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The Science of Sleep with WebMD's John Whyte In collaboration with WebMD

Wednesday, January 29, 2020 6:45 p.m.

S. Dillon Ripley Center, 1100 Jefferson Drive SW, Washington, DC 20560



McLean
CONNECTION



Bridge Congestion
Solution Sought

News, PAGE 5

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

CONNECTION FILE PHOTO

Proclamations and Resolutions,
Board Matters and Votes

News, PAGE 3

Virginia Gun Rights
Advocates Take Second
Amendment Stand

News, PAGE 7

The American Legion Bridge
can back traffic up into Virginia
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MCC Seeks Governing Board Candidates

Are you a resident of Small District 1-A Dranesville? Are you looking for ways to make a difference in the community? Consider running for a seat on the McLean Community Center's (MCC) 2020-2021 Governing Board. MCC is seeking district residents to run for seats on its 11-member volunteer board, which provides oversight and guidance for MCC programs and facilities, including the Robert Ames Alden Theatre ("The Alden") and The Old Firehouse Center (OFC). An agency of Fairfax County Government, MCC is located at 1234 Ingleside Ave.

To run for a seat on the volunteer board, a candidate must reside in the Center's tax district (Small District 1A-Dranesville). Three adult positions and two youth positions are open this year. To have their names placed on election ballots, candidates are required to obtain the signatures of 10 McLean tax district residents in their respective categories (either adult or youth). Candidate petition packets will be available at MCC starting at 9 a.m. on Tuesday, Jan. 21.

The three adult candidates who receive the three highest vote counts will serve three-year terms. Youth members will serve one-year terms. Adult candidates must be at least 18 years of age as of McLean Day

(Saturday, May 16). Youth candidates must be 15-17 years of age as of McLean Day. One youth member will be elected from the McLean High School boundary area and one will be elected from the Langley High School boundary area. Youth candidates are not required to attend either school, but they must reside in the boundary areas served by those schools respectively, as defined by Fairfax County Public Schools.

Key Election Dates:

- ❖ Tuesday, Jan 21: Candidate Petition Packets are available at MCC and OFC.
 - ❖ Friday, March 13: Completed Petition Packets are due at MCC by 5 p.m.
 - ❖ Saturday, March 14: Candidates' Orientation.
 - ❖ Wednesday, March 18: Absentee Voting begins at the MCC and The Old Firehouse Center, 1440 Chain Bridge Rd., McLean, Va. 22101.
 - ❖ Wednesday, May 13: Absentee Voting ends at 5 p.m.
 - ❖ Saturday, May 16: Elections at McLean Day (Lewinsville Park) from 10:30 a.m. to 5 p.m.
- For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or logon to the Governing Board Candidates' webpage: <https://bit.ly/2QwOURj>.

BULLETIN BOARD

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

THURSDAY/JAN. 23

Open House — Adventures In Learning Registration. 10 a.m. to noon. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Stop by the Open House and check out what's in store for the Shepherd's Center's Winter semester of Adventures in Learning. Classes begin January 30 – March 26. Stay for one or all classes that day. \$45 per semester. Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

THURSDAY/JAN. 23

Vaping Education for Parents. 7-8:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Are you worried that your kids or their friends are vaping? According to the Fairfax Youth Survey results for 2018-19, more than 30% of surveyed students at McLean and Langley High Schools reported having vaped in the past month compared to 20% of high schoolers across Fairfax County and nationwide. This free evening event will include details on prevention and intervention with presentations by the following: McLean mom Gail Embt will share her parenting journey when teen vaping hit close to home and how her family conversations changed from confrontation to cooperation in order to change her teen's behavior. A local pulmonologist, Dr. Jeff Hales, will present the latest medical updates on the health risks of vaping in youth. More details about Gail and her journey can be found here: <https://www.breakthevape.com/about>. For questions about the program, contact info@breakthevape.

FRIDAY/JAN 24

Fine Arts Scholarship Competition. High

school students are invited to showcase their artistic achievements in the 2020 James C. Macdonald Performing Arts Scholarship Competition. Sponsored by The Alden, this competition encourages local youths' artistic development and promotes the study of the arts. The deadline to apply is Friday, Jan. 24. The competition is open to ninth- through 12th-grade students who reside or attend school in Dranesville Small Tax District-1A. A \$1,200 scholarship prize will be given to first-place winners in each of the following categories: Dance, Theater, Vocal Music and Instrumental Music; second-place winners in all four categories will receive \$800; third-place winners will each receive \$400. Applications can be completed online at: <https://www.surveymonkey.com/r/TheAldenMacdonald2020>. A non-refundable, \$20 fee is required for each application form submitted. For more information, visit: <https://mcleancenter.org/performing-arts/community-arts-2> or contact Alden Youth Theatre Programs Director Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov or 703-790-0123, TTY: 711.

FRIDAY/FEB. 7

Preschool Transition to Kindergarten for Students with Disabilities. 10 a.m. to noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. The transition to kindergarten is a big one for kids and can be even more so for children with disabilities. Learn how parents can collaborate with FCPS to ensure their students have a smooth transition to Kindergarten.

TUESDAY/FEB. 11

Valentine's Day Luncheon. 12 noon to 2 p.m. At Vienna Community Center, 120

SEE BULLETIN, PAGE 11

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Proclamations and Resolutions, Board Matters and Votes

It's Day One; Take action for Fairfax County Board of Supervisors.

BY MERCIA HOBSON
THE CONNECTION

A new chapter of government began for citizens in Fairfax County when the 2020 Board of Supervisors convened for the first time Tuesday morning, Jan. 14. Led by Chairman Jeffrey C. McKay, the agenda kicked off with multiple presentations, among them a proclamation to designate January 2020 as Human Trafficking Awareness Month in Fairfax County.

McKay and Supervisor Patrick Herrity (R-Springfield) introduced the request. "I can't think of a crime worse than to hold someone in captivity and make them do awful things... I think raising awareness is critical to ending this crime," said Herrity.

