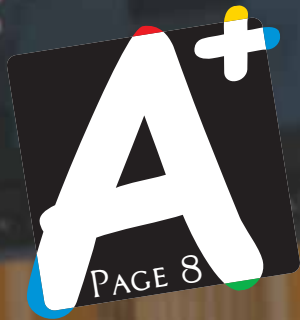


U.S. Rep. Barbara Comstock giving an interview with C-Span from the Cannon House Office Building. In this week's Connection, Comstock reflects on her first few weeks in Congress.



Serving You in the People's House

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Troop 55 Boy Scouts Earn President's Medal

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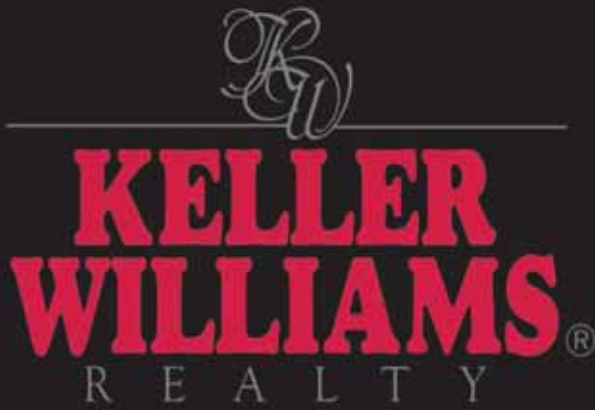
Lady Saxons Hold Skills Tournament for Special Olympians

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PHOTO BY NORMAN BAYNE



Bob Nelson



Bridget Schmitz
Commercial Agent



Kasey Bennett

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FX8221077 - \$775,000 - Great Falls
10898 WOODLEAF LN, 3BR 2.5BA log home
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Koi pond, cedar window storage seats, open beam
ceilings, gorgeous deck views.



FX8328766 - \$1,250,000 - Vienna
10514 Dunn Meadow Rd, 5 Bedrooms, 5 Full-
5-Half baths, Home Theatre, power outage
generator, recently updated, close to Lake Fairfax.
Gorgeous home!



FX8374670 - \$1,425,000 - Great Falls
10713 Falls Pointe Dr, Expansive 5BR, 4.5BA
Southern Colonial w/ main level MBR. Beautifully sited on
nearly 2 acres, this home is perfect for entertaining.



LO 8274054 - \$835,000 - Sterling
20209 Island View Ct.
5 Bedrooms, 3.5 Baths,
Next to Trump National Golf Club,
Cascades Amenities, Chef's kitchen,
envious closet, resort style living!



LO8369118 - \$349,900 -
Ashburn -
43453 Blair Park Sq.,
Immaculate 2 bedroom, 2.5
bath 3 level end-TH, HW flrs
on main lvl, granite counter,
maple cabinets, deck off
kitchen and more!



LO8329961 - \$355,000 -
Ashburn
43483 Blacksmith Sq,
Lovely end-unit town-
house, 3 Bedrooms, 3.5
baths, office space,
close to the Greenway!



LO8280390 - \$455,000
Sterling
312 Samantha Dr, 4BR, 2.5BA,
enclosed sunroom, finished
basement, mature trees,
great commute!

Join us Monday February 16th at our **Military Appreciation Monday (MAM)**

event at The Old Brogue in Great Falls.

We will be hosting **CIA Officers Memorial Foundation**

The Old Brogue is located at the corner of Georgetown Pike and Walker Road in Great Falls.
Call (703) 759-3309 to reserve your table at either the 5:30 or the 7:30 seating.

Bob and his co-sponsors will each make a 10% matching donation of your dinner tab!

Bob Nelson

Realtor, Keller Williams Realty
A Lifetime of Service to Community & Country
Office: 703-636-7300
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PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock being sworn-in by the Speaker of the House John Boehner.



PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock with family in her Capitol Hill office.

Serving You in the People's House

Barbara Comstock reflects on her first few weeks in Congress.

BY BARBARA COMSTOCK
U.S. REPRESENTATIVE (R-10)

January 2015 marks quite a few new beginnings for the Comstock family – a new Congress, a new job representing the 10th District of Virginia in Congress for me, and our first granddaughter, Hailey Isabel Roller, born on Sunday, Jan. 18, to my daughter Caity and her husband Andrew. A new year, full of new hopes and new beginnings. I have never been so optimistic and committed to getting this country back on track. We must create a country full of opportunity and hope for every child and grandchild in this country. As I've met with my colleagues, it's clear that there is a strong commitment to working together and getting things done for our constituents — first and foremost — growing a healthy economy, helping our hardworking taxpayers make ends meet, dealing with the growing international threats we face, and finding ways we can produce a more efficient and effective government.

OPENING DAY AND SWEARING-IN:

Standing in the halls of Congress with my family and our family priest on Jan. 6, preparing for my swearing in, we couldn't help but see and hear the echoes of the past and consider the heavy responsibility on all who are privileged to serve in these halls. Only a little more than 10,000 people have ever served in Congress throughout our history. It is truly an honor to serve as the first woman to be the 10th District's congresswoman. One of the best things about my job is that unlike many of my colleagues, I



C-SPAN PHOTO

U.S. Rep. Barbara Comstock (R-10) speaking on the floor of the U.S. House of Representatives.

get to go back to my district every night and see my constituents at the grocery store, at church, driving into work, on the Metro, at restaurants or just about any place I may go. The people in my district also reflect a broad and diverse group of experts who can provide me with great guidance in any number of issue areas.

