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Vienna's Hannah Krumreich, 27, crosses the finish of the Marine Corps Marathon 10k to take first place in the women's division with a time of 0:37:44.

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The dining area at Whole Foods in The Boro.



The Food Hall at Whole Foods in The Boro.

Whole Foods Flagship Opens in Tysons

BY DENISE LEW
THE CONNECTION

Whole Foods Market held a grand opening for its Mid-Atlantic flagship store in Tysons The Boro district on Wednesday, Oct. 30. A line of more than 400 customers wrapped around the block to snag “mystery savings cards” valued up to \$100 and customized Whole Foods Market Tysons reusable tote bags. The new store celebrated with music, bubble balloons, and coffee and bagel samples.

The Mid-Atlantic flagship hails as one of the largest Whole Foods stores on the east coast at 70,000 square-feet. Customers can grocery shop, dine, relax, grab a drink, play arcade games and even do some work in an open space environment with tables and seats. On grand opening day, the in-house High Point pub offered Happy Hour specials to customers dressed in team gear in celebration of the Nationals’ final game of the World Series.

“We are super excited to be here as one of the first tenants in The Boro. I think this is going to be a great new development and a great area for Tysons Corner,” said Carl DePree, store team leader.

Whole Foods Tysons will sell thousands of items from local suppliers. Innovative additions line the store including a pub, game room, dining area, and a food hall by Friends of Whole Foods Market partners: Officina, Genji Izakaya, Curiosity Donuts and the Rappahannock Oyster Company. Shoppers can also enjoy outdoor seating, the in-house Allegro coffee and tea bar, a JRINK juice bar, and specialty and prepared foods including a tandoori Indian cuisine station replete with tandoori ovens. The fresh produce, full-service seafood and butcher departments feature selections from local suppliers and growers.

The flagship store opening will help attract residents to the The Boro District, which is a new “downtown” experience for Tysons Corner incorporating entertainment, offices, residential space, and shopping.

“I think this store opening today is symbolic of how companies are being innovative and thinking about the future. They’re really trying to make it part of the walkable transit-oriented, family-friendly, and young people-friendly community. And I think those are all the things that we need in Northern Virginia,” said Del. Mark Keam, who represents Tysons.

From opening day through Dec. 31, all proceeds from Whole Foods Market’s “bring your own” bag credit program will be donated to Fairfax Casa, a local nonprofit. The flagship store will hire about 325 employees and be open daily from 7 a.m. to 10 p.m.



Whole Foods Market at The Boro



From Reston, friends Mary Nordhauser and Joyce Freedman.



Koeun and Theo Lee, 2, from Fairfax.

PHOTOS BY DENISE LEW/
THE CONNECTION



Wine and beer selections at Whole Foods in The Boro.

Race Still Matters: An Apology and Notice

I am ashamed to admit that I was one of those race vs. class people. Perhaps this worldview was seeded by a junior paper at Princeton focused on public perceptions of Affirmative Action which became a chapter in *Race vs. Class: The New Affirmative Action Debate* (1996, University Press of America). Perhaps it was nurtured as I traveled the well-trod post-graduate path to a top management consulting firm where I made more in my first job out of college than either of my parents; seeming to confirm the dominant theory that socioeconomic mobility through educational pathways was working, even for me, an African-American first-generation college graduate. And perhaps it was cemented as I came of age in a time when, even on the left, a race-neutral social justice world view was more socially acceptable and therefore, less threatening, to my white colleagues, neighbors, and acquaintances.

Either way, I quickly began ascribing to the notion that socioeconomic mobility through improved educational opportunities could change the life trajectories of many economically vulnerable populations, including those who were racially marginalized. While tragic and all-too frequent national events provided sobering counterbalances to my wholehearted

embrace of socioeconomic mobility as a tool for racial equality, everything else in my life was pushing me to a race-neutral world view on which I doubled-down.

However, this race-neutral worldview is a lie. The fact is that as an African-American Ivy League-educated woman in the 97th income percentile with the privilege of living in one of the wealthiest neighborhoods in the suburbs of Northern Virginia and sending my children to the best public schools money can buy:

Persistent gender and race pay gaps mean I am undercompensated as compared to both white men and white women. (#EqualityCan'tWait)

I am still three times more likely to die in childbirth as a white woman, even after controlling for education and income. (#SerenaWilliams)

My beautiful elementary-aged brown boys are more likely to be mistaken for criminals holding real guns during an epic neighborhood nerf battle than their white age mates. (#TamirRice 5th Anniversary)

My strong, independent 4th grade brown girl is more likely to be adultified by society and disproportionately disciplined or even criminalized in school. (#Girlhood Interrupted)

In my idyllic Great Falls neighborhood, if one of our wonderful neighbors calls the police to

conduct a welfare check on us because the front door is open or something else is askew, any member of my family might pay the ultimate price. (#AtatianaJefferson)

And even though our first gift to our children was strong, distinguished (and not coincidentally) race-neutral names to limit the impact of explicit and implicit bias in their life aspirations, IF my boys make it to adulthood, they will have a 50-50 chance of falling from the top income quintile to the bottom income quintile, compared with white kids who grow up wealthy and are five times more likely to stay wealthy than to become poor. (#OpportunityInsights)

All of these experiences rest upon my race, and not my socioeconomic status. In 2019, in America, no factor, not my Ivy League education, advanced degree, career as a foundation executive, or 401k balance can mitigate the burden of living black in a society built for white people.

