

McLean CONNECTION



WELLBEING
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More than 100 speakers turned out for a legislative hearing to testify to members of the Fairfax delegation to the General Assembly, which is the largest in Virginia. They spoke about everything from gun safety and gerrymandering to labor rights and the Equal Rights Amendment.

Leadership Fairfax Presents NoVa Leadership Awards

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PHOTO BY MICHAEL LEE POPE/THE CONNECTION
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Previously installed solar panels at Franklin Sherman Elementary School, McLean. (Illustrative purposes only)

Environmental Benefits and Lower Electric Costs

Fairfax County awards solar power purchase agreement contracts.

BY MERCIA HOBSON
THE CONNECTION

After Fairfax County's June 2019 release of a request for proposals for roof-mounted and canopy/carport-mounted solar installations at 113 sites, and following its evaluation of the proposals and negotiations, County officials announced on Dec. 10 contracts with multiple solar power purchase agreement service providers.

The County awarded contracts to three teams of solar providers. They are Sigora Solar/Standard Solar, BrightSuite, a subsidiary of Dominion Energy, /Sun Tribe Solar, and Ipsun Solar/SunLight General Capital, according to county officials. The contracts allow for the installation of solar photovoltaic arrays at Fairfax County government, school and park sites, and provide the potential for both substantial cost avoidance and environmental benefits over time.

"Fairfax County is excited to take a major step toward a more sustainable energy future," said Bryan Hill, Fairfax County Executive. "Implementing on-site solar will hopefully lower our electricity costs as we support our Board of Supervisors adopted priorities. Fairfax County is striving to promote and encourage the use of renewable energy as we reduce our carbon footprint. We are committed to making choices around energy resources that benefit the residents of Fairfax County now and in the future," he said.

According to Fairfax County, this is the

largest solar power purchase agreement initiative by a local municipality in Virginia to date. Kambiz Agazi is the director of the county office of Environmental and Energy Coordination. He said when the County asked fifteen solar companies, it included 113 potential sites as a sample to the companies showing the possible program magnitude. The County could increase the number of sites or reduce the number of sites he said, taking into consideration the impact of tree canopies, orientation, and such on solar gain for given sites.

The United States Environmental Protection Agency defines a solar power purchase agreement as: "A financial arrangement in which a third-party developer owns, operates, and maintains the photovoltaic (PV) system and a host customer agrees to site the system on its property and purchases the system's electric output from the solar services provider for a predetermined period."

SOME OF THE KEY BENEFITS to a host customer using the agreements are, according to the Environmental Protection Agency, there are no installation, management and maintenance costs; the solar power service provider is responsible. Also, the host customer avoids other traditional barriers to the installation of on-site solar systems such as complex design and permitting processes. A third benefit is that the contracts established by Fairfax County with the solar power purchase agreement vendors are rideable, said Agazi. This means neighbor-

ing jurisdictions - cities, towns, municipalities, and the like could also take advantage of the competitive rates and reduce their greenhouse gas emissions. They would be guaranteed the same with solar photovoltaic arrays installed on their government buildings, town offices and such according to Agazi. A fourth significant benefit to the host customer is the contracts include favorable electricity rates that, in most cases, are fixed for the duration of the contracts according to Agazi "They will be selling us electricity at power rate lower than incumbent electric Dominion Energy, Inc. and Dominion Virginia Energy," he said. Finally, the solar power purchase arrangements can be cash flow positive for the host customer from the day the system is commissioned. According to Fairfax County: "This initiative could potentially yield over \$60 million in electricity cost avoidance over the terms of the contracts." Agazi said the term length is 25 years.

While cost avoidance is important, solar power purchase agreement contracts offer significant environmental benefits as well. "Over the contracts' terms, approximately 1.73 million megawatt-hours of clean, renewable energy could potentially be delivered to Fairfax County facilities - an amount roughly equivalent to the electricity used by 213,680 homes in a single year. In terms of greenhouse gas reductions, the contracts have the potential to avoid the emission of more than 1.2 million metric tons of carbon dioxide equivalent or an amount comparable to the emissions of 260,155 pas-

senger vehicles over the course of one year," according to County.

IN RETURN, the solar services provider or another party acquires valuable financial benefits, such as tax credits and income generated from the sale of electricity, according to the Environmental Protection Agency.

"We're excited to be partnering with the County in a movement that's good for our students, families, and our environment," said Fairfax County Public Schools Superintendent Scott S. Brabrand. "Lower energy costs through solar power purchase agreements will enable FCPS to save millions of dollars while freeing up additional funds for classroom investments. We look forward to working with the County to expand this initiative to as many FCPS schools and facilities as possible. Our solar investment will also become an amazing learning lab for our students to reinforce the value and sustainability of solar energy," said Brabrand.