On Jan. 6, our first day of session, we held an open house for 10th District constituents. In between meeting constituents, I had the opportunity to do interviews with C-SPAN, and NBC 4 News talking about my first day in Congress and what it was like to be a freshman congresswoman. As noon-time approached, it was time to head to the House Floor. After Speaker Boehner was nominated and sworn in, all of the other Members of Congress jointly took our oaths of office on the House floor together. There were many young children with their parents on the House floor, while parents and spouses were watching us in the House gallery.

The House got right down to work that

afternoon, voting on The Hires More Heroes Act. This important legislation provides a great opportunity to help both veterans and small businesses. According to the U.S. Chamber of Commerce, 71 percent of small business owners say Obamacare makes it difficult for them to hire more employees. The Hires More Heroes Act simply allows veterans to stay on the healthcare program provided through the VA or Tricare. The legislation passed unanimously in the House of Representatives. Following the vote I went back to my office and met with more constituents and joined with family and friends in town at numerous celebratory events.

MY COMMITTEE ASSIGNMENTS:

I am fortunate that my committee assignments for this session reflect many of the same issues that I worked on in the Virginia General Assembly that are very important to my District. I have been appointed to the Transportation and Infrastructure Committee, the Science, Space and Technology Committee

and the House Administration Committee which oversees the U.S. Capitol itself as well as the Library of Congress and the Smithsonian where many of my constituents work. In my second week, Chairman Lamar Smith appointed me to chair the Research and Development Subcommittee on the Science, Space and Technology Committee. Having worked extensively with our local technology community and having served as the chairwoman of the Science and Technology Committee in the House of Delegates, I was pleased to be able to continue work in this area and particularly focus on how we can best promote and create the jobs of the 21st century. One of the first subcommittee hearings we will have will deal with the challenging issue of cybersecurity.

On the Transportation and Infrastructure Committee, we will be tackling a highway bill this year, as well as the reauthorization of the Federal Aviation Administration. Both of these have wide-ranging impacts in our area and I am pleased I will be able to serve on this important committee at this critical time. One of the first bills the Transportation and Infrastructure Committee brought to the House floor was the The Keystone XL Pipeline Act at the end of our first week. The Transportation and Infrastructure Committee shares jurisdiction on this important legislation with the Energy and Commerce Committee. My first brief speech on the House floor was in support of the Keystone XL Pipeline. Republicans and Democrats alike, as well as unions like the Teamsters and LIUNA, and groups such as the Tea Party, and the Chamber of Commerce all support this important project. Why? Because it is a jobs bill — plain and simple. Keystone XL passed by a strong bipartisan vote. Now the Senate is expected to pass it with a strong bipartisan majority and it will

SEE COMSTOCK, PAGE 7

OBITUARY

Col. Peter L. Hilgartner, 87, of Great Falls, Dies

Col. Peter L. Hilgartner, USMC retired, died at Brightview Assisted Living on Jan. 8, 2015, in Great Falls, at 87 years of age. Funeral services are being held Saturday, Jan. 24 at 10:30 a.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Visitation will be Friday, Jan. 23 from 6-9 p.m. at the church. His burial at Arlington National Cemetery will be scheduled. Donations made in his honor, should be made to the Semper Fi Fund, (<https://semperfund.org>), or to Christ the King Lutheran Church.



FAMILY PHOTO
Col. Peter L. Hilgartner, USMC retired

Peter Hilgartner was born in Austin, Texas in 1927. He graduated from St. George's School, Newport, R.I. in 1945, then enlisted in the Marine Corps. He then went to the U.S. Naval Academy graduating in 1951 and was commissioned a 2nd Lt. in the U.S. Marine Corps.

In the Korean War from March 1952 to March 1953, he served as an artillery forward observer, and received the Bronze Star with combat V.

In Vietnam, he commanded the 1st Battalion, Fifth Marine Regiment, the most decorated combat infantry battalion in the U. S. Marine Corps. From November 1966 to September 1967, his battalion fought in every major action which occurred in the 1st Marine Division sector during that time. During this time he was decorated with the Silver Star, the Legion of Merit, and Vietnamese Cross of Gallantry with Palm, and with Gold Star (two awards). Under his command, his unit received two Presidential Unit Citations.

He returned to Vietnam for a second tour of duty

as a staff officer in Saigon, after which he obtained a master's degree in management from the Naval Postgraduate School, Monterey, Calif. He retired from active service with the rank of colonel in May 1972.

He then began a new career in the brokerage investment business, becoming a vice president of Investments with Legg Mason Wood Walker, Inc. in 1981. He retired a second time in 1998.

Col. Hilgartner authored, with Sam Ginder, "Highpocket's War Stories and other Tall Tales," an autobiography, and authored "Buckshot and the Boy," a cowboy story. Col. Hilgartner was a member of the Order of St. Crispin, an honorary association of combat Marine Corps Infantry officers.

In his community, he made significant contributions as the chairman of the Great Falls Memorial Committee after 9/11/2001, past president of the McLean Rotary Club, founder and past president of the Northern Virginia Brittany Club, as a qualified hunter education Instructor, and as a committed Christian.

The patriarch of his large extended family, Peter L. Hilgartner is survived by his wife, Sara Hilgartner, his five children by his first wife, Frances Haynes Hilgartner: Linda Bassert, Diana Boyd, Dale Cirillo, David Hilgartner, and Paul Hilgartner, 10 grandchildren, five great-grandchildren, his stepson Greg Fernlund and four step-grandchildren. "Uncle Pete" was also a loving uncle and grandfather to his deceased brother Fielding's 5 children and 11 grandchildren.

James Paul Rainey, 84, Dies

James Paul Rainey died on Dec. 31, 2014 at the age of 84. At the time of death, Jim was living in Great Falls, having recently moved there from Naples, Fla.