The fact is: Race STILL Matters.

So, consider this both an apology for ever discounting the role of race in the social justice fight and official notice that I will no longer stand by and watch others discount race either.

RICSHAWN ADKINS ROANE
GREAT FALLS

A Retrospective on this Election Cycle

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The outcomes of the election on Nov. 5 are not known as I write this column. (The Reston Connection will go to press before the polls close.) I will no doubt have much to say about the results in future writings as this election is going to be pivotal for the Commonwealth's history regardless of who turns out to be the winners. What I was able to observe in the weeks and days leading up to election day was the highest level of people willing to help throughout the state in knocking on doors, making phone calls, writing postcards, and otherwise willing to chip in for their favorite candidates. If the level of activity leading up to election day is any indication, the turnout of voters should have been record breaking. "When we vote, we win" became the mantra of campaigns hoping to hold onto power or to transfer it to a more progressive legislature. As I traveled around the state, I became aware that while I had focused on state legislative contests there were many local elections that were critical to the future of local boards of supervisors and school boards.

What is known before the first vote was cast is that these elections were the most expensive ever seen in off-year elections in Virginia. When the total expenses of both candidates in many legislative elections are added together,



COMMENTARY

it will not be unusual that the total exceeds a million dollars. For some highly contentious races the totals exceed three million dollars. I have never seen the generosity of individuals to contribute to elections in other parts of the state as great as it was this year. There is a growing recognition that while

it is important who your elected official is, there is an equal importance to who holds the majority in the legislative body. You not only work to get your representatives elected, you also need to help the campaigns of those with whom he or she will have to work. Political contributions from out-of-state individuals and organizations poured into the state in record amounts.

Also interesting in this election cycle is the amazing transformation that occurred in some incumbent legislators. It took Virginia more than four years to approve Medicaid expansion in the state. Yet, if you listened to television commercials downstate you would not be able to find anyone who opposed the expansion. To the contrary, there were claims on the part of some incumbents who had voted against the expansion who in the campaign claimed credit for passing it. It is amazing what a refreshment with voters can do to some legislators' point of view and memories.

To analyze state and local election returns I

recommend that you go to the website of the State Board of Elections at www.elections.virginia.gov/resultsreports to see actual voting results. For more information on who the candidates were and how much they spent I suggest a visit to the Virginia Public Access Project, www.vpap.org/elections. In future columns I will provide my take on what the election results mean for the future of the Commonwealth.

A special shout out of recognition and thank you goes to all who worked so hard this election cycle. You are what makes the system work. Thank you!

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, libel, grammar, good taste and factual errors. Send to:

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SPORTS



PHOTOS BY JOHN BORDNER/THE CONNECTION
Vienna's Hannah Krumreich, 27, crosses the finish of the Marine Corps Marathon 10K to take first place in the women's division with a time of 0:37:44.



Arlington's Michael Wardian celebrates winning the inaugural Marine Corps Marathon 50K race Oct. 27 in Arlington. A world-renowned ultra distance runner, Wardian, 45, completed the course in 3:11:52.

Going the Distance

Hannah Krumreich, 27, of Vienna wins the Marine Corps Marathon 10K Oct. 27 in Arlington.

BY JEANNE THEISMANN
THE CONNECTION

Torrential rains may have slowed him down, but they didn't stop local runner Michael Wardian as he crossed the finish line to win the inaugural Marine Corps Marathon 50K race Oct. 27 in Arlington.

"To win your hometown event in such a great year, I couldn't ask for anything else," said Wardian, 45, who completed the distance (31 miles) with a time of 3:11:52.

The Marine Corps Marathon race was just a tune up for Wardian, who will run as the New York City Marathon virtual ambassador next weekend in Hong Kong.

"It's been a pretty epic year," said Wardian, who ran the entire 89.9 miles of the Washington D.C. Beltway in 17:54:59 in late June. "I ran across Israel earlier this year and set a fastest known time for that. I did about 1,000 kilometers in 10 days."

Wardian also completed a world record for 10 marathons in 10 days.

"Seven of those were on seven different continents," added Wardian, who ran his first marathon at the Marine Corps Marathon in 1996. "And to win the inaugural 50K today is pretty exciting for me."

More than 1,700 runners joined Wardian along the ultra distance 50K route, including Alexandria's Dustin Whitlow, 33, who finished second with a time of 3:21:36. Patrick Early, 40, of Montclair, Va., placed



Despite torrential rains, tens of thousands of runners take to the start of the 44th Marine Corps Marathon Oct. 27 in Arlington.

third in 3:40:50.

In total, 26,502 runners competed in the 44th annual Marine Corps Marathon events, including the traditional 26.2 mile marathon and the MCM 10K.

Hannah Krumreich, 27, Vienna, the women's division of the Marine Corps Marathon 10K Oct. 27 in Arlington in a time of 0:37:44..

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WELLBEING

Diffusing Holiday Drama

Sanity-saving strategies to get us through the not-so-silent holiday nights.

BY MARILYN CAMPBELL
THE CONNECTION

Later this month, Thanksgiving will usher in the holiday season, family gatherings and expectations of celebrations that are reminiscent of Currier and Ives-type scenes. For those who deal with difficult family members be they cousins, siblings, in-laws or outlaws, the most wonderful time of year can be met with dread. Having a few sanity-saving strategies can help get us through the not-so-silent holiday nights.