Next on the agenda, the Board completed numerous housekeeping tasks beginning with the appointment of board members to various Inter-jurisdictional Committees and Intra-Governmental Boards and Committees. "I'm excited as we move forward to have every member of this board play a significant role both internally and externally as a region, as we move forward," said Chairman McKay. Unlike the naming of committee members, the position of vice-chairman required a vote by colleagues on the Board. Supervisor Kathy Smith (D-Sully) nominated Supervisor Penny Gross (D-Mason) Vice Chairman of the Board. The motion passed unanimously.

MOVING INTO ACTION ITEMS, the Board approved the resolution adopting a meeting schedule for calendar year 2020 and authorizing the chairman to reschedule in an emergency. The Board then approved a motion by Herrity for a fence height modification for the Police Heliport Project in the Springfield District. The fence would surround the secured police operations area of the Police Heliport.

McKay moved on an Information Item, the Fairfax-Falls Church Community Services board fee schedule. He said while this item did not require a motion, he asked if there were any questions for staff. There were none.

During Board Matters, before McKay presented his first resolution of the year, one with Supervisor James Walkinshaw (D-Braddock), he turned the gavel over to Vice-Chair Gross.

McKay said that the local tax structure in Virginia had become outdated, with limitations on the ability of counties to raise revenues from diverse sources. That resulted in an over-reliance on property taxes to fund core local government programs and services. Under the Code of Virginia, county government had less authority to raise revenues and meet responsibilities than did cities and towns, including meals, cigarette and transient occupancy and such. "This is



Chairman of the Fairfax County Board of Supervisors Jeffrey C. McKay



Vice Chairman of the Board Penny Gross (D-Mason)



Supervisor Kathy Smith (D-Sully)



Supervisor Walter Alcorn (D-Hunter Mill)



Supervisor John Foust (D-Dranesville)



Supervisor Rodney Lusk (D-Lee District)



Supervisor Daniel Storck (D-Mount Vernon District)



Supervisor Dalia Palchik (D-Providence)



Supervisor James Walkinshaw (D-Braddock)

true even though county governments have the same responsibilities as cities for funding core services such as K-12 education, public safety, social services and public health. ... Support for equal taxing authority between cities and counties has long been included in the County's legislative program for an appropriate mix of revenue sources to meet local needs...

The Virginia Association of Counties (VACO) has made support for equal taxing authority a top priority for the 2020 Gen-

eral Assembly Session that began last week," said McKay. He urged the Board to approve the resolution calling on the state to provide equal tax authority for counties and cities and direct staff to transmit the resolution to the Fairfax County General Assembly.

Herrity disagreed.

He said while there was support in "a lot of areas," he did not believe there was support in the Springfield District. "I think what we have is a spending problem more than

a revenue problem. In the last five years, our budget has gone up 20 percent. That's more per year than wages ... that's more a year than the cost of inflation ... I think what this means is Fairfax County is looking at the potential for a meals tax without a referendum, and that's something that our voters overwhelmingly rejected back in 2016 during a presidential election, so I'm going to be voting no," Supervisor Herrity said.

Walkinshaw concurred with McKay. He said that over the last year in Braddock District, there was much concern about over-reliance on the real estate tax to fund all of core services.

"We need to broaden the tax base, and that is a once in a generation opportunity that we have." The motion carried 9-1 with Herrity, sole Republican, voting nay.

McKay's next resolution, jointly co-sponsored with Vice Chair Gross, dealt with the importance of regionalism and the need to work alongside area localities. "Critical to achieving goals and planning for the future of Fairfax," said Chairman McKay. It also urged other jurisdictions in the national capital region to adopt similar resolutions. The motion carried.

Another of McKay's board matters dealt with supplementary notices for the 2020 Census. "Every member of this Board is getting an email today from my office asking you to appoint a staff member to work with the committee on the specific outreach issues in your district. This is really important, not only for political representation, but the estimates are for each uncounted person. We could be losing \$1,200 a year in the potential federal funding," for each uncounted person, he said.

Supervisor Dalia Palchik (D-Providence) said that since this was the first time the census was being done online, she appreciated the outreach efforts, especially for communities that have historically been under-represented. She mentioned increases in other outreach efforts such as through faith-based communities and physicians, members trusted by the community.

Tony Castrilli, Director of Public Affairs Fairfax County, encouraged Palchik to visit the site, Census 2020 Complete Count Committee Members at fairfax.gov/topics/census-2020. "It is a very diverse group of community leaders in different areas, including the hard to reach communities and faith-based leaders throughout the region."

Supervisor Walter Alcorn presented a motion to amend the Reston Comprehensive Plan that would focus, among other things, on projected population thresholds for Reston and land use in the village centers, "I am looking at 12-18 months from start to finish," Supervisor Alcorn said. The motion carried.

PALCHIK brought forward her first board matter relating to the Holmes Run Acres.

SEE BOARD, PAGE 11

OPINION

Siege of the Capital

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

This column is being written as news stories continue to increase that thousands of persons opposed to gun legislation will be coming to the Capitol grounds to protest. Increased citizen participation is usually a good thing, but in this case it is seeming more like a siege than a peaceful protest. Already the FBI has arrested three individuals in right-wing hate groups who apparently were planning to come with guns that would be fired from various locations to start a race riot. Three other persons were arrested from the same hate group but whose plans for the day were less specific. Law enforcement authorities had gathered enough credible evidence of a threat that the Governor barred any guns on Capitol grounds on Monday except for the police. Security fencing was installed on the grounds. Streets were closed.

The General Assembly had made plans to conduct business as usual as much as that is possible. I am hopeful that the news you have been reading is that the day passed without serious incident. I can assure you that I will be going forward with my bill to close the many loopholes in the current background checks system to ensure that people who have shown themselves to be a threat to themselves or others will not be able to purchase firearms. Recent polls indicate that about 80 percent of people support the bill as a good public safety measure.