FAMILY PHOTO
James Paul Rainey

Born in Weirton, W.Va., Jim's family moved to Pennsylvania and Ohio where he graduated from Lakewood High School in 1948. Jim served four years in the U.S. Navy from 1948-1953. Jim then joined IBM in Cleveland, Ohio in 1953 and worked tirelessly for IBM 33 years and during that time, moved to West Covina, Calif., Silvermine, Conn., Great Falls, England and back to Virginia.

Jim was a fun loving man who liked to dance (despite two left feet), throwing great clam-bakes, and hosting parties for his employees on a variety of occasions. He retired from IBM in 1986. A few years after retirement, he moved to Ft. Lauderdale where he spent many wonderful and happy years, giving generously of his time, talent and treasure volunteering in numerous worthwhile charities and causes.

He was predeceased by his wife

Julia Ann (Joecken), infant son James John, parents Cecil and Winifred (Donnelly), brother Gerald Rainey and friend and companion Paul Berryman. He is survived by his devoted and loving children, son Jeffrey and his wife Sharon (Williams) and daughter Jennifer and her wife (Veronica Bellone), and beloved grandchildren Heather, Joseph and Stephen. Also surviving are many in-laws, nieces and nephews.

Along his life's journey, Jim made many friends scattered across the U.S. He was a true gentleman, genuinely loved and will be missed by all who had the pleasure and honor of knowing him.

A private memorial service will be held later in the spring and his cremated remains will be interred.

The family asks that expressions of condolences be given in Jim's memory to the charity of one's choice. If you wish to send condolences directly to the family, send them to Jeff Rainey, 1086 Pensive Lane, Great Falls, VA 22066 and Jennifer Rainey, 6585 Nicholas Blvd, #401, Naples, FL 34108.

The Naked Truth

No matter your body shape, skin tone, diet or exercise plan, over time our skin loses elasticity, collagen weakens and it becomes harder to lose certain pockets of fat. We also develop wrinkles, fine lines and have a genetic predisposition to cellulite, which becomes a common concern. Do you want a comfortable, affordable treatment that provides superior results with no downtime?



The Bare Solution

Introducing the Venus Legacy. Finally, there is a non-invasive and pain free solution for you! This revolutionary treatment uses Radio Frequency, Magnetic Pulse Therapy and VariPulse™ technology, to treat all of your concerns in one program.

What is Venus Legacy?

Venus Legacy delivers Multipolar Radio Frequency and Magnetic Pulse Therapy to the skin to produce a dense and uniform heat matrix. This causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lipolysis.

How many treatments will I need?

The number of treatments required will vary patient to patient. We can help you determine the right package for you.

Are the treatments safe?

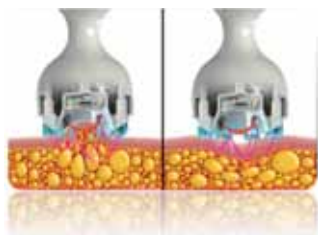
YES! Radio Frequency and Magnetic Pulse Therapy have been used in medicine for many years and are proven, safe and effective technologies. Your treatment provider will review your medical history and your aesthetic goals to see if Venus Legacy treatments are right for you.

Is there any downtime?

Absolutely no downtime. A treatment to one area takes less than 30 minutes, and has no adverse side effects. You are able to have a treatment on your lunch break and return to work right away.



- Non-Surgical Body Contouring
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The Venus Legacy Experience
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For the Face, Neck and Body



Could This Get Rid Of **Knee Pain** Once And For All...Without Drugs, Shots, or Surgery?

Now, in Sterling, VA, one doctor is helping local residents with knee pain live more active, pain-free lives.

Do You Have Any of the Following Conditions?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Crunching & popping sounds

Living with knee pain can feel like a crippling experience. Let's face it, your knees aren't as young as they used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!



My name is Dr. Charles Arndt, of Chiropractic Health & Wellness Center. Since we opened, we've seen many people with knee problems leave the office pain free.

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, An Option Other Than Drugs or Surgery

The **Cold Laser** is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic knee pain.

This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.

It Promotes Rapid Healing Of The Injured Tissues

This pain-free, non-surgical approach works by stimulating the body's natural healing processes, providing pain relief and

reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life.

Patients treated with the Cold Laser often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.



Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For the First 25 Callers Only, I'm running a very special offer where you can find out if you are a candidate for Cold Laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The First 25 Callers Only can get everything I've listed here for only \$35. The normal price for this type of evaluation is including x-ray \$250, so you're saving a considerable amount by taking me up on this offer.

Remember what it was like before you had knee problems; when you were pain free and could enjoy everything life had to offer? It can be that way again. Don't neglect your problem any longer - don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 703-444-4141.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Tell the receptionist you'd like to come in for the Knee Evaluation.

Our office is located at 20 Pidgeon Hill Dr., Ste. 102, in Sterling, VA.

**Yours in Good Health,
Dr. Charles Arndt, D.C.**

**P.S. Now you might be wondering...
"Is this safe? Are there any side effects or dangers to this?"**

The FDA cleared the first Cold Laser in 2002. This was after their study found 76% improvement in patients with pain. Their only warning - don't shine it in your eyes. Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety. Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today, 703-444-4141.

Here's What One of Our Patients Had to Say...

"I first visited Dr. Arndt because...I was virtually immobile. I have since regained fully mobility. I can do housework, yard work and exercise with zero pain/discomfort, and with full confidence that...(I'm) now strong and stable! Thanks!" -F.



**A Non-Surgical,
Non-Invasive
Knee Pain
Treatment
Now
Available!**

CALL TODAY TO SCHEDULE YOUR \$35

**KNEE PAIN EVALUATION
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**Chiropractic Health & Wellness Center
20 Pidgeon Hill Dr., Ste. 102, Sterling, VA**

FEDERAL AND MEDICARE RESTRICTIONS APPLY.