"Often, those closest to us can unfortunately spark the most amount of stress" said Nathan Leslie, Professor of Creative Writing at Northern Virginia Community College and author of the book "Hurry Up and Relax."

Focusing on one's own behaviors and responses rather than those we find difficult can offer a sense of empowerment "That's because in the end you cannot control how anyone else acts during this time, or ever," said Lorente. "The only thing that you really can control is how you react and respond to different people and situations. Being aware of your behavior and changing your mindset might be the best — and only way to survive the holiday drama this season."

Whether it's a feeling of obligation or hope for holiday cheer, before you head over the river and through the woods, know the reason for your trip. "First know why you are choosing to be around family members who might be difficult," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "This helps you to take ownership and control of the situation. I think that a lot of the negative feelings stem from feeling out of control, obligated, and frustrated."

Setting boundaries and having an exit strategy can be sanity-saving. "[For example,] 'when we start talking about topics such as my parenting style, or my politics, or my hair, I will leave the room,'" said Lorente. "Not with anger but with a sense that I am control of me not of my family member."

A family ally can offer support or an exit strategy if family gatherings turn sour. "You can even develop a code word or phrase you can say to prompt your ally to intervene, politely interrupt, or help you get out of the situation promptly," said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College. "A family ally is also a good person to have for support."

For those who know that difficult family situations are unavoidable, set time limits. "Plan ahead to organize your time spent in this situation, and avoid staying at family members' homes if your relationship is challenging," said Bagshaw. "Also, structure your time, make sure there's not a lot of downtime that can lead to awkward conversations."

Choosing to give attention to the positive aspects of one's familial relationships can help diffuse tension, suggests Lorente. "Focus on gratitude, fun, and the good things that this time may bring," she said. "You and your Mom may not agree on certain adult issues but look at what a great grandmother she is to your children."



COURTESY OF NATHAN LESLIE

Nathan Leslie, author of the book, "Hurry Up and Relax," says journaling can help relieve stress during the holidays.

"First know why you are choosing to be around family members who might be difficult. This helps you to take ownership and control of the situation."

— Carolyn Lorente, Ph.D Northern Virginia Community College

Putting pen to paper can help relieve stress. "Journaling is an excellent way to relieve stress and make sense out of chaos," said Leslie. "Writing...can be useful in giving mental order to the disorientation that the holidays might bring."

Visualize family events going well. Positive thoughts lead to positive feelings, advises Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason

University. "Be curious instead of critical," he said. "Wonder how others are thinking and feeling, and why," said Short. "Give others the benefit of the doubt."

"Wait before speaking if you have negative thoughts," continued Short. "Take a deep breath, visualize a favorite place, or walk away if you might regret what you say in the moment."

"Focus on gratitude, fun, and the good things that this time may bring."

— Carolyn Lorente, Ph.D Northern Virginia Community College

NEWS

South Lakes Junior Killed in a Single-Car Crash in Oakton

A teenager has died as a result of injuries from a crash that occurred around 6:30 p.m. Sunday night, Nov. 3 in Oakton near the intersection of Stuart Mill Road and Coulter Lane. Detectives from Crash Reconstruction Unit have preliminarily determined that the driver was travelling eastbound on Stuart Mill Road in a 2010 Kia Forte with four teenage passengers when the car ran off the right shoulder and hit a tree. All five teenage occupants were taken to local hospitals where one teen was pronounced deceased. The driver remains in life threatening condition while three passengers were treated for injuries not considered to be life threatening. Neither alcohol nor drugs appear to be factors which led to the crash. The possibility of speed being a factor is still being investigated.

The names of the driver and passengers are not being released due to legal restrictions contained within Virginia Code § 16.1-301.

Anyone with information about this crash is asked to contact Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS(866-411-8477), by text - Type "FCCS" plus tip to 847411, and by web - Click HERE. Download our Mobile tip411 App "Fairfax Co Crime Solvers". Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 dollars if their information leads to an arrest. Monday afternoon the South Lakes High School Principal Kimberly Retzer shared "a sad news" with the school community: the teenager killed in the accident was Carter Smith, 17, a junior at South Lakes.

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

COMMUNITY HELP NEEDED

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CALENDAR

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

ONGOING

Students' Art Work on Display. At Great Falls Starbucks, 9863 Georgetown Pike, Great Falls. Falls Studios in collaboration with Great Falls Starbucks presents "Still Life in the Style of American Realism," the work of 10 young artists ages 7-13 years who studied under Michela Mansuino, artist and Fellow at Studio Incamminati/Philadelphia in summer camp at the Arts of Great Falls. Visit www.GreatFallsStudios.com.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Year-round, Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Email kathleen@greatfallsfarmersmarket.org for more.

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. Visit community-foodworks.org.

WEDNESDAY/NOV. 6

Astronomy Talk. 7:30-8:30 p.m. At Observatory Park at Turner Farm, 925 Springvale Road, Great Falls. The roll-top observatory at Observatory Park at Turner Farm hosts a classroom talk each month on astronomy-related topics such as planets, the solar system, constellations, and space missions. Talks are followed by a telescope viewing session, if the weather allows. The program is designed for participants ages 8 to adult. The cost is \$8 per person. Advance registration is required. Monthly topics at <http://www.analemma.org/>. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

FRIDAY, NOV. 8,

Old Firehouse Family Fun Bingo. 7-9 p.m. At The Old Firehouse Center, 1440 Chain Bridge Rd., McLean. Join MCC for an evening of fun and prizes. Everyone can enjoy free popcorn, and winners will take their pick of prizes! Preregistration is recommended. Cost is \$15/\$10 MCC district residents. Preregistration is recommended. For all ages. Visit the website, www.mcleancenter.org. For Old Firehouse activities, call 703-448-8336.