Only twice before am I aware that the capital experienced a serious physical siege. The first occurred in 1676-1677 while Virginia was still a royal colony with its capital in Jamestown. Nathaniel Bacon led an armed rebellion against royal Governor William Ber-

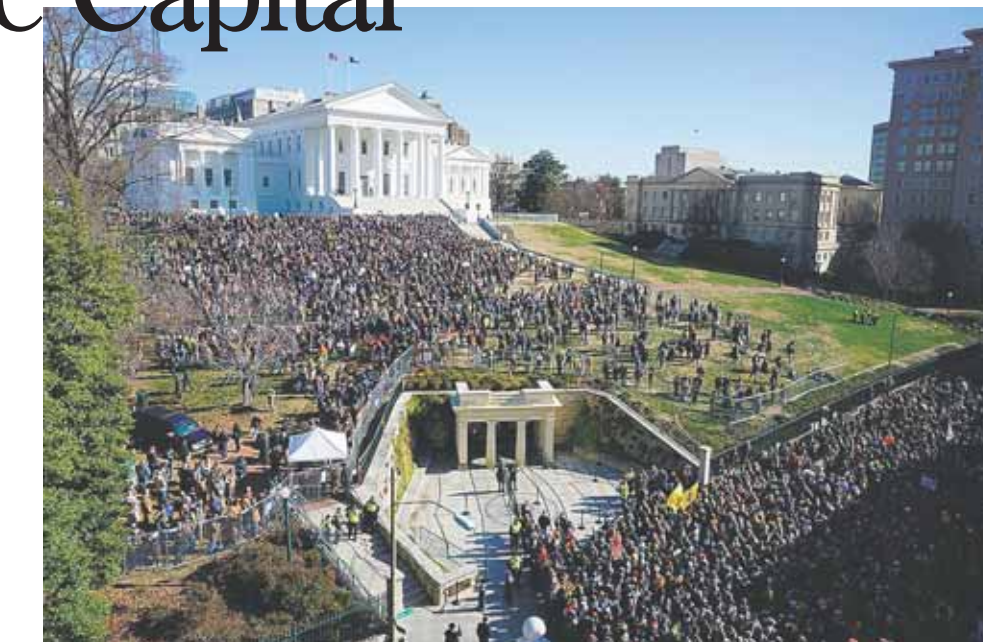


PHOTO BY JEFFREY KNIGHT/VCU CAPITAL NEWS SERVICE

Capitol Police estimated around 22,000 people attended gun rights rally in Richmond on Monday, Jan. 20, with 6,000 entering the secured area where weapons were not allowed.

keley who he contended did not provide adequate protection against Indian attacks for settlers on the western frontier. The story gets more complicated as there was a desire by the settlers to seize more land from the Indians and for Bacon to gain more power in the governance of the colony. His attack led to the capital being burned. You can still view the foundation of the capital if you visit Jamestown Island today.

The second siege of the capital came near the end of the Civil War after Virginia had been out of the Union for four years. Richmond was the capital of the Confederate States, and many skirmishes and battles occurred around it during the war. The city was key to mobilizing,

outfitting and feeding the Confederate army but did not fall to Union forces until April 1865. Confederate forces burned the city as they departed. Fortunately, the Capitol building was saved from the fire that otherwise destroyed the city. A week later the Confederates surrendered at Appomattox west of the city. The war was ended even though there are many who continue to debate who was to blame for the war and who won.

A well-regulated militia made up of state and local police will protect the Capitol building and its occupant legislators from those who would deny freedom to others through their misuse of firearms. We will not be bullied regardless of their siege.

LETTERS TO THE EDITOR

Making Alzheimer's a National Priority

To the Editor:

One in three seniors dies from Alzheimer's Disease. It is the only leading cause of death in the United States that cannot be prevented, cured or even slowed down. It is imperative that we have elected officials who are working to make Alzheimer's a national priority!

As an Alzheimer's Association Advocacy Ambassador I am fortunate to be able to work with Sen. Mark Warner to discuss the staggering impact of Alzheimer's Disease in Virginia and the Nation. I am grateful for his willingness to listen and work with us toward solutions for helping families with a diagnosis of dementia. We are proud Virginia is represented by a champion in Congress to the 150,000 Virginians living with Alzheimer's.

My young family was impacted by Alzheimer's when my 53 year old husband was diagnosed with the disease. Although he died 17 years ago, I am passionate about advocating to find a cure for this dreadful disease. I believe research at the NIH is an important necessity towards a cure so we can live in a world without Alzheimer's!.

Please join the Alzheimer's Association and me in thanking Sen. Warner for his continued support in the fight to end Alzheimer's.

Sarah Jewell Harris
Fair Oaks

Dangerous Escalation

To the Editor:

Trump's blatantly illegal assassination of a military leader in a foreign country was a dangerous escalation of hostilities that will affect the whole Middle East region. Imagine if another country had done that to one of our

generals? Fortunately, there is growing bipartisan

support in the House and Senate to reassert Congress's constitutional war authority and prevent another disastrous and endless war. I encourage all citizens to take action by writing or calling their elected representatives and asking them to co-sponsor and vote for proposals that would prohibit the unauthorized use of military force in Iran or any other country. The President has the right to defend our country in a crisis, but we need to take away his ability to exercise arbitrary and unjust actions unilaterally.

Cathy Tunis
Reston

Help Prevent War

To the Editor:

So often I hear people say, "There is nothing I can do to work for a safer, more just world."

In recent days we have wit-

nessed the frightening deadly increase in hostilities between Iran and the United States.

There is something important you can do.

Over the last two years, I have heard from legislative staff that our legislators do not hear from many constituents weighing in on Foreign Policy.

Now you have an opportunity to do something to help prevent war with Iran.

Contact your US representative to support H.R. 5543, a bill to immediately defund military action in Iran. The Trump Administration can't make war without funding. Congress must retake its constitutional duty to decide when we go to war.

Don't know how to contact your Representative? Learn how here:

<https://www.usa.gov/elected-officials>. It's easy to write or call.

Make a difference. Speak out to your Representative.