OPINION

Baby Steps, Not Enough

Supervisors should take action, not defer to “outside expert,” on absurd and outrageous behavior of police department.

Finally, now that the Fairfax County Police Department has taken stonewalling into the arena of the absurd, the Fairfax County Board of Supervisors has at least said it is time for change. It is a step, but a step that continues the appearance of obfuscation if not outright obstruction.

John Geer of Springfield was shot dead inside the doorway of his own home in Springfield on Aug. 29, 2013. Following an argument with his longtime partner, police arrived at Geer's home and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer's family and a court order to get the first tiny bit of information on the shooting, which came earlier this month. Police named the police officer who fired the shot that killed John Geer.

The short written statement by Police Chief Edwin C. Roessler Jr. included some very troubling references that appear to blame the

EDITORIAL

shooting on the fact that Geer was a known gun owner. At least 35 percent of Virginia residents are gun owners; are they all more vulnerable if for some reason police are called to their homes?

Now Board of Supervisors Chairman Sharon Bulova has asked the County Executive to locate “independent expertise in the field of police department operations and, specifically, in the area of policies and procedures with respect to information disclosures in the case of police-involved shootings.”

We agree with Supervisor Pat Herrity, who says: “As elected officials it is our job to make policy, not hire an ‘outside expert’ to do our job for us. ... We currently have the resources of a professional staff at our disposal.” Herrity also notes that the proposal does not contain a provision for public input, and that many county residents have researched this topic and qualify as experts.

A few minutes of research shows, for example, that the National Association of Police Chiefs, for example, has extensive documentation about best practices in a variety of police shooting incidents. (Naming the officer involved after 48 hours is among the recommendations.)

The problem goes beyond Fairfax County, and beyond police shootings.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exemption that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim, or even about routine police activity in a neighborhood. Not even defense attorneys or victims of crimes can gain access to actual police reports.

This is about lack of accountability and denying the public access to information that must be made public.

Leaders of police departments here are engaged in serious and significant abuse of power. It's time for elected officials to represent the public and impose change on those who would hide behind a culture of secrecy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Volunteer for the Games

To the Editor:

I love this community. There are so many ways to serve a community as diverse and as vibrant as ours. I recently competed in a special election to succeed Congresswoman Comstock. While I came up short in the vote count, largely due to the unfortunate weather on Election Day, I am as inspired to serve as I was on that day. My passion to serve others only strengthens with each pursuit.

Long before I decided to run for office, I have served the people of

Fairfax and Loudoun counties through my work on multiple not-for-profit boards. Two are particularly relevant to some big things happening in 2015. I am the president of Volunteer Fairfax (www.volunteerfairfax.org) and a member of the board of directors of The World Police and Fire Games (www.fairfax2015.com). Volunteer Fairfax and The Games organization have partnered around the massive volunteer recruitment and coordination effort. We require over 4,000 volunteers

to execute The Games and to demonstrate to the world that there is no better place to host a global sporting event than right here in the

suburbs of Washington D.C.

The Games are coming to Fairfax and Loudoun Counties June 26 through July 5 of this year. Over 12,000 athletes from around the globe will compete in 61 events. If you're serious about economic development then you need to support The Games as they are expected to have a direct economic impact of \$60M to \$80M

over a 10-day period, particularly to small business and our hospitality industry. I can also think of no better way in 2015 to demonstrate our commitment to the people of the emergency management and first responder communities than to be involved in The Games. Please take a moment to learn more about both Volunteer Fairfax and The World Police and Fire Games and find your way to get involved.

Craig Parisot
McLean

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 10, 7-8 p.m.** to discuss Caregiving and Basic Tax Concerns. The guest speaker is an AARP Tax Aide Program Specialist who will share some basic tax information, as well as when to get an accountant or attorney involved. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents

in assisted living and nursing facilities. Training is provided in March. Call **703-324-5861**, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Find more information on the program at www.fairfaxcounty.gov/ltc.

The **Lewinsville Senior Center** in **McLean** needs an **office assistant** and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Center**

in **Alexandria** needs a **Spanish teacher** on Tuesday, Wednesday, or Thursday. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs **Bilingual English/Spanish Activity Leaders**, a **Chair Exercise Instructor**, and certified instructors for classes in **Ballroom Dance** and **Pilates**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs **Korean-speaking volunteers** to deliver meals in **Centreville, Reston and Annandale**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Great Falls CONNECTION

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

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

Salome Howard-Gaibler
Display Advertising
703-778-9421
salome@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

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

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

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

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



Comstock: First Few Weeks on the Hill

FROM PAGE 3

go to the President's desk. While the President has already threatened a veto before we even passed the bill, I would hope that the broad bipartisan support for this jobs bill would be cause for the President's reconsideration.

GROWING RANKS OF WOMEN IN CONGRESS: This year marks the first time there have been over 100 women serving in Congress. In the first weeks, we had a meeting of the bipartisan Women's Caucus and we discussed issues where we can work together. Over the holidays, I had already gotten together with a Democrat friend of mine, Rep. Debbie Dingell, to discuss how we can work together on my Young Women's Leadership Program that I first started in 2013. I look forward to continuing to work on this program to expose young women to women leaders who serve in a broad range of professions and we will be starting our application process again this spring. As my first weeks coincided with my daughter Caity and her husband Andrew preparing for the birth of their daughter, Hailey, I feel even more blessed to have this privilege to serve our community and prepare for the best future for the next generation.