SATURDAY-SUNDAY/NOV. 9-10

McLean Antiques Show & Sale. Saturday, 10 a.m.-5 p.m.; Sunday, 11 a.m.-4 p.m. Admission: \$10, good for both days. This established event features an exceptional group of dealers representing American, Continental and Asian antiques, decorative accessories, furniture, folk art, porcelain, silver, painting, prints, linens, Oriental carpets and rugs, and much more. Proceeds benefit the James C. Macdonald Scholarship Fund. Call the Center at 703-790-0123, TTY: 711, or visit the website, www.mcleancenter.org.

SATURDAY/NOV. 9

Holiday Bazaar. 9:30 a.m. to 4 p.m. At the Vienna Community Center, 120 Cherry Street, SE, Vienna. Hosted by the Vienna Women's Club. Since 1955, the Vienna Women's Club has been uniting women in common interests, activities, education, philanthropy, the arts, and more. Come browse local artisans and vendors offering unique and handmade items. Start your holiday shopping or pick up something for yourself. Admission is \$3. Visit the website: <http://viennawomansclub.org/Home.html> or visit <http://www.facebook.com/VVAWC>

Bowman House Pottery Show. 10 a.m. to 3 p.m. At Bowman House, 211 Center Street S, Vienna. The Town of Vienna's pottery program celebrates both its students and their work by offering student-created pieces for sale at the annual Bowman House Pottery Show. Payment will be accepted in cash or check only.

Fall Bazaar and Craft Show. 10 a.m. to 4 p.m. At Vienna Volunteer Fire Department Auxiliary, 400 Center Street, South, Vienna. The Auxiliary



The Bountiful Harvest Thanksgiving Lunch takes place on Tuesday, Nov. 12 at Vienna Community Center in Vienna.



"Simon and Garfunkel (Revisited) Live in Central Park" will perform Friday, Nov. 22 at The Alden Theater in McLean.

to the Vienna Volunteer Fire Department will hold their Fall Bazaar and Craft Show. Offered for sale will be crafts, holiday decorations, items for your home, clothing and gifts for that special someone. A delicious lunch menu is planned, as well as a bountiful homemade baked goods table. Proceeds from the rental of the table spaces and raffles benefit the fire department in their effort to raise funds for life-saving fire and rescue equipment. Call Carol at 703-309-3468 or email Dancers1023@aol.com.

Open House. 10 a.m. to 12 p.m. At the Country Day School, 6418 Georgetown Pike, McLean. The Country Day School will hold its first open house of the 2020-2021 enrollment season. Email admissionsteam@countryday.org.

Tea Seminar: What is Chai? 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Although chai is the Indian word for tea, Americans have adopted that word to mean a tea blended with spices. Learn about the many styles of masala chai, the base teas and spices used in them, and various preparation methods. Enjoy some tea infused treats and take home a custom tea blend. \$35 per person. Use ID Code ED7.CB78. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

Artist Reception. 5-8 p.m. At The Vienna Frame Factory, 212 Dominion Road, NE, Vienna. Featuring Shams Sherwani's show Art for Humanity, which runs Nov. 9 to Dec. 7. Sherwani is a graduate from the Pratt Institute, a collection of paintings Sherwani has worked on for a decade. Visit <http://theframefactory1.com>. Call 703-281-2350.

Book Signing. 4-6 p.m. At Barnes & Noble, Tysons Corner Mall, 7851-L, Tysons Corner Center, McLean. Come join Jason Howell, CFP,

and former U.S. Congressional candidate as he launches his new book: JOY of Financial Planning: 7 Strategies for Transforming Your Finances and Reclaiming Your American Dream.

Night Hike Campfire. 5-7 p.m. At Riverbend Park, 8700 Potomac Hills Street, Great Falls. This nighttime walk with a naturalist is designed for participants age 3 to adult. Go on a search for wildlife and finish the evening with a campfire. S'mores ingredients are provided. The cost is \$8 per person, and children must be accompanied by an adult registered in the program. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

SUNDAY/NOV. 10

MILL-itary Appreciation Day. 12-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. As Veterans Day approaches, the Fairfax County Park Authority salutes our nation's veterans and active duty service personnel with MILL-itary Appreciation Day. The Chesapeake Independent Blues and Ship's Company will both be at Colvin Run Mill to discuss the lives of militia and navy during the war of 1812. Admission is free for active and retired military members with ID. For others, the cost is \$8 for adults, \$7 for students age 16+, and \$6 for children and seniors. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Cooley-Moore Scholarship Luncheon Fashion Show. 2-5 p.m. At Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. The Ivy Foundation of Northern Virginia, Inc., the charitable affiliate of Zeta Chi Omega Chapter of Alpha Kappa Alpha Sorority, Inc., will host the 61st Annual Cooley-Moore Scholarship Luncheon Fashion Show. The event

will be hosted by D.C.'s Guy Lambert from WPGC. Tickets are available from the Eventbrite link: <https://www.eventbrite.com/e/61st-cooley-moore-scholarship-luncheon-fashionshow-tickets-62535152324?aff=eac2>