Katherine Cole
Reston

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

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NEWS DEPARTMENT:
mclean@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

Trisha Hamilton
Display Advertising
703-624-9201
trisha@connectionnewspapers.com

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

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

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
circulation@connectionnewspapers.com



Traffic in McLean/Great Falls area of the Beltway leading up the the American Legion Bridge.

CONNECTION
FILE PHOTO



495 NEXT and American Legion Bridge Update

One of the biggest transportation challenges in the McLean area is the congestion caused by perceived inadequate capacity on the American Legion Bridge and the Maryland side of the Beltway.

Since early 2018, VDOT has been working on its 495 Express Lanes Northern Extension project (495 NEXT), which is a 2.5-mile extension of the 495 Express Lanes north from the current terminus near the 1-495 and Dulles Access Road interchange to the vicinity of American Legion Bridge. The project proposes to install two new tolled Express Lanes in each direction to reduce congestion and improve roadway safety, provide additional travel choices, and improve travel reliability.

In early 2019, VDOT signed a nonbinding Development Framework Agreement with Transurban. Delivering the project through this public private partnership would mean that no public funding by the Commonwealth is needed to extend the Express Lanes network, only tolls. If approved, the project will replace Live Oak Drive, Georgetown Pike, and Old Dominion Drive Bridges and allow for the installation of pedestrian/bike facilities along the corridor. Construction could begin as early as 2021.

Virginia officials have been cautious about moving forward with the project because without replacing the American Legion Bridge, bottlenecks and congestion will only be relocated, not resolved.

A major development occurred late last year when Virginia Governor Ralph Northam and Maryland Governor Larry Hogan announced "The Capital Beltway Accord."

The agreement is a commitment to work together to create a new, unified Capital Beltway and replace the aging American Legion Bridge. The cost of the bridge project is expected to be \$1 billion and both states will contribute to the cost through public private partnerships. The private entity will pay the upfront costs in exchange for future toll revenue meaning toll payers rather than taxpayers will foot the bill.

The new bridge will have four express toll lanes, in addition to eight free lanes, as on the current span. The tolls will fluctuate based on congestion, rising to keep traffic flowing freely. Construction could begin in 2022 and would likely take five or six years.

The next key piece of the puzzle is ensuring that the widening of I-495 just over the bridge in Mary-

"I am excited that we are making progress on addressing congestion issues that have plagued our communities, but I want to be sure that the project is done in a way that actually addresses our problems, rather than just moving them."

—Supervisor John Foust (D-Dranesville)

land is done in coordination with the bridge project. The project has faced vociferous opposition from residents near the beltway and environmental groups. Questions remain about the project adding to climate change and lack of inclusion of transit options and bike and pedestrian paths. Construction's impact on the Potomac River, and houses, schools, parks and other buildings close to 495 remain.

Hogan recently obtained a key vote, on the day the Maryland General Assembly convened, to advance a plan to widen the Beltway from the American Legion Bridge to the Interstate 270 spur, and along the lower part of I-270 between the Beltway and Interstate 370. The Maryland General Assembly has introduced legislation to require localities agreement to move forward.

Many state and federal approvals are still needed and there will be opportunities for residents and communities to provide input on these proposals.

Supervisor John Foust (D-Dranesville) said, "I am excited that we are making progress on addressing congestion issues that have plagued our communities, but I want to be sure that the project is done in a way that actually addresses our problems, rather than just moving them."

VDOT will hold a public hearing to present the results of the 495 NEXT environmental study and traffic analysis and solicit community input on March 12 from 6:30 p.m. to 8:30 p.m. at Langley High School in McLean (6520 Georgetown Pike).



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The Science of Sleep

with WebMD's John Whyte

In collaboration with WebMD

Wednesday, January 29, 2020

6:45 p.m.

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Metro: Smithsonian (Mall exit)

A good night's sleep might be a dream for some but how sleep impacts our health is a reality. Hear Dr. John Whyte, WebMD's chief medical officer, answer questions like, can too little sleep -- or too much -- sleep might be a sign of a serious health condition such as diabetes, cancer, thyroid conditions or heart disease?



Do melatonin supplements help? Can you benefit from a new pillow? How much sleep do you need and, what your sleep pattern might reveal about your health.

Dr. Whyte answers these questions and more, and shares a sleep quiz to help you determine if you're getting quality sleep.

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The ABCs of Kids and Money

Teaching children how to budget, save and manage finances.

BY MARILYN CAMPBELL
THE CONNECTION

In an age when paying one's mortgage can be done from a smartphone, money smarts is an important part of navigating life. From saving to buy the latest video game to learning how to budget an allowance, financial literacy is one of the most important lessons for children, say financial experts.

"It's very important to teach tweens and teens about money," said Steve Pilloff, Ph.D., Associate Professor in the School of Business at George Mason University. "For many kids, this is the first time they are making independent financial decisions, such as whether to save a birthday gift or spend it on a video game."

In fact, Patti Senft, Manager of Program Engagement at Junior Achievement of Greater Washington in Fairfax, Virginia says that one of her organization's goals is to teach financial literacy to children. "Junior Achievement has determined that teaching the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit should begin with middle school students in 7th and 8th grade," she said.

"The knowledge that the students learn through the Junior Achievement gives students the skills they need to manage their expenses and budget wisely for a successful future," she said.

Helping children set financial goals, delay gratification, earn money and save it toward achieving those goals is one of the first steps that parents can take to teach smart money practices, said Pilloff. "The habits, and even more critically, the decision-making process children develop early on will influence the way they approach financial matters throughout their lives," he said.

Students should be taught to make choices with the amount of money they have, suggests Senft. "It's important to teach children to distinguish between what you need versus what you want," she said. "It's important to teach children of all ages about money. It's never too soon to talk about the importance of savings."