KEEP IN TOUCH: As has been the case for the five years I served as the delegate for the 34th District, my door will always be open for all of my constituents in Virginia's 10th District. I want to continue the great tradition of Congressman Frank Wolf's



PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock with constituents at her open house in the Cannon House Office Building.

much heralded constituent service. That is why we hired many of his district staff to continue in their positions. We are opening up an office in Sterling at 21430 Cedar Drive, Suite 218, and if you are on Capitol Hill stop by 226 Cannon House Office Building to say hello. We also will have a Winchester office that will open in March. Fortunately, we were given the same phone number as Congressman Wolf's 202-225-5136 and you can follow what's going on in Congress by visiting Comstock.House.Gov. If you are on Facebook go to facebook.com/RepBarbaraComstock and "Like" our page and if you are on Twitter go to twitter.com/RepComstock to follow our activities. Once again, I look forward to serving you in the people's house.



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College Prep for All

The ANA Project offers college test preparation tools to students at all income levels.

BY MARILYN CAMPBELL
THE CONNECTION

Amir Mousavi of Arlington, owner of Langley Prep, a provider of private, in-home tutoring for standardized tests, says students with limited financial resources are often at a disadvantage when it comes to preparing for college admissions examinations such as the SAT and the ACT.

"My average SAT improvement is 300 points," said Mousavi. "There are parents who can afford to spend thousands of dollars on private test prep tutors like me. Their kids perform best on tests. Middle income parents can afford classes, which are better than nothing, but low income students can't afford anything."

Mousavi founded The ANA Project, named after the first three

students he tutored free-of-charge, to offer quality standardized college test preparation tools to students at all income levels. The web-based program is an online resource for SAT and ACT preparation materials.

A graduate of Langley High school in McLean, and Vanderbilt University in Tennessee, Mousavi believes economics should not play a role in college preparation. In addition to the Ana Project, he tutors an average of two pro-bono students each quarter.

"The two most important factors for college admissions are test scores and GPA (grade point average)," said Mousavi. "High schools don't deal with test prep as much anymore. It's been privatized by companies that are looking to make money."

Ariana Kuhnsman, one of Mousavi's pro-bono students, says she



PHOTO COURTESY OF AMIR MOUSAVI

Private, in-home coaching for standardized tests is credited with helping students achieve high scores. Amir Mousavi of Langley Test Prep is one local instructor who offers these services.

improved her test score by 400 points and earned a spot at The College of William and Mary in Williamsburg.

"The most valuable thing I learned was what specific areas of the test I needed to focus on versus what I already was doing well," she said. "Becoming comfortable with the time pressure of the exam by learning how to work effectively was also a big help."

Mousavi believes that tailoring educational programs to the needs of a variety of students can lead to success.

"My pie-in-the-sky, long-term goal is to have a functioning non-profit and to get the website used as a one-stop shop for test prep," said Mousavi. More information on the ANA project can be found at www.theanaproject.com.



PHOTO CONTRIBUTED

Perform in Honors Orchestra Concert

Eleven students represented Langley High School in the District XII Honors Orchestra Concert on Jan. 10, at Wakefield High School. From left - front row: Elizabeth Chiu (violin), Jean Cho (assistant concertmaster), Hailey Lee (cello); middle row: Katherine Quion (principal viola), Emily Lu (violin), Tarra Olfat (viola), Brooke Baird (violin); back row: Arnold Leigh (cello), Daniel Chen (violin), Kevin Le (viola), Brent Davis (cello). Not pictured: Nora Dell (alternate violin), Aaron Grossman (alternate violin) and Patrick Quion (alternate cello).



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PHOTOS BY SALLY ROEMER

Sarah Roemer works on shooting drills with a Special Olympics athlete.

Lady Saxons Hold Skills Tournament for Special Olympians

The Lady Saxons — Langley High School's Varsity Basketball Team — is doing its part both on and off the court. Last Saturday, the Lady Saxons traveled to Catoclin Elementary School in Leesburg to help run an afternoon Skills Tournament for Special Olympics basketball athletes. The athletes worked on shooting, dribbling, passing and having fun. This is the

second year that the Lady Saxons have worked with Special Olympics athletes.

For more information on Lady Saxons basketball activities, contact Sarah Roemer, Langley Varsity Team Captain at sarah.kathryn.roemer@gmail.com. For more information on Special Olympics Virginia, contact Veronica Jennings, Potomac Region Director at vjennings@specialolympicsva.org.



Stephanie Sipple works on shooting with a Special Olympics athlete.



Lauren Meyer practices dribbling with a Special Olympics athlete.



Jacquelyn Hulett works on passing drills with a Special Olympics athlete.



Elexa Stolzer give encouragement to a Special Olympics athlete.

www.ConnectionNewspapers.com

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015
The Ritz-Carlton, Tysons Corner



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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Oakton's Lindsey Abed, left, goes up for a shot against Westfield on Jan. 9

Oakton Girls' Basketball Improves to 14-1

The Oakton girls' basketball team extended its winning streak to 13 games with a 50-34 win over Centreville on Jan. 16.

The Cougars improved their record to 14-1.

Oakton and Centreville have met in the last two Concorde District/Conference 5 championship games, with the Wildcats winning in 2013 and the Cougars coming out on top in 2014.

The Cougars faced Chantilly on Tuesday, after The Connection's deadline. Oakton will travel to face Herndon at 7:30 p.m. on Friday, Jan. 23.

Langley Girls' Basketball Starts 11-1

The Langley girls' basketball team has maintained its hot start to the midpoint of the season.

After losing to Fairfax on Dec. 16, the Saxons won their next eight games, improving to 11-1 with 53-39 victory over South Lakes at Langley High School.

"The team is playing well and improving each game," Langley head coach Amanda Baker wrote in an email. "Each player is really starting to take ownership of their individual role and everyone is committed to team success over individual success."

