options and proximity to DC metro center. Outside the Beltway McLean zip code of 22102 offers both condos in the Tysons market as well as estate style houses on large lots. That area is a bit down year over year. Great Falls zip code 22066 remains generally flat year to date 2018 over 2017.

As we move into the new year of 2019, there are strong indications that homes priced well and in good condition will sell for solid prices. If demand continues to remain strong relative to supply, some market segments may experience price appreciation.

Home buyers in the area can still purchase with the confidence that purchasing in an up market cycle frequently proves advantageous over time. Now is the time to work with professional agent to be in your new home in 2019.

Karen Briscoe with HBC Group at Keller Williams is an active and experienced Realtor® in the Northern Virginia marketplace. Karen, alongside her partner Lizzy Conroy and team, works with sellers, buyers, investors and builders in all price ranges. www.HBCGroupKW.com, 703-734-0192, Homes@HBCGroupKW.com.

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

BULLETIN BOARD

INPUT SOUGHT

Unmanned Aircraft Systems (UAS)

- Program.** Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.
- ❖ Thursday, Jan. 14, 6:30-8:30 p.m. at Mason District Governmental Center (Community Room), 6507 Columbia Pike, Annandale.
 - ❖ Wednesday, Jan. 16, 6:30-8:30 p.m. at South County Governmental

- Center (Room 221C), 8350 Richmond Highway, Alexandria.
- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
- ❖ Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.
- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAY/JAN. 8-FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-

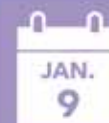
based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 8 – Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 – Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 – Communicating (part 3)
- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

SEE BULLETIN, PAGE 11

Here's What's Happening at MCC!

Presented by The Alden



Movies for Kids and Families
Wednesday, Jan. 9, 12:30 p.m.
In the Community Hall
Free admission

The Old Firehouse 5th & 6th Grader Party



The Snow Ball
Friday, Jan. 11, 7-9 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents

The Alden Spring Production



Open Auditions for "Winnie-the-Pooh"
Mon.-Tues., Jan. 14-15, 7-9 p.m.
For students ages 10-16 who reside in Small District 1A-Dranesville
Contact **Danielle.VanHook**
@fairfaxcounty.gov to schedule an audition time.

Martin Luther King Jr. Day Celebration "Liner Notes"



Sunday, Jan. 20, 2 p.m.
\$25/\$15 MCC district residents
A moving, multimedia concert experience that delves into the music that powered the civil rights movement.

Presented by The Alden



Midday Movies:
Foreign Language Films*
Wednesday, Jan. 23, 1 p.m.
In The Alden *Free admission*
*These movies are chosen for adult audiences and may contain mature content, language and themes.



The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
703-790-0123, TTY: 711

Announcements

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Announcements

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Announcements

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NEWS

**Pictured (from left):
Chairman Sharon
Bulova, Fairfax
County Board of
Supervisors; Super-
visor Linda Smyth,
Providence District;
Supervisor
Catherine Hudgins,
Hunter Mill District;
Sol Glasner, CEO and
President, Tysons
Partnership; Dalia A.
Palchik, Providence
District School
Board Member.**



PHOTO CONTRIBUTED

New Pedestrian, Bicycle Connections in Tysons

Fairfax County officials and community partners celebrated new pedestrian and bicycle connections in Tysons in a ribbon cutting ceremony on Jan. 3. Two new sidewalks are part of the Dulles corridor bicycle and pedestrian access improvements and provide enhanced pedestrian access along Leesburg Pike with 1,100 feet of sidewalk on the north side and 800 feet of sidewalk on the south side.

The sidewalks provide a missing link for pedestrians and bicyclists, creating better connectivity and safer passage along Route 7 under Route 123.

Chairman Sharon Bulova, Fairfax County Board of Supervisors, Supervisor Linda Q. Smyth, Providence District, Supervisor Catherine M. Hudgins, Hunter Mill District, and Sol Glasner, President & CEO, Tysons Partnership were on hand to give remarks.

The improvements were designed by the Fairfax County Department of Transportation; constructed by the Fairfax County Department of Public Works and Environmental Services (DPWES); and funded under the Virginia Department of Transportation (VDOT) Locally Administered Project (LAP) program.

MCC Welcomes Community

FROM PAGE 7

ing part in an "Open Games Display."

The Maffit Room attracted a lot of attention with its Stem-related class previews. Long-time MCC supporter and McLean resident Karl von Schritlz was shepherding the children throughout the activity spots, but stopped for a bit of his own fun with an encounter with static electricity, generated by the crank of a wheel.

The Community Hall was the scene of the BeFit McLean Health Fair, courtesy of a roomful of booths manned by staff from the Virginia Hospital Center.

Screening for cholesterol levels, blood pressure, body composition, vision, and even a Dermalcan machine to look at the effects of sun damage on the skin, had open house-goers lining up.

The Virginia Hospital Center gang also had booths with information on brain health, combating stress and exercises that were easy to do at home.