According to Fairfax County officials: "This initiative is one piece of a larger set of strategies and actions Fairfax County is undertaking to address energy and climate-related issues. With the advent of the newly established Office of Environmental and Energy Coordination (OEEC), the County is placing a renewed and concerted focus on energy use both in county facilities and in homes and businesses. The OEEC is principally responsible for the Community-wide Energy and Climate Action Plan and will engage county residents and stakeholders to devise a plan to reduce greenhouse gas emissions in the coming year."

OPINION

Promises Kept

None of us came to Congress to impeach a president, but each of us took an oath to protect and defend the Constitution of the United States.

BY U.S. REP. GERALD E. CONNOLLY (D-VA)



In 2018, Democrats reclaimed our majority in the House of Representatives with a promise to deliver on bold, progressive solutions to the most pressing issues we face as a nation. Now, one year into the 116th Congress, that promise has been kept.

The House approved more than 400 pieces of legislation last year alone, more than 275 of which are bipartisan. Each of these bills is important and many are even life-changing, but there are several that are particularly worth highlighting.

I cannot go anywhere in our community without hearing how access to healthcare is affecting people's lives. While the Affordable Care Act and Medicaid expansion have increased access, Virginians are still struggling with skyrocketing prescription drug prices. That is why I am so proud the House passed the Elijah E. Cummings Lower Drug Costs Now Act, legislation that will lower prescription drug costs by increasing competition and would allow Medicare to renegotiate lower prices for more than 250 prescription drugs.

Conversations about our gun violence crisis are equally unavoidable. Like far too many communities across America, Northern Virginia is no stranger to the pain and loss wrought by mass shootings. I was Chairman of the Fairfax County Board of Supervisors during the Vir-

ginia Tech massacre. I, like so many of our neighbors, will never forget the six young people we buried in the wake of that horrific day.

We need to pass gun control that makes our communities safer. That is why I was so proud the House passed the Bipartisan Background Checks Act and the Enhanced Background Checks Act. These long overdue bills would close dangerous loopholes and ensure that no American can purchase a gun without first clearing a federal background check. We are in the middle of a national crisis, and this legislation is the least we can do to address it.

We have also had important successes for our region — particularly for federal employees. Thanks to Democratic efforts, we finally secured 12 weeks of paid parental leave and a 3.1 percent pay raise for federal employees. As Chairman of the Subcommittee on Government Operations, I successfully led the fight to stop the Trump administration's disastrous proposal to abolish the Office of Personnel Management (OPM). We secured back pay for federal employees following the President's damaging 35-day shutdown, and I held a hearing on the need to provide equal protections for federal contract workers.

Of course, despite our achievements, the last several months of 2019 were not easy for the Congress or the country. None of us came to Congress to impeach a president, but each of us took an oath to protect and defend the Constitution of the United States. That oath de-

manded we take action in the face of unprecedented wrongdoing by an out-of-control executive. To extort a foreign country to investigate your political opponent is an unconstitutional abuse of power. To solicit foreign interference in an American election is an unconstitutional abuse of power. And the delicate balance of power that underpins our democracy is threatened when a President disregards the Constitution by obstructing Congress to cover up these unconstitutional abuses of power.

Impeachment is a uniquely serious issue, but it isn't the only issue. Through even the most difficult moments, our legislative work never stopped. Last month, the House voted on a bipartisan basis to replace NAFTA with the United States - Mexico - Canada Agreement (USMCA). After months of tough negotiating, Democrats secured a deal that includes the strongest enforcement mechanisms of any U.S. trade agreement, as well as critical victories for workers, lower prescription drug costs, and much-needed environmental protections. We also adopted a bipartisan appropriations agreement to fully fund the government for fiscal year 2020.

These successes are a reminder of the incredible progress our country can make. But they also bring into focus the stark reality that the House of Representatives cannot make laws on its own. Leader McConnell has unilaterally blocked the Senate from debating and voting on 80 percent of the bills that we in the House have sent to his desk — most of them bipartisan, and all of them worthy of consideration. His failure of leadership, however, will not deter us from doing the business of the American people.

As we say goodbye to 2019, you can rest assured that we will build upon the progress we've made and continue to hold the Trump administration accountable in the New Year.

General Assembly Session 2020 Underway

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



Last Sunday I made my annual winter trek south to Richmond for the General Assembly session. My two-hour trip is not far enough to get me to sunny weather, but it is far enough for me to be in some hot debates.