Baker is in her fourth season as head coach of the Saxons. Langley's combined record in her first three seasons was 25-45, with the Saxons losing in the opening round of the district/conference tournament each year. However, the 2014-15 team seems to have turned things around.

"Focus has been a huge factor in our success," Baker wrote. "Each week players identify individual goals for themselves and they have a partner that helps keep them accountable for achieving that goal. As a team we prepare for each opponent with absolute focus on our specific game plan. After each game the team does a great job refocusing for the next opponent."

Langley recently faced two of the top teams in Conference 6 and came away with a win in each game. On Jan. 16, the Saxons knocked off defending conference champion South Lakes. Three days earlier, Langley won a low-scoring affair against Madison, 36-33. The Warhawks, led by 6-foot-2 Virginia Tech signee Kelly Koshuta, reached the region semifinals last season.

Junior guard Paige Galiani leads Langley in scoring at 18 points per game, including 31 3-pointers. She is averaging 4.6 rebounds and 1.5 steals per contest.

Sophomore guard Ariana Aulisi is averaging 8.8 points, 6 rebounds and 2.4 steals per game, to go with a team-high 15 blocks. Junior guard Lizzy Shamloo is averaging 6.8 points, and freshman point guard Jordyn Callaghan leads the team with 32 assists.

Lauren Meyer is the team's top defender. The senior forward was matched up against Koshuta and South Lakes' Princess Aghayere.

Langley faced Thomas Jefferson on Tuesday, after The Connection's deadline. The Saxons will host rival McLean at 5:45 p.m. on Friday, Jan. 23 as part of a girls'/boys' doubleheader.

"Our goal is to keep improving each day," Baker wrote. "The team understands that early success is not the ultimate goal, it is to be playing our best basketball at the end of the season. We have been at the bottom before and know that if we don't stay focused and committed to improving, our season could end earlier than we'd like."

— JON ROETMAN

Langley Snaps Madison Girls' Basketball's Winning Streak

The Madison girls' basketball team had its nine-game winning streak snapped by Langley as the Saxons defeated the Warhawks 36-33 on Jan. 13.

Madison returned to the win column three days later with a 64-40 victory over McLean on Jan. 16, improving its record to 10-4.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

McLean Gymnasts Win Fairfax High Meet

Jacqueline Greene and the McLean gymnastics team finished first during a meet at Fairfax High School on Jan. 10. The Highlanders, who finished state runner-up last season, will compete in a meet at 6:30 p.m. on Thursday, Jan. 22 at Washington-Lee High School in Arlington.



Madison's Julie Collier competes during a meet at Fairfax High School on Jan. 10. The Warhawks are scheduled to participate in a meet at 4:30 p.m. on Wednesday, Jan. 21 at Chantilly High School.

The Warhawks faced Fairfax on Tuesday, after The Connection's deadline. Madison will host Hayfield at 7:30 p.m. on Friday, Jan. 23.

Golden Girls Senior Women's Softball

The Golden Girls Senior Women's softball league is looking for women ages 40 and older to play in its four-team league on Wednesday nights and Saturday mornings in Vienna.

Learning skills, physical exercise, and good sportsmanship are stressed, all while having fun. You are never too old to play! For more info, go to www.goldengirls.org

Squash Tournament Coming to McLean

A junior squash tournament will be held at The McLean Racquet and Health Club Feb. 13-15.

Registration deadline is Feb. 10.

It's a silver tournament, which is recommended for those players who have finished in the upper half of a bronze tournament.

Age groups for boys and girls include U11, U13, U15, U17 and U19.

Early registration fee is \$95. Registration after the deadline is \$110. Register online at ussquash.com/tournaments or contact Hunt Richardson at hunt@jahangirsquash.com or by calling 202-365-1526 for more information.

Vienna Babe Ruth Online Registration Open

Vienna Babe Ruth has unveiled a new website along with a new online registration process. Vienna-area ballplayers ages 13 to 19 can register now for the Spring 2015 season. Go to GVBR.org and click on the red "Register Now" button. Register before Feb. 1 for the early-bird discount.

CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10;



PHOTO BY DAVID SEGAL PHOTOGRAPHY

Actors Allison Shelby, Casey Bauer, Daddy Issa and John Barclay Burns rehearse a scene from Vienna Theatre Company's upcoming production of Ken Ludwig's romantic comedy, "Be My Baby," opening Jan 23.

Child/Senior/Military, \$9; Skate Rental, \$6; Group of 10+, \$12 and includes skates

THURSDAY/JAN. 22

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice reading to teens.
Evening Book Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title.

FRIDAY/JAN. 23

"Be My Baby." 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "Be My Baby" is a romantic comedy that tells the story of John, an irascible Scotsman and an uptight English woman, Maud, and how they're brought together when his ward marries her niece and the young couple decides to adopt a newborn baby. The older couple has to travel to California to pick up the child and bring her home to Scotland

but John and Maud despise each other. While in California, they learn some startling lessons about life and love. Tickets: \$14. To reserve tickets email vtcshows@yahoo.com. Additional performances: Jan. 24, 30, 31, Feb. 6, 7: 2 p.m.; Feb 1, 8: 8 p.m.

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children, coffee and conversation for grownups!

Drop-in Chess. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome.

SUNDAY/JAN. 25

Chocolate Lover's Festival. 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Calling all chocolate lovers! Come attend this delightfully delicious festival that supports a good cause. Admission: \$2. www.mcleanchocolatefestival.org

MONDAY/JAN. 26

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13-23 months with adult.
Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Ages 3-5 with adult.
Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12. Call branch for title.

TUESDAY/JAN. 27

LEGO Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs! Ages 3 & up with adult.