Celtic Winter Concert. 5 and 7 p.m. At The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Four Shillings Short perform Celtic and World music on over 30 instruments including dulcimers, mandolins, woodwinds, Sitar, Banjo and vocals. Tickets: \$18/adults & \$12/children under 12. Series tickets: \$80/adults & \$60/children under 12. Visit the website: <https://www.oldbrogue.com>

NOV. 10, 17, 24, AND DEC. 8

Celtic Concerts. 5 and 7 p.m. At the Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Presents the 17th season of family friendly, Fall Traditional Celtic Concerts, a five-week series of top quality music from the British Isles, Brittany (France), the Celtic areas of Northern Spain, and the Americas, staged in the Snuggery (dining room). Featuring nationally recognized Celtic musicians, the concerts are performed in a listening room by the fireside. Tickets must be purchased in advance at oldbrogue.com — \$18 general admission/\$12 children. Season ticket: \$80/\$60. www.ionamusic.com/brogue.shtml or www.oldbrogue.com or call the Old Brogue at 703-759-3309.

MONDAY/NOV. 11

Transit of Mercury Celebration. 10 a.m. to 1 p.m. At Turner Farm, 925 Springvale Road, Great Falls. Watch Mercury as it passes directly between Earth and the sun at a special viewing event at Turner Farm Park. Mercury is the smallest planet in our solar system and will appear as a tiny black dot gliding slowly across the face of the sun. Many different telescopes and viewing methods will be available, along with educational stations to enjoy while clouds pass by. Because of Mercury's size, it will be hard to view this transit without special equipment. For participants age 5 to adult, and the cost is \$8 per person. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

TUESDAY/NOV. 12

Bountiful Harvest Thanksgiving Lunch. 12-2 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. The Town of Vienna and Shepherd's Center of Oakton-Vienna will celebrate the season of thankfulness with a Bountiful Harvest Thanksgiving Lunch from 12-2pm Tuesday, November 12, at the Vienna Community Center. Adults 55-plus are welcome to enjoy turkey and all the festive fixings that come with it, to be followed by holiday entertainment. Registration is \$15 per person and due by Nov. 8. Call the Shepherd's Center at 703-281-0538 to register.

McLean Historical Society Meeting. 7:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Historical Society program will feature Dr. Elizabeth Crowell, Cultural Resource Branch Manager with the Fairfax County Park Authority, who will address archaeology in Fairfax County. Everyone is welcome. Call 703-356-8223.

NOV. 14-16

"A Midsummer Night's Dream." 7:30 p.m. on Nov. 14, 15, and 16 and 2:30 p.m. on Nov. 16. At James Madison High School, 2500 James Madison Drive, Vienna. This classic Shakespearean comedy is full of whimsy as magically confused lovers fight, craftsmen rehearse a poorly-produced play for a wedding, and fairies meddle in the lives of mortals. www.madisondrama.com for \$10 and at the door for \$12.

NOV. 15-17

Still Life & Floral Workshop. Friday, 6-8 p.m.; Saturday, 9:30 a.m.-4:30 p.m.; Sunday, 9:30 a.m.-4:30 p.m. At The Arts of Great Falls, 756 Walker Road, Great Falls. The paintings of nationally-acclaimed artist Robert Johnson evoke a newfound appreciation for the power and elegance of work done in the classical tradition. Call 703-232-1575.

SATURDAY/NOV. 16

Harvest Marketplace. 9 a.m. to 5 p.m. At Our Lady of Good Counsel Catholic Church, 8601 Wolftrap Rd., Vienna. Come browse for unique items and keepsakes that will make great gifts and home decor as we transition into the Christmas Season. A variety of vendors will be present. Relax and enjoy a cup of coffee and baked goods at the Cafe. Prepare for Christmas this year by making your own Christmas Lantern (Parol). Visit the website: <https://www.olgcva.org/news-post/~post/harvest-marketplace>

Madison Marching Ensemble Wins Another Championship

For the second year in a row, the James Madison High School Marching Ensemble has won the Virginia Marching Band Cooperative State (VMBC) Championship. The theme of this year's performance is Dusk 'til Dawn, utilizing music, color guard costumes, stage make-up, props and scenic backdrops to perform a show that earned a first place rating in all three categories of music, general effect and visual at the VMBC competition the first week-end of November.

Preparation for this competition began on Aug. 5, the first day of summer band camp. Throughout the fall, the 150 member ensemble participated in a rigorous competition season, while also performing for the local community at home football games, in the Homecoming Parade and the Vienna Halloween Parade. The ensemble started the competition by winning the regional VMBC competition in September, hosted by Herndon High School.

In the first weekend of October, the ensemble made history by earning the school's first-ever Band of America Mid-Atlantic Regional Championship title. This



PHOTO BY MEGAN HARVEY

The James Madison High School Marching Ensemble performing at Madison football game.

regional competition held in College Park, Md., hosts bands from local states and has not been won by a Virginia school in more than 30 years. The Band of America Regional Championship title earned the ensemble another dis-

inction, an invitation to participate in the 2019 Band of America Grand National Competition in Indianapolis. The marching ensemble, known as the Pride of Vienna, will participate in this competition Nov. 14-16.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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For more information please contact Erin Lidz:
exceptionalschoolsfair@gmail.com

Here's What's Happening at MCC!

The Old Firehouse



Family Fun Bingo
Friday, Nov. 8, 7-9 p.m.
1440 Chain Bridge Rd.
\$15/\$10 MCC district residents
Preregistration is recommended.