I stay in a hotel with such proximity to my office that my daily commute is just a walk of a couple of minutes. Going south in the winter may be a vacation for some but for the next 60 days, it is the most intense period of work that one can imagine. Fortunately, I get home most weekends for a brief reprieve.

This trip south has been one filled with great anticipation. For the first time in two decades I am not in the minority! I chair a committee now, the Agriculture, Ches-

COMMENTARY

apeake and Natural Resources Committee, that will be acting on many environmental bills. I can expect that bills I introduce will get a fair hearing and most of them will pass. My colleagues and I reflect the population of the Commonwealth more than any previous General Assembly session ever. Not only do we have more women in the legislature, but we have the first ever woman Speaker of the House!

Being a member of the majority party brings enormous responsibility. As the party "in power," we must exercise our duties in ways that are judicious and fair. There is no time for political pay-back. We must shift from campaigning mode to governing mode. Although it may be tempting to do otherwise, we must conduct ourselves in ways towards the minor-

ity party members that would be the way we want to be treated in the distant future when we may find ourselves the minority again. Yes, the golden rule should apply even in the legislature.

How exciting it is to realize that in a few short months we will be able to add Virginia to the list of states that have ratified the Equal Rights Amendment even if we are the last needed for ratification. We will strengthen our existing antidiscrimination laws and add to them. We will make our communities safer from gun violence. We will add essential funding increases to our educational and human service programs. We will make critical decisions on protecting our environment and responding to climate change. And more. When all this work is done we have a governor who has pledged to sign our bills into law!

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McLean
CONNECTION

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WELLBEING

Giving up alcohol during "Dry January" can have positive health benefits.



PHOTO BY MARILYN CAMPBELL

Dry January?

The benefits of and strategies for taking a month-long booze break.

BY MARILYN CAMPBELL
THE CONNECTION

After a season filled with Champagne, Whiskey Sours, Gingerbread Martinis and other libations, some might need a break from booze. Dry January, a public health campaign that encourages giving up alcohol until the first of February – can help with that effort. The health benefits of staying dry for a month range from thinner thighs to a fatter wallet.

"It's very common for people to come home after a stressful day and unwind with a glass of wine or two," said Alexandria-based substance abuse counselor Sarah Brewer, Ph.D. "But the reality is that while alcohol does seem to make you more relaxed at first, it can lead to anxiety or a depressed mood."

Weight loss can be a pleasant side effect of abstaining from an evening pour, says nutritionist Kathryn Armstrong, who cites a report by the National Institutes of Health that showed a strong link between weight gain and alcohol. "Basically, the cocktail or wine that you're drinking has empty calories," she said. "Also, many people tend to eat, especially junk food when they drink."

"Another benefit of being alcohol-free for a month is that people often find that they don't need that glass of wine to relax and unwind from a stressful day," added Brewer. "Giving up alcohol for a month might give you an opportunity to find explore other relaxation methods like meditation or going for a walk or some other type of exercise."

For those who regularly attend happy hours with friends or have a glass of wine to relax, abstaining during one of the longest months of the year might seem unpleasant or unappealing, says Bethesda-based therapist Carol Barnaby, LCSW. "You might find things to distract you," she said. "If you're used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so your mind isn't on alcohol. People who enjoy the taste of alcohol might try eating fruit or drinking a fruit flavored sparkling water."

"If you're used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so your mind isn't on alcohol."

— Carol Barnaby, LCSW

"By not drinking you might find that you've been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional."

— Sarah Brewer, Ph.D.

Attempting to take a break from alcohol might unmask deeper issues, suggests Brewer.

"If you find that you can't stop drinking, it could mean that you have a problem with alcohol consumption," she said. "By not drinking you might find that you've been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional."

Opening the Floodgates

BY MICHAEL LEE POPE
THE CONNECTION

When they were in the minority, Democrats were mostly united in their views about everything from gun control and reproductive rights to the Equal Rights Amendment. Now that they've seized power, though, members of the newly minted majority are hearing from opposite sides on everything from gerrymandering and labor rights. That push and pull was evident during a legislative hearing of the Fairfax delegation, the largest in Virginia and home of the new speaker of the House and the Senate majority leader. The hearing was dominated by dozens of firearms enthusiasts sporting orange "guns save lives" stickers from the Virginia Citizens Defense League.

"It's important that our board be given the authority to keep guns out of our rec centers and government centers," said Fairfax County Board of Supervisors Chairman Jeff McKay, the first to testify, drawing jeers from the heavily armed crowd.