"It's important because in any modern society, the



PHOTO COURTESY OF JUNIOR ACHIEVEMENT

The Junior Achievement students at Carl Sandburg Middle School in Mount Vernon are learning the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit.

one thing that people do almost every day is make money decisions, so knowing how to do it well is something that is going to be useful to every single one of us," added Laura Levine, president and CEO of the Jump\$tart Coalition for Personal Financial Literacy. "Knowing how to manage money is something that all consumers need to do so it's important that we teach that to our kids."

In fact, learning to manage a budget is one of the basic skills that Levine encourages parents to teach.

"Years ago, finance was basic, but today there are so many options and financial decisions that have to be made," she said. "Money is more self-directed than ever before. Finances are more complicated than ever before, so we need skills to manage it."

When it comes to managing money, one of the best ways to teach is leading by example, says Levine. "Like with anything else, kids learn by what they see at home," she said. "Even parents who haven't made the best financial decisions in the past can resolve to do it now in the New Year."

While some parents might find starting a dialog daunting, it's vital that parents have those conversations with their children, said Levine.

"Talk to your kids about money," she said. "It's important to distinguish between talk and teach. Parents who don't know about money can freak out when they're asked to teach their children about money. Instead, talk to them and say, 'Let's learn about this together.'"

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- Springfield Connection
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Capitol Police estimated around 22,000 people attended gun rights rally in Richmond on Monday, Jan. 20, with 6,000 entering the secured area where weapons were not allowed.



PHOTOS BY JEFFREY KNIGHT/VCU CAPITAL NEWS SERVICE

Attendees expressed happiness that the massive event was not marred by any major disruptions or violence.

Virginia Gun Rights Advocates Take Second Amendment Stand

Capitol Police estimates around 22,000 people attended peaceful gun rights rally in Richmond.

BY CHIP LAUTERBACH
CAPITAL NEWS SERVICE

Chants of “We will not comply,” and “USA, USA,” sounded through the blanket of security as thousands of armed Second Amendment supporters converged on Richmond to protest proposed gun control measures.

The rally, organized by the gun rights group Virginia Citizens Defense League, raised security concerns in the days leading up to it. Gov. Ralph Northam declared a state of emergency and banned firearms from the Capitol grounds from Jan. 17 to Jan. 21.

Over the weekend, Capitol Police erected a fence around the grounds and created one main security checkpoint into the area where speakers would be located. Capitol Police estimated around 22,000 people attended, with 6,000 entering the secured area where weapons were not allowed.

Despite the governor’s ban, many gun rights advocates came armed and opted to stay outside of the State Capitol grounds, flooding streets around the Capitol and legislative offices in the Pocahontas Building.

CAPITOL POLICE reported that one arrest was made. A Richmond woman was charged for wearing a mask in public — a felony in Virginia. The armed protesters didn’t attempt to breach the security fence put up around Capitol Square. A red smoke grenade was set off, but no other disturbances were reported. After the event, Northam expressed gratitude that the event wasn’t violent.

“Thousands of people came to Richmond to make their voices heard,” he said in a statement. “Today showed that when people disagree, they can do so peacefully.”

Days before the rally, the FBI arrested



Thousands of Second Amendment supporters converged on Richmond to protest proposed gun control measures.

seven members of a white nationalist group called The Base. At least three were reportedly planning to attend the rally and create a violent disturbance. Northam stated that such intel prompted him to declare a state of emergency. Some businesses near the Capitol decided to close during the rally, though many remained open.

Philip Van Cleave, VCDL president, tried to dispel fears of violence by releasing a social media statement urging attendees to stay peaceful and to focus on supporting the Second Amendment.

“The issue is not race; it’s not politics or politicians,” said Willis Madden, a member of National African American Gun Association from King and Queen County. “It’s not about who is in the White House or who just got elected, the issue is the Second Amendment.”

Many gun rights advocates expressed con-

cern over SB 16, introduced by Sen. Dick Saslaw, D-Fairfax, which would have prohibited the sale and transport of assault firearms and certain types of firearm magazines.

Saslaw pulled the bill last week, but Del. Mark H. Levine, D-Alexandria, introduced a similar bill in the House, HB 961. Levine’s bill would prohibit the sale and transport of assault firearms, certain firearm magazines, silencers, and trigger activators, as well as outlines penalties.

Amy Parker of Westmoreland County said gun control legislation doesn’t make her feel safe.

“Everything they are trying to ban is going to get rid of most guns that people use for self defense,” said Parker. “It’s my right to not be a victim.”

Other gun bills in the General Assembly include SB 70, which requires a universal

background check when people sell firearms; SB 69, which limits handgun purchases to one a month; SB 35, which allows localities to ban firearms in a public space during a permitted event; and SB 240, which would create a process for attorneys and law enforcement to file emergency orders prohibiting a person from purchasing, possessing or transferring a firearm if they pose “a substantial risk of injury to himself or others.” The first three passed the Senate last week and SB 240 awaits a vote.

Van Cleave spoke against the measures endorsed by Northam and Democratic lawmakers. Van Cleave was joined on stage by several Republican legislators, among them Del. Nick Freitas, R-Culpeper, Del. John McGuire, R-Henrico and Sen. Amanda Chase, R-Chesterfield.

“Every other freedom that we have as Americans is based on that Second Amendment,” said Chase, repeating a phrase that she used earlier while addressing advocates waiting in line to lobby lawmakers.

Chase, who previously wore a pistol on the Senate floor during the 2019 General Assembly session, said in a Capital News Service interview that she was “so encouraged” by the rally turnout. Chase said she will continue to work with gun rights advocates to overturn the proposed legislation: “We’re gonna make it happen.”

ATTENDEES expressed happiness that the massive event was not marred by any major disruptions or violence.

“I’ve been following the bills and listening to all of the news surrounding today, and I wanted to see for myself that those of us in Richmond could come out here and be peaceful,” said Ryan Querry, a psychology student at Virginia Commonwealth University. “Most people say they are surprised that it turned out so peaceful, but this is exactly what I expected.”