Returning to MCC



McLean Antiques Show & Sale
Saturday, Nov. 9, 10 a.m.-5 p.m.
Sunday, Nov. 10, 11 a.m.-4 p.m.
Admission: \$10, good for both days

Closing Notice

Veterans Holiday
Monday, Nov. 11

Presented by The Alden



LARD Dog & The Band of Shy
Saturday, Nov. 16, 4 p.m.
\$15/\$10 MCC district residents

Presented by The Alden



Simon and Garfunkel [Revisited]:
Live in Central Park
Recreated by Lee Lessack
and Johnny Rodgers
Friday, Nov. 22, 7 p.m.
\$40/\$35 seniors & students
\$30 MCC district residents



The McLean
Community Center
www.mcleancenter.org

Home of the Alden Theatre
www.aldentheatre.org

703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101



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NOTICE OF OLD DOMINION ELECTRIC COOPERATIVE AND ITS MEMBER DISTRIBUTION COOPERATIVES TO SEEK WAIVER OF CERTAIN PURPA OBLIGATIONS FROM THE FEDERAL ENERGY REGULATORY COMMISSION

Take notice that on or after December 2, 2019, Old Dominion Electric Cooperative (ODEC) intends to file with the Federal Energy Regulatory Commission (FERC) a Petition requesting waiver of certain obligations in FERC's rules implementing Section 210 of the Public Utility Regulatory Policies Act of 1978 (PURPA), on behalf of itself and the following ODEC member distribution cooperatives which are regulated by the Virginia State Corporation Commission (VSCC): A&N Electric Cooperative, BARC Electric Cooperative, Community Electric Cooperative, Mecklenburg Electric Cooperative, Northern Neck Electric Cooperative, Prince George Electric Cooperative, Rappahannock Electric Cooperative, Shenandoah Valley Electric Cooperative, and Southside Electric Cooperative (collectively, the "Members").

The Petition will request waiver of FERC's regulations to allow ODEC and the Members to jointly implement their respective obligations under Section 210 of PURPA and under Part 292 of the FERC's regulations, 18 C.F.R. Part 292, as set forth in the PURPA Implementation Plan between ODEC and its member distribution cooperatives. PURPA Section 210 was enacted to encourage production of electric energy by qualifying cogeneration and small power production facilities (QFs). Part 292 of FERC's Regulations sets forth the requirements regarding arrangements between electric utilities and QFs. Part 292 requires electric utilities to purchase and sell energy and capacity from and to QFs. The PURPA Implementation Plan provides that (1) any QF may interconnect with the electric distribution systems of ODEC's Members or to ODEC's transmission system to the extent such QF is entitled to interconnection under Part 292 of the Commission's Regulations; (2) ODEC will purchase capacity and energy from QFs with a net capacity in excess of 100 kW and up to 20 MW as made available by such QFs, at ODEC's avoided cost; (3) each of the Members will sell supplementary, back-up and maintenance power to QFs on a firm or interruptible basis, upon request, at rates that are non-discriminatory, just and reasonable, and in the public interest; and (4) no QF will be subject to duplicative charges for interconnection or wheeling as a result of selling to ODEC and buying from a Member. By Order issued on August 9, 2019, in its Case No. PUR-2019-0047, the VSCC granted ODEC's motion for authorization to state that the VSCC endorses the Petition with respect to the Members.

Copies of the PURPA Implementation Plan will be sent to interested parties upon request. FERC will publish notice of the Petition in the Federal Register following receipt of the filing. That notice will specify that any person desiring to be heard in this matter can make the appropriate filing with the FERC.

Inquiries or comments concerning this matter should be addressed to:
Old Dominion Electric Cooperative • 4201 Dominion Boulevard •
Glen Allen, VA 23060 • (804) 968-4021 • Attn: General Counsel

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

ENTERTAINMENT



Mario with Lara Bircan, 4, of Vienna and Isaiah, 4, of Fairfax.



Twins Clara and Vera van der Geest, 3, from McLean.

Magic in McLean

Alden Theatre presents Mario the Maker Magician.

PHOTOS BY DENISE LEW/THE CONNECTION

New York-based entertainer Mario "the Maker Magician" Marchese appeared at McLean's Alden Theatre on Saturday, Nov. 3, as part of a national tour. Recognized for his dedication to the maker and the STEAM movement (science, technology, engineering, arts, and math), Marchese combines his own inventions of robotics, electronics and upcycled props with a new and cool kind of vintage slapstick magic. Hailed as "the best kids musician in the world," by fellow magician David Blaine, Marchese has appeared on Sesame Street and NBC Universal's Sprout channel. Marchese's magic career started by chance, when he was 22, by "stumbling into a magic shop, thinking it was an antique store," he said. "That small accident changed the course of my life," said Marchese.

After performing for a few years on the side, the magician went full-time with an occupation that he loved, entertaining family audiences and incorporating STEAM into his shows. "I build all of my props using cardboard, 3D printing, programming, and sensors. The show's purpose is to get kids excited about making," said Marchese. "We are trying to start a new video series, making magic tricks at home for kids of all ages, using programming and 3d design and printing," he said.

The innovative magician travels with his wife and manager, Katie, and his two young children, Gigi, 8, who often helps with tickets and merchandise, and Bear, 5, who loves greeting audience members and even helps clean up after shows.

Having made his inventions become reality with hard work and patience, Marchese is optimistic towards the future. "My dream would be to land on Broadway in NYC," he said. Marchese says that he undoubtedly hopes to come back to perform in McLean. "This is our first time in the area. We hope to explore and see new things, make new friends, then come back again and again," said Marchese.