WEDNESDAY/JAN. 28

Winter Wonderland. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Learn how different animals survive in winter. Presented by Riverbend Park. Sponsored by Dolley Madison Friends of the Library. Age 3-5 with an adult. Call branch to make arrangements for sign language interpreters, listening systems or real-time captioning by calling the library branch.
Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends!

THURSDAY/JAN. 29

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice reading to teens.

FRIDAY/JAN. 30

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children, coffee and conversation for grownups!
Drop-in Chess. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome.

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NEWS

From left: Corey Hodge, Nick Hodge, James Ye, Mitchell Pan, Daniel Reuss and Wesley Pan.



PHOTOS CONTRIBUTED



Front row, from left: Ted Ruess, Davin Stultz, Lucas Andersen, Adrian Merrill, Misha Somogyi, Nicholas Maric, James Ye, Andrew Bolster and Jeff Ye. Back row: Stacey Bell, Jonathan Bugge, Nathan Hauda, Justin Meeker, Daniel Reuss, John Stultz, Wesley Pan, Chris Bolster and Max Wingo.

Troop 55 Boy Scouts Earn President's Medal

To encourage more individuals to embody the spirit of volunteerism that makes this country so great" is the goal of the President's Volunteer Service Award. Jeff Ye, a Patrol Advisor with Boy Scout Troop 55 from Great Falls, worked with the Troop 55 leadership and introduced the award to the Boy Scouts this past Fall. Several Scouts were inspired to track their many hours of community service through Troop 55 activities and other interests.

The President's Volunteer Service Award began in 2003 as a way to thank and honor Americans who inspired others to engage in volunteer service. Until age 15, volunteers must earn a minimum of 50 hours of community service to earn the bronze medal, and over one hundred hours for the gold medal. At age 16, the requirements are

more difficult. Volunteers must earn 100 hours for the bronze medal and over 250 hours for the gold medal. The hours must be completed in a 12-month period.

TROOP 55, chartered by St. Francis Episcopal Church, participates in many community service activities throughout the year, providing opportunities to earn hours. This year, Troop 55 Scouts collected litter along Walker Road in Great Falls, organized and executed the inaugural First Time Camper's Program at Wolf Trap National Park, assembled and staffed the very popular haunted house at the Great Falls Village Spooktacular, served as the Honor Guard at the National Independence Day Parade in Washington, D.C., served as the Color Guard for the Great Falls 9-11 Memorial Service, the Hunter Mill Civil War Dedication and the Great Falls Memorial Day Ser-

vice. Scouts also assisted St. Francis Church with their annual Country Fair and supported their fellow scouts with multiple Eagle Scout projects. In addition, recipients accrued additional hours in service projects outside of Scouting by providing volunteer service for schools, churches, science fairs and regional community events.

Six Troop 55 scouts received the President's Volunteer Service Award at the most recent Court of Honor on Jan. 7, 2014. Corey and Nick Hodge received the bronze medal, James Ye received the silver medal, Daniel Reuss, Wesley Pan and Mitchell Pan received the Gold medal. Several additional Troop 55 scouts will be awarded at the April Court of Honor, as they continue to work toward the required hours. Daniel Reuss, 15, earned many of his hours at the "Lift Me Up" therapeutic horse riding program. According to Reuss,

"The award is pretty cool. I think every Scout should try and earn it. I'm hoping to earn it again in 2015."

THE CONGRATULATORY LETTER received by the six scouts from President Obama stated, "Your volunteer service demonstrates the kind of commitment to your community that moves America a step closer to its great promise." The letter continues, "Thank you for your devotion to service and for doing all you can to shape a better tomorrow for our great Nation."

Gary Pan, Scoutmaster for Troop 55, noted how the award has motivated the Scouts. According to Pan, "Our Scouts have always participated in community service activities, as it is an important component of Scouting. But having a tangible award to recognize their many hours of service has been a great addition to our Scouting program."

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NEWS



This farmers market baby first came to the market with mom this summer when he was just a few days old. Engaged in taking in all the different kinds of veggies and pickles, he is working hard at absorbing all the visual delights.



The Stewart Sisters play country music at the Great Falls Farmers Market.

PHOTOS CONTRIBUTED

The Great Falls Farmers Market at the Historic Old Schoolhouse until the Grange Reopens

BY KATHLEEN MURPHY
MARKET MANAGER

Every Saturday morning, 9 a.m.-1 p.m., this winter the historic Old Schoolhouse comes alive with devoted vendors bringing their wares, set up beautifully, anticipating the visits of farmers market devotees, new discoverers of the market, and occasional visitors. The ambiance is one of sheer delight. The music sets the country tone. The smells and tastes and colors are a delight to the senses. Meeting friends, learning from vendors, getting ideas for new ways to cook and new combinations of foods, gift ideas, and more, the market is abuzz with a sense of exploration and discovery.

One of only three nearby winter farmers markets, the Great Falls Farmers Market is working hard to build a robust market for our community. The market brings wholesome offerings to our community. It also provides a platform for people from our community to

step forward with their new business idea and have an "incubator" in which they can try out their idea with a low cost of entry. The only condition is that the proposal must be something that is grown, cultivated, made, or hand-crafted by the vendor. The farmers market is taking applications for the Sum-

mer Market, which opens the last Saturday in April.

Each Saturday from now to mid-February, the Great Falls Historical Society will have a display on the history of the Old Schoolhouse in the sitting area (with apple cider and coffee) at the market. Come by and take a look.