CALENDAR

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

WEDNESDAY/JAN. 22

”Timbuktu.” 1 p.m. At The Alden Theatre, 1234 Ingleside Ave., McLean. Free screening of the 2014 French-Mauritanian film “Timbuktu,” which opens viewers to the collision between a community of pious Muslims and the jihadists that overtake their titular city. The screening is free and reservations are not required. Visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

Holy Happy Hour. 6:15 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Music featuring the U.S. Navy Band Woodwind Quintet with flute, oboe, clarinet, French horn and bassoon. Concert will run one hour, followed by fellowship. Visit <https://www.lewinsville.org/concerts/> or call the church office during business hours 703-356-7200.

Auditions. 7-9 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The Alden’s youth production open auditions for “Dorothy Meets Alice or The Wizard of Wonderland” on Wednesday, Jan. 22, 7–9 p.m. Students between the ages of 10 and 16 who live in the MCC tax district (Small District 1A-Dranesville) are eligible to audition. Rehearsals will be held from 7-9 p.m. on Tuesdays, Wednesdays and Thursdays, from late January through March. Performances will be held March 28-29 and April 4-5 at 2 p.m. in The Alden. To schedule an audition time, email danielle.vanhook@fairfaxcounty.gov.

THURSDAY/JAN. 23

Acoustic Autumn Live Music. 6:30-9 p.m. At Blend 111, 111 Church Street, NW, Vienna. Laissez Foure is an acoustic swing quartet playing classics from the ‘30s and ‘40s. The group consists of acoustic bass, swing rhythm guitar, saxophone/clarinet, and trumpet. In the tradition of New Orleans jazz, the quartet emphasizes an acoustic sound when feasible and plays charts by Armstrong, Ellington, Count Basie and others from the era.

FRIDAY/JAN. 24

McKean Art Society Meeting. 10 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Lee Culver, an award-winning watercolorist and teacher will be the presenter. Ms.Culver instructs at the Torpedo Factory in Alexandria. For this session she will focus on composition strategy. Call 703-790-0123.

DMV Coming to Great Falls. 10 a.m. to 4 p.m. At Great Falls Library, 9830 VA-193, Great Falls. Can’t Get to the DMV? The Virginia Department of Motor Vehicles will set up an off-site branch at the Great Falls Library. DMV Connect offers a multitude of services that would normally require a trip to the DMV: REAL IDs, drivers’ licenses, ID cards, disabled parking placards, vehicle titles, E-Z pass transponders and much more. Visit www.fairfaxcounty.gov.

Artist’s Reception. 6-8 p.m. At The Arts of Great Falls School, 756 Walker Road, Great Falls. This is your chance to meet the teachers of The Arts of Great Falls School. See their work, mingle around the classroom and enjoy a Friday night out.

Snow Ball. 7-9 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., McLean. Cost is \$35/\$25 MCC district residents. The Old Firehouse 5th and 6th Grader parties are themed and decorated accordingly. Free catered food and beverages will be distributed to participants. Parties feature a DJ, open dance floor and a variety of activities. Preregistration is highly recommended. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Young Adult Game Night. 7:30-9:30 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The Young Adult Ministry of Lewinsville Presbyterian Church will be hosting its first Game Night of the year. All young adults are invited to gather in the chapel for some games, snacks, and fellowship. Bring friends and games if you are interested in playing. Visit <https://www.lewinsville.org/events/young-adult-game-night-2/> or contact Rev. Annamarie Groenenboom (703-356-7200).

SATURDAY/JAN. 25

Celebration of New Ministry. 11 a.m. At St.



“We Shall Overcome”

”We Shall Overcome featuring Damien Sneed” will be held Thursday, Jan. 30 at the McLean Community Center.

THURSDAY/JAN. 30

“We Shall Overcome featuring Damien Sneed.” 7 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Inspired by the words and action of Dr. Martin Luther King, Jr., “We Shall Overcome” showcases repertoire from across the African American music traditions that electrified generations of civil rights activists and defenders with interwoven spoken word from Dr. King’s recorded speeches. Cost is \$45/\$35 seniors/\$20 MCC district residents. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

John’s Episcopal Church, 6715 Georgetown Pike in McLean. Service for the Celebration of New Ministry and the Institution of its 10th Rector, the Rev. Joshua D. Walters. The Very Rev. Fran Gardner-Smith, Dean, North Fairfax Region, will preside at the service. The Rev. Doctor John Wilkinson, Minister, Chestnut Hill Presbyterian Church will be the guest preacher. A reception will follow.

Open Tech Lab. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Explore STEM concepts through a variety of maker activities. All ages. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Hiplet Ballerinas. 6 p.m. At The Alden Theatre McLean Community Center, 1234 Ingleside Ave., McLean. Hiplet fuses classical pointe technique with African, Latin, hip-hop and urban dance styles. Performances incorporate many styles including the rhythms of African drums with Tchaikovsky, arabesques with beat-boxing or even tango en pointe—all while showcasing Hiplet’s trademark sass, hip movements and struts. Running time: 90 minutes. Cost is \$30/\$20 MCC tax district residents. Visit www.mcleancenter.org or call 703-790-9223.

SUNDAY/JAN. 26

Chocolate Festival. 11 a.m. to 5 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Love Chocolate? Join the McLean Rotary for it 9th Annual Chocolate Festival. Chocolate Vendors include Dave’s Candy Kitchen, Seasons 52, Fluffy Thoughts, Capital Candy Jar, Greenberry’s, Star Nut, and more. Patrons may buy treats to eat on site or to stock up for Valentine’s Day. Enjoy a children’s game room with face painting and live entertainment throughout the day. American Heritage, a Mars company, will demonstrate how chocolate was made in colonial America. Admission is \$2 but kids three and under get in free. Proceeds go to local charitable organizations. Visit www.mcleanchocolatefestival.com.

Celebrate the Year of the Rat. 12-4 p.m. At Tysons Corner Center, McLean. There will be performances from the Fairfax Chinese Dance Troupe and the Jow Ga Shaolin Institute as well as a number of timely activations from Bloomingdale’s and many other retailers. Visit the website: www.tysonscornercenter.com



The Year of the Rat

The Lunar New Year will be celebrated on Sunday, Jan. 26 at Tysons Corner Center.