For more about the Alden Theatre, visit www.mcleancenter.org



Mario the Maker Magician's wife and manager, Katie Marchese, with their children, Gigi, 8 and Bear, 5.



Mario the Maker Magician performs on stage.

To learn more about Mario the Maker Magician, visit www.mariothemagician.com

— DENISE LEW

BULLETIN BOARD

Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway
Fairfax, VA 22035
Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Nov. 26 Committee Meetings
❖ 9:30 a.m. - Economic Advisory Commission
❖ 11 a.m. - Personnel Committee
❖ 1:30 p.m. - Legislative Committee
❖ 3 p.m. - Budget Committee
❖ 5 p.m. - Audit Committee
Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Dec. 10 Committee Meetings
❖ 9:30 a.m. - Health, Housing and Human Services Committee
❖ 11 a.m. - Development Process Committee
❖ 1:30 p.m. - Transportation Committee
❖ 3 p.m. - General Assembly Annual Reception and Work Session

FROM PAGE 7

Dr. Martin Luther King Jr. Morning of Service and is asking community residents to begin now to collect plastic caps and lids. The special recycling effort already has engaged the church's membership in starting to bring plastic caps and lids to fill "Chomper," a fun, child-friendly recycling container in the main entrance to the church. A second special recycling bin for easy drop-off is located just inside the church's office entrance. For details of what plastic caps/lids are suitable, see www.GoodShepherdVA.com.

MONDAY/NOV. 11

Veteran's Day Ceremony. 11 a.m. to 12 p.m. At Great Falls Freedom Memorial (behind the library), 9830 Georgetown Pike, Great Falls. Celebrate and honor our veterans at this annual Veteran's Day ceremony. The event will include a color guard, patriotic songs by the Langley Madrigals, and remarks by retired Army Col. Dick Leadbetter. Veterans especially invited. Attendees are encouraged to bring portable chairs. In case of rain, the ceremony will be held in the library meeting room. Email Bruce Fein at bruce@newdream.net. Visit the website: www.gffreedom.org

Free Bagels to Veterans. At Manhattan Bagel Company, 310 Maple Ave., West, Vienna. Manhattan Bagel Company announces that on Veterans Day it will offer a free bagel and cream cheese to all veterans at participating locations. Continuing its long-standing tradition, all active, former and retired military personnel are invited to visit their local store to take advantage of this one-day promotion.

TUESDAY/NOV. 12

Discovering Dementia. 10:30 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. "I noticed some changes in my spouse recently— could it be dementia?" While most people have heard about dementia, not everyone knows that there are different types. Presented by: Paul Nasto, Co-Founder of My Home Companion.

WEDNESDAY/NOV. 13

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

Transportation Meeting. 6:30-8:30 p.m. At Westgate Elementary School Cafeteria, 7500 Magarity Road, Falls Church. The Fairfax County Department of Transportation (FCDOT) will host a second community meeting on the proposed Magarity Road Walkway improvements. Feedback is due by Nov. 27, 2019, and may be submitted at the meeting; via the online feedback form; in writing to FCDOT at 4050 Legato Road, Suite 400, Fairfax, VA 22033; or by calling 703-877-5600.

Visit the project website at <https://www.fairfaxcounty.gov/transportation/projects/magarity-road-sidewalk>.

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Please Relief Me



By KENNETH B. LOURIE

Or let me go. So sang Engelbert Humperdinck way back in 1967 about having lost that loving feeling. His lost loving feeling was not about his mortgage. The lyrics: "I have found a new love dear" imply if not clearly state that there's a woman involved. My lost loving feeling is about my mortgage. And contrary to Engelbert, I can't leave it, and believe me, I've tried, though I've never sung about it, only droned on about it in print. To invoke the legendary Ricky Ricardo, aka Desi Arnaz, from "I Love Lucy," originally broadcast in the mid- to late-50s: Let me 'splain.

It's been over 15 years since my last successful refinance. Twice in the intervening years I've tried to refinance. In each case, I've been denied even though I've had upwards of 50 percent equity and an 800 or so credit rating.

Between multiple problems with the house (lead paint on the exterior, broken windows, etc.) and less than ideal income documentation, debt to income ratio, yada, yada, yada, we've regularly been kicked to the curb, which we also don't have, so I gave up; and have proceeded over the years to fix some of the problems mentioned which unfortunately has not led to an acceptable resolution.

Time has passed, and after years of television advertisements by Henry Winkler, Fred Thompson and most recently, Thomas Magnum himself: Tom Selleck, promoting reverse mortgages for those nearing retirement, I buckled under the pressure of these years of paid celebrity endorsements and made a few inquiries. It turns out that given my age — and circumstances semi-unique to us (no kids, lots of equity, need the money), we're perfect candidates. So we applied to company number one (denied) which led to company number two: denied. The second time the denial was not about income documentation and so forth as it was with the first "reverse-mortgager." No. It wasn't even about the house. This time it was about an out-building on our property, specifically the foundation of a "shed"/stable standing derelict in its duties and of no use to anyone. Not however of 'no use' to the appraiser, apparently, who mentioned its condition in his report to the mortgage underwriter who now has because of those findings, slam-dunked us (put our application on hold) pending the shed's disposition.