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Here's What's Happening at MCC

OFTC Teacher Work Day Trip
Timeline Arcade plus Skateland
Friday, Jan. 30
\$55/\$45 MCC district residents

Jazz Masters with John Eaton
"Richard Rodgers: One Man and His Lyricists"
Saturday, Jan. 31, 1 p.m.
\$10/\$5 MCC district residents

MCC Summer Camp Registration Begins
Monday, Feb. 2, MCC tax district residents
Monday, Feb. 9, for all others

OFTC Teacher Work Day Trip
Skiing at Massanutten Resort
Monday, Feb. 2
\$135/\$115 MCC district residents

Classics of the Silent Screen
The Movies' First Western Stars:
William S. Hart and "Broncho Billy" Anderson
Wednesday, Feb. 4, 7:30 p.m.
\$12/\$8 MCC district residents

Old Firehouse Teen Center
Decades Party
Friday, Feb. 6, 7-10 p.m.
\$5 Member/\$10 All others



McLean Jewelry Showcase

Just in time for Valentine's Day!
8th Annual McLean Jewelry Showcase
Saturday, Feb 7, 11 a.m.-5 p.m.
Admission: \$3, (save \$1 with this ad)

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org

1234 Ingleside Ave.
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For additional information, please join us at the Bimbo Foods Franchise Fair @ 6636 Fleet Dr, Alexandria, VA. 22310 on Tuesday, January 27th from 10am to 6pm. You may RSVP at 410-712-6923 x13.

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21 Announcements

PUBLIC NOTICE

AT&T intends to submit a Section 106 submission for a proposed modification to an existing telecommunication facility (Sequoia) at 2110 Washington Blvd in Arlington, VA. AT&T is publishing this notice in accordance with federal regulation 37CFR 1.1307. Three (3) antennas will be replaced on the 66 foot building, with centerline heights of 62 feet. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so by contacting Scott Horn (856-809-1202, scotthorn@acerassociates.com) at ACER Associates, LLC at 1012 Industrial Dr., West Berlin, NJ 08091.

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The Mount Vernon Gazette
 - Zone 4:** Centre View North
Centre View South
 - Zone 5:** The Potomac Almanac
 - Zone 6:** The Arlington Connection
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Seasonal Seven Dwarfs



By KENNETH B. LOURIE

Sneezy, Coughy, Phlegmy, Stuffy, Achy, No-Sleepy and Post-Nasal Drippy; and no Doc, which is possibly what led to this column being written. To tell you the truth – and I always do – if I didn't have stage IV, non-small cell lung cancer, I wouldn't have given these symptoms a first thought, let alone a second one. But since I do have cancer and it's mostly all I think about; as much as I tried to pretend otherwise and consider these symptoms unrelated, my lungs/breathing did seem to be affected.

And so after 10 days or so of coughing, then full-blown "colding" and back to coughing again, I acquiesced and scheduled an appointment with my Primary Care physician. After asking me the usual and customary how-I-feel questions – which did not prompt an OMG-type reaction from my doctor, he next unwrapped his stethoscope from around his neck and approached me to listen and presumably learn. He placed his stethoscope on my upper back and then on my chest and of course asked me to "breathe in," and "breathe out," repeatedly. Apparently, he heard nothing of consequence. No indications to warrant a chest X-ray, he said; no suspicious sights or sounds to further investigate. As he summarized his assessment: "It's winter," which I correctly understood to mean my symptoms were not cancer-related, I exhaled in relief, smiled widely and thanked him for the reassurance. Then he put his hand on my shoulder and said: "Nothing to worry about." A few minutes later, I left his office with a precautionary prescription for cough medicine and four days of antibiotics; completely normal protocol, lung cancer notwithstanding. But it didn't stop me from worrying. Cancer sort of has an intent of its own.

And that's the problem, underlying and overlaying. Everything I say or do or think or write is filtered – unconsciously anymore, through the prism of my being originally diagnosed with a "terminal" form of cancer. If ever there was a disconnect between symptoms, feelings, mortality, etc.; well, there isn't anymore. We're (cancer and I) not exactly one big happy family, but we are all living together under one roof, residing in one head; mine, mostly. I've had better roommates, that's for sure. Unfortunately, this is one I can't simply ask to leave.

Usually, I can manage, except when there's a blip, something not typically seen or felt on my emotional radar. This most recent bout with the symptoms I've described, completely normal and expected almost at this time of the year, probably should not have been neglected by yours truly for as long as they were (seven to 10 days). Sometimes, fear has a way of affecting your better judgment, though. In retrospect, I certainly should have acted sooner. Hopefully, I've learned my lesson. Next time, I won't ignore the "seasonal seven dwarfs." I was lucky this time. Life is not a fairy tale. Pretending otherwise could be grim.

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

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

FRIDAY/JAN. 23

McLean Art Society Meeting. 10 a.m. - noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Alice Kale will be the featured artist. She will talk about artist travel diaries for sketching and recording memories, using convenient and easy-to-carry materials. There will also be a chance to sign up for a painting trip to Greece scheduled for the May 2-16, 2015. All are welcome.

SUNDAY/JAN. 25

Free Seller Seminar, "What Every Seller Needs To Know," 1-4 p.m. Presented by The Lyons & McGuire Team of Keller Williams Realty. Come learn invaluable tips on selling your home from a professional stager, a photographer, a home inspector and more. RSVP by Jan. 19 to LyonsMcGuire@TeamGreatFalls.com. Seating is limited.

MONDAY/JAN. 26

Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group.

Evening ESL Conversation Group. 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice speaking English in this informal conversation group.

TUESDAY/JAN. 27

Improve Your English Skills. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Get focused help with reading, writing, speaking and listening. Adults.

WEDNESDAY/JAN. 28

English Conversation Group. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting.

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group.

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna.

A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd, Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

Virginia Sheriff's Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or <http://vasherriffsinstitute.org/scholarship/>.

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