SUNDAY/JAN. 26

Celebrate the Year of the Rat. 12-4 p.m. At Tysons Corner Center, McLean. There will be performances from the Fairfax Chinese Dance Troupe and the Jow Ga Shaolin Institute as well as a number of timely activations from Bloomingdale’s and many other retailers. The Fairfax Chinese Dance Troupe will be doing two performances of a traditional Chinese Dance, and the Jow Ga Shaolin Institute will also be doing two performances of their dragon dance, which will also include a martial arts display. Visit the website: www.tysonscornercenter.com

Amadeus Orchestra with Sivan Silver. 4 p.m.

At Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Sivan Silver, in her first solo appearance with Amadeus, opens the Beethoven Year. She will perform his sparkling Concerto No. 1, which he wrote to feature himself as a soloist. Two French rarities bracket the concerto: Saint-Seane’s Rigaudon and Gounod’s Symphony No. 1. Tickets are \$40 and may be purchased at the door, online at <http://www.amadeusconcerts.com> or via telephone at 703-759-5334. Students 17 and under and active military are admitted free of charge. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m., 45 minutes prior to the start of the concert. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers.

MONDAY/JAN. 27

Skiing/Snowboarding Trip. 8 a.m.–6 p.m.

Meets at the Old Firehouse, 1440 Chain Bridge Rd., McLean. It’s time to get out of the house and get on the slopes. Ski or board rental, lift ticket, helmet and chartered transportation are included in the fee. Cost is \$140/\$120 MCC

district residents; \$105/\$85 MCC district residents, with own ski/snowboard equipment. If you have your own skis or snowboard, contact the Old Firehouse at 703-448-8336 for the reduced charge.

TUESDAY/JAN. 28

Indoor Go Karting. 8 a.m.–6 p.m. Meets at the Old Firehouse, 1440 Chain Bridge Rd., McLean. Do you have a need for speed? Well grab your helmet and prepare to experience a thrill like no other at a state-of-the-art indoor go-karting facility. The cost of lunch and races are included in the fee. A signed waiver is required for participation. Cost is \$80/\$70 MCC district residents. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

WEDNESDAY/JAN. 29

Drawing the Figure Class. 6-8:30 p.m. At The Arts of Great Falls School, 756 Walker Road, Great Falls. Six weekly classes with Marcia Klioze; cost is \$275. Interested in painting or drawing the figure? This class is designed for all levels of artists. Students will be painting the human figure from a model. In this class you will gain the knowledge of basic painting concepts and techniques such as value, color, temperature, composition, and transition, through one-on-one instruction and demonstration. Visit the website: www.greatfallsart.org

THURSDAY/JAN. 30

Lunch & Learn on Senior

Housing Options. 11 a.m. to 1 p.m. At Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Huckaby Briscoe Conroy (HBC) Group at Keller Williams McLean has organized a Lunch & Learn on Senior Housing Options. Seniors Real Estate Specialist Karen Briscoe, HBC Principal, and HBC partner Lizzy Conroy are hosting this discussion for seniors in the Northern Virginia area. Also participating is Jeanina DiVittorio, a Senior Living Expert. Subjects to be discussed include: In-home care vs. retirement community living; Elder nourish and senior community programs; Retirement community options and their costs; How to decide when to downsize and move; and Selling your home to help pay your long-term needs. RSVP by Jan. 23 to 703-734-0192 or Homes@HBCGroupKW.com.

Pet Therapy for Teens. 6:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Hang out with therapy dogs. Pets have been proven to benefit mental health and they’re pretty cute! Teens. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Musician Damien Sneed. 7 p.m. At The Alden Theater, 1234 Ingleside Ave., McLean. “We Shall Overcome: A Celebration of Dr. Martin Luther King Jr., featuring Damien Sneed” will arrive at The Alden for one performance. This is the only DMV stop in the 40-city “We Shall Overcome” tour. Sneed is a graduate of Howard University, and he will be joined by the Howard University Choir. Tickets are \$45 for the general public, \$25 for seniors and students and \$20 for McLean Community Center tax district residents. Visit: www.aldentheatre.org or call 703-790-0123.

Unruly Theatre Project Improv

Performance. 7 p.m. At McLean Project for the Arts, 1234 Ingleside Ave., McLean. Free admission. The Unruly Theatre Project is The Alden’s professional teen improv company dedicated to bringing comedic productions to the community. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

JAN. 30 THRU FEB. 23

”The Royal.” At 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. “The Royale” by Marco Ramirez, Directed by Paige Hernandez. Jay “The Sport” Jackson dreams of being the

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

undisputed heavyweight champion of the world, but in the racially segregated world of boxing in 1905, the odds are stacked against him. When a crooked boxing promoter hatches a plan for “the fight of the century,” “The Sport” might land a place in the ring with the reigning white heavyweight champion. Show times are Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. Tickets: \$42 general admission, \$39 seniors (65+), \$15 students and military. Purchase online at www.1ststage.org or 703-854-1856.

FRIDAY/JAN. 31

Little Explorer's Playgroup. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Join in an adventurous STEAM centered playgroup that engages the senses. Age 2-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

SATURDAY/FEB. 1

Pairing Premium Teas and Chocolate. 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This favorite seminar is back! Learn about the similarities of theobroma cacao and camillia sinensis, from their growing regions to their processing methods as you taste, compare, and pair special teas and chocolates. Taste some treats made with these two delectable ingredients. A take home sampler included. Cost is \$35. Use ID Code 4C6.790B. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

Author Talk. 1:30-3 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Author Julianna Miner shares insights from her book on how parents can help their kids navigate childhood and adolescence while they learn to use smartphones, apps, and websites — and reduce unexpected consequences. Adults. Free. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/5815506>

TUESDAY/FEB. 4

GFHS Award Dinner. 6:30-8:30 p.m. At The Old Brogue, 760 Walker Road, Great Falls. Join The Great Falls Historical Society in honoring Mike Henry as the 2020 recipient of the Tibbetts Award. Mr. Henry works tirelessly for the Colvin Run Mill and they are excited to celebrate him. Cost is \$50. Visit the website GFHS.org

FRIDAY/FEB. 7

Catholic Charities Ball. 7 p.m. At the Ritz-Carlton, 1700 Tysons Blvd., McLean. The event is the largest annual fundraiser for Catholic Charities, providing a significant portion of the resources needed to support 21 programs serving those in need throughout the 21 counties and seven cities of the Diocese. This year's theme is “With Love and Charity.” Tickets for both events can be purchased at www.ccca.net.