Hospital center staffer Mary Ghali was in charge of one interactive demonstration that drew a crowd with its "drinking goggles" challenge. The goggles are designed to simulate visual impairment when one is over the acceptable limit for blood alcohol when driving. One after another, participants donned the specs and then attempted to "walk the line" – two strips of blue painter's tape laid on the floor in straight lines. The results were the same, no matter who tried, as Paul Liu, a first-time visitor to the MCC, discovered when he gave it a go. With the blurry glasses, no one made it past the first three steps before veering off in one direction or the other.

THE FIT FAIR also included freebie healthy lunch offerings, while MCC Special Event Manager Catherine Nesbitt talked to neighbors like Deanna and Charles Martin, who live within walking dis-

tance of the Center, about just a few of the possible adventures available through the center. Coming up in February is a "trip to Spain" – a bus ride into DC for dinner and a Flamenco Show – all part of the center's "Passport Series."

The visual arts were also on display at the open house. Art works by teachers and students were exhibited in the DuVal Studio, while young artists were able to give free rein to their creative talents with construction paper, glue and some other resources as part of the demonstration of the McLean Project for the Arts.

That's where Fairfax County School Board member-at-large Ryan McElveen was found, engrossed in creating colorful cards decorated with geometric shapes with his two-year-old daughter Sierra. Miss Sierra was more than happy to share her work and invite passers-by (like a Connection reporter) to join in the fun. McElveen recently announced he is a candidate for chairman of the Fairfax County Board of Supervisors.

Cora Reynolds of McLean, 6 ½-years old and dressed for the dance demo, took a break from the more physical action to share a table with the McElveens while she and her dad John made an art project of their own. Cora will be continuing her dance lessons at the MCC.

If one took the "tour" in order, the last stop along the way would be a sneak preview of the Alden theatre. From Shakespeare to Gilbert and Sullivan, and from showings of foreign films to concerts, and speakers' series and technical theatre training classes, the Alden's season has something for everyone.

Now. Time to go and get your own brochures and flyers and check out the action at the new, greatly improved and ready for you McLean Community Center and the Old Firehouse, too. Start at their website www.mcleancenter.org. You don't want to miss a thing.

BULLETIN

FROM PAGE 9

WEDNESDAY/JAN. 9

2019 Chairman's Breakfast. 7:30-10 a.m. at The Tower Club, 1700 Towers Crescent Drive, Tysons. Welcome the Tysons Chamber's new Chairman and Board of Directors; hear Community and Business Leaders discuss the future of Tysons and 2019 prosperity initiatives. \$65. Email info@tysonschamber.org, call 703-281-1333, or visit business.tysonschamber.org/events/details/2019-chairman-s-vip-breakfast-8087.

Active Aging Wellness. 11 a.m.-noon at Oakton Church of the Brethren (near Unity), 10025 Courthouse Road, Vienna. Active Aging Wellness Exercise Class for Older Adults focusing on low impact aerobics, balance, coordination and stretching. Wednesdays, for six weeks, Jan. 9-Feb. 27. \$40 for six week session due at first class, make checks payable to Sun Fitness LLC. Instructor will provide bottled water and towels. Call 703-850-4131 or email eileenarr1@verizon.net for more.

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.

THURSDAY/JAN. 10

Adventures in Learning Open House. 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Adventures in Learning winter 2019 classes begin Thursday Jan. 17 and run through March 14. Classes are held at UUCF/Oakton. Students may attend one or all classes for one \$45 fee and are encouraged to create their own schedule – attend classes all day or attend only one class. Students are welcome to sample one class for free. For details call 703-281-0538 or visit www.scov.org/ail-open-house for an application and class schedule.

FRIDAY/JAN. 11

Coping Strategies for Anxious Children. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. The National Institute of Mental Health (NIMH) will present this workshop for parents of anxious children ages 8-17. Highlights include how to help children with anxiety, when anxiety becomes a disorder, strategies for treating specific anxiety disorders and stress reduction tools. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

SATURDAY/JAN. 12

McLean Area AAUW Branch Meeting. 10 a.m. at McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Area AAUW branch meeting will feature a panel discussion on Title IX. Panelists Dr. Jennifer Hammat, Title IX coordinator at George Mason University and Karen Keys Gammara, at-large Fairfax County School Board member will discuss the history of Title IX and the current status of this important law. Open to the public. Visit mclean-va.aaup.net for more.

TUESDAY/JAN. 15

NARFE Chapter 1116 Meeting. 1 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton) meeting will feature guest speakers Arlene and Johnny Arthur, Virginia Federation Service Officers. Free. Members and guest welcome. Call 703-205-9041.

Scholarship Application Deadline. The Virginia Latino Higher Education Network (VALHEN) is now accepting applications for the 2018-2019 Scholarship program. This scholarship program is dedicated to assist Latinx/Hispanic students to pursue higher education within the Commonwealth of Virginia. Scholarship awards are for one-year and will be paid directly to the recipient's college or university. Email scholarships@valhen.org or visit valhen.org for more.

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The Road Very Much Traveled



By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-smickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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



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