To summarize and recall another legendary figure from the 50s: author Joseph Heller, I'm in a bit of a "Catch-22." I can't refinance the house and get access to its equity because I can't meet the financial qualifications. And I can't reverse-mortgage the house — to gain access to the equity I need to live on, because the out-building on my property ("Belly Acres" as I call it) is a shell of its former self, so to speak, and needs upwards of \$100,000 of repairs (I've gotten an estimate), money that if I had/could even get to, I'd need to live on, not spend on a building I'll never use/don't need. And neither can I sell the house (nor do we want to quite frankly) because the "shed" would be part of any deal, which means its repair would still be required. And one more thing, because the house is registered with the Federal Government as "Historic," we can't demolish this out-building either. In effect, we are stuck between a rock — as in those missing and cracked in the 100 year-old shed's foundation — and a hard place: the underwriter's intransigence and the Historic Preservation's rules. Let's call it a Catch-22 "A."

At this point, I don't really know which way to turn. I'm not exactly damned if I do, I'm more damned because I can't. I don't think I'm asking for any kind of special dispensation. I'm not involving the Pope. I just want, to quote singer/songwriter Nick Lowe from his 1974 song, ("What's So Funny 'Bout) Peace, Love and Understanding," some 'peace, love and understanding.' I'm not looking to make any trouble. In fact, I'm looking for the opposite: serenity, now and forever, with or without Seinfeld reruns. And I can afford it if the powers that be, won't be less omnipotent and help a fella out. I swear I won't bother them if they won't bother me. Make the approval a Festivus-type occasion except it won't be for the rest of us, it will be just for me and my wife. I promise I won't tell a soul.

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

PEOPLE



PHOTOS COURTESY OF TOUCH OF LIFE

Kushaan (second from left) and Medhnaa Saran (right) visit with the children of Bal Ashram in India.



Touch of Life Foundation's board of directors, including children's rights activist and director of Bal Ashram, Kailash Satyarthi (front left), Kushaan (back left), and Medhnaa Saran (center).

Sister-Brother Team Spreads Awareness of Human Trafficking

Local teen nominated for the International Children's Peace Prize this year.

BY OLIVIA ANELLO
THE CONNECTION

It was a privilege this week meeting the remarkable sibling duo, Medhnaa and Kushaan Saran of Vienna. Medhnaa, 15, and her brother Kushaan, 14, attend Pinnacle Academy in Oakton. Their school offers a dual-enrollment program that allows high school students to take college-level courses at Northern Virginia Community College in Manassas. There, Medhnaa takes three classes on top of her five high school classes, and Kushaan will begin NOVA classes next fall. Only a sophomore and a freshman, Medhnaa and Kushaan head their school's National Honor Society and National Junior Honor Society, respectively. This is only the start of many accomplishments these siblings have achieved.

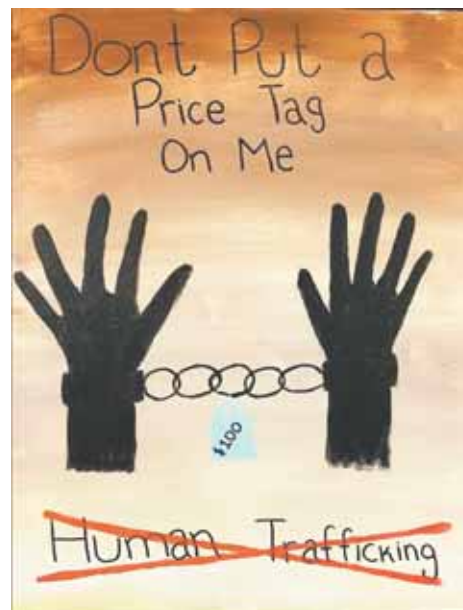


Dynamic duo and co-founders of the Touch of Life Foundation, Kushaan, 14, and Medhnaa Saran, 15, of Oakton.

and Kushaan founded their own nonprofit organization, the Touch of Life Foundation, in an effort to spread awareness about the dangers and the exploitation individuals experience when they are victims of human trafficking. Touch of Life now hosts many events throughout the year such as community barbecues and clothing, toy, and book drives. They have also created lasting partnerships with local businesses who donate a percentage of their earnings to give to the children in India. They frequently mail packages of supplies to the children, and on some occasions, are able to hand deliver all they raised on their yearly trip to India. "We have so much to pack this year, because so much of it is going to the kids," Kushaan said about his trip to India coming up in December.

"We knew we needed to help them," Medhnaa said, reflecting on the call she felt to support the children, and began raising money for Bal Ashram. In 2016, Medhnaa

It was for her work advocating for the victims of human trafficking that Medhnaa was nominated for the International Children's Peace Prize this year. The prize



Artwork by Medhnaa Saran to raise awareness for human trafficking and child labor.

There's a story about a hummingbird that saved a forest from being engulfed in flames, by bringing droplets of water to the fire again and again. The rest of the animals realize what she's doing and begin to help her, carrying more water and eventually putting out the fire.

A children's rights activist and Medhnaa's mentor, Kailash Satyarthi, calls her the hummingbird because he knows that "she is making, and will continue to make such an important change for children's rights."

ON NOV. 16, the Touch of Life Foundation will host its 4th annual cultural function at the Stacy C. Sherwood Community Center in Fairfax to benefit the children at the Bal Ashram orphanage in India. The event is for all ages and is to celebrate Diwali, the Hindu festival of lights. Guests will be able to light a diya, a small oil lamp or candle, in honor of a child at Bal Ashram.



Touch of Life partnered with Choolah for a fundraising event, where a portion of the evening's earnings went to the orphanage in India.