SATURDAY/FEB. 8

Flamenco Vivo/Carlota Santana. 7 p.m. At The Alden Theatre, 1234 Ingleside Ave., McLean. “Reflejos Flamencos” (“Flamenco Reflections”), the newest production by Flamenco Vivo Carlota Santana, celebrates the fundamental emotions that connect us while honoring the individual human spirit inherent in flamenco. Tickets are \$40/\$35 senior/\$30 MCC tax district residents.

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Here's What's Happening at MCC!

The Old Firehouse 5th & 6th Grader Parties



Snow Ball
Friday, Jan. 24, 7-9 p.m.
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents

Presented by The Alden



Hiplet Ballerinas
Saturday, Jan. 25, 6 p.m.
\$30/\$20 MCC district residents

The Old Firehouse Teacher Workday Trip



Skiing/Snowboarding
Monday, Jan. 27, 8 a.m.-6 p.m.
\$140/\$120 MCC district residents

The Old Firehouse Teacher Workday Trip



Indoor Go Karting
Tuesday, Jan. 28, 8 a.m.-6 p.m.
\$80/\$70 MCC district residents

Presented by The Alden



"We Shall Overcome featuring Damien Sneed"
Thursday, Jan. 30, 7 p.m.
\$45/\$35 Senior
\$20 MCC district residents

The Old Firehouse



Family Fun Bingo
Friday, Feb. 7, 7-9 p.m.
1440 Chain Bridge Rd.
\$15/\$10 MCC district residents

Presented by The Alden



Flamenco Vivo/Carlota Santana
Saturday, Feb. 8, 7 p.m.
\$40/\$35 Senior
\$30 MCC district residents



The McLean Community Center
www.mcleancenter.org

Home of the Alden Theatre
www.aldentheatre.org

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SPORTS



PHOTO BY KATHERINE WILLEY

Madison forwards Leo Steiner and Ben Cowell face off against the McLean Highlanders. Steiner had one goal and one assist however Madison would fall to McLean 3-9.

Madison Falls to McLean

The Madison Ice Hockey team was upended by McLean Friday night 3-9. McLean would score off of the opening faceoff and tally a second goal about a minute later giving the Highlanders an early 2 goal lead. Defenseman Nick Willey, assisted by Matt Hetherington, would blast a slapshot from the blue line to get Madison back in the game, but a string of penalties would stifle Madison's scoring opportunities.

Madison would pick up a couple of goals in the third period by forward Jack Hunter, assisted by forward Leo Steiner and later a goal by Leo Steiner, assisted by defenseman Michael Crespy but it would be too little, too late. Madison was outshot 32-29. The Warhawks face Independence / Rock Ridge on Friday, Jan. 31 at 6:10 p.m. at Reston Skatequest. It will be Madison's senior night with 10 players being recognized.

Announcements

Announcements

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Legals

ABC LICENSE

Aspen Enterprises Inc. trading as LoKL Gourmet, 8100E Old Dominion Dr, McLean, VA 22012. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Richard Tse, owner Aspen Enterprises authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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FROM PAGE 2

Cherry Street, SE, Vienna. Cost is \$18/person. Hosted by SCOV and The Vienna Community Center. Registration required by Feb. 3. Call 703-281-0538. You must be registered to attend. No walk-ins please.

THURSDAY/FEB. 13

Fostering Protective Factors in Children. 10 a.m. to noon. At Dunn Loring Center for Parent Services. 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Every adult can foster protective factors and build resiliency in children and adolescents. Presented by Ryan Dickerson, FCPS School Psychologist and Jenn Spears, FCPS Mental Wellness Specialist. Topics include: What does the Fairfax County Youth Survey data show us? Identifying Protective Factors and Assets (Three to Succeed); Strategies for building protective factors and assets; Understanding resiliency and how to increase your child's ability to respond to challenges.

Board of Supervisors Reconvenes

FROM PAGE 3

"Over 70 percent of residents of the neighborhood have expressed interest in consideration of the establishment of a Historic Overlay District for Holmes Run Acres," she said. The district was listed on the National Registry of Historic Places in 2007. The motion carried.

Supervisor Rodney Lusk (D-Lee) requested confirmation of appointments to the Burgundy Village Community Center Operations Board after residents and homeowners in the community elected the candidates through a preference poll. Motion carried.

Supervisor John Foust (D-Dranesville) - in reference to the Cinder Bed Road Bus Garage in Lorton - requested that Metro share the agreement that "supposedly" provides bus transit service in the County. "It has been 80 days. This Board has made numerous requests...Metro has a contract with Transdev. It has not been apparent they have exercised any rights under that contract to bring Transdev to resolve this ... I don't know how someone can take \$159M from us and not share with us the agreement. I renew my request, and I expect Metro to fulfill and respond in a very timely manner." The motion carried. The workers voted to end the strike last week.

Supervisor Daniel G. Storck (D-Mount Vernon District) - in a board matter with McKay and Herrity, brought forward a resolution to recognize the South County Football team as State Champions. "They entered the championship game with a record of 14-0." The motion carried.

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Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what "recovery" exactly means/entails. If all goes according to the pre-surgical-actually-discussing-the-procedure-with-the-surgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple" tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on and why.

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



JD CALLANDER

Direct: (703) 606-7901
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