McKay went through a number of gun control measures Democrats campaigned on last year: universal background checks and limitation on how many firearms an individual can purchase a month as well as a ban on assault weapons to include suppressors, bump stocks and high-capacity magazines. That prompted loud and extensive heckling from the crowd, who responded by yelling loudly that he was a "traitor" and a "communist." Later in the hearing, when gun advocates took the microphone, they warned of "a civil war" if Virginia took action to limit what they view as their Second Amendment rights.

"It's a lot like looking at modern art," said Vincent Dory, who described himself as a rank-and-file member of the Virginia Citizens Defense League. "Modern art and gun control are both extremely confusing to look at, extremely pretentious and extremely ridiculous."

THE DEBATE OVER GERRYMANDERING is one of the thorniest questions before lawmakers, an issue that divides Democrats as they prepare to take control for the first time in a generation. On one side of the debate is supporters of a group called Virginia 2021, which struck a compromise last year between Democrats and Republicans to craft a constitutional amendment that would take the power to draw legislative districts out of the hands of lawmakers and give it to a bipartisan commission. One volunteer with Virginia 2021 even broke into song, crooning to the tune of "God Rest Ye Merry Gentlemen."

"All rest ye merry gentle folk, let nothing you dismay. Remember gerrymandering will let us get our way," sang



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Fairfax County Board of Supervisors Chairman Jeff McKay is heckled by heavily-armed firearms enthusiasts as he calls for the General Assembly to give local governments the ability to ban guns at government centers.



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

SEIU Virginia 512 president David Broder asks lawmakers to raise the minimum wage, allowing collective bargaining for public employees and pass a homecare workers bill of rights.

Michael Martin. "And save us from all others hopes. They do not have a say. Oh, tidings of corruption and joy."

The proposed amendment passed last year, and because of the amendment process in Virginia it has to pass again this year and then go to voters. But now that Democrats have control of the General Assembly, they would be the ones drawing the maps. Many Democrats say they would be squandering their newfound power by yielding that power to a commission, especially because the maps would likely end up before the Republican-dominated Supreme Court of Virginia. Advocates of the amendment say that can be fixed by enabling legislation

that would require a special master draw the districts. But many people associated with Indivisible groups in Northern Virginia are urging lawmakers to vote no on the amendment.

"If I could rid myself of the concerns that I have with respect to that amendment and some of the backdoor was this could work against Democrats, in particular, I would support it," said Luke Levasseur of McLean. "I cannot support it, and I believe that the amendment that we have is not a step forward. It's a step in the wrong direction, sideways, potentially off a cliff."

LABOR ISSUES have long been a

Northern Virginia Democrats wrestle with power now that they have it.

sticking point in Richmond, where the Republican majority and their allies in the business world have resisted the agenda of labor leaders. Now things have changed, and labor unions across Virginia are pressing lawmakers on a lengthy list of agenda items. SEIU Virginia 512 president David Broder asked members of the Fairfax delegation to raise the minimum wage, allowing collective bargaining for public employees and pass a homecare workers bill of rights — slate of bills to make sure homecare workers under the state's Medicaid program get a living wage, benefits and health care.

"Many of us are working longer hours for less pay with fewer benefits than ever before with virtually no rights on the job."

— David Broder,
president of SEIU Virginia 512

"Many of us are working longer hours for less pay with fewer benefits than ever before with virtually no rights on the job," said Broder. "Many of us have two or three jobs just to put together the income that one job used to provide, and so it's no surprise that under the previous Republican majorities OXFAM America ranked Virginia as the worst state for working people two years in a row."

Notably absent from the SEIU's list of priorities was repealing Virginia's infamous right-to-work law, a 1940s era restriction on employers from compelling employees to pay union dues. Broder says his organization has always been in favor of repealing the law, which he says hurts working families. But, he adds, it's not a priority because it wouldn't help as many people as raising the minimum wage or allowing collective bargaining for public employees. Representatives of the American Federation of Teachers and the Fairfax Education Association, however, both outlined repealing the right-to-work law as a top priority.

"They would be more appropriately named right-to fire-laws or right-to-work for less laws," said David Walrod of the Fairfax County Federation of Teachers. "By stripping employees of the right to collectively organize and have a collective voice, the power is returned to CEOs rather than employees."

CALENDAR

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

ONGOING

Mah Jongg Cards. Order cards through Jan. 15, from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

WEDNESDAY/JAN. 8

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your little one while building early literacy foundations for reading success. Age 3-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Movies for Children and Families. 12:30 p.m. At The Alden Theatre, 1234 Ingleside Ave., McLean. Free admission Bring an indoor picnic and introduce your kids to the classic animated movies that you love. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Mystery Book Club. 1 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Join in the monthly unraveling of a whodunit or thriller. The January selection is "The Magpie Murders" by Anthony Horowitz. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Topics in Astronomy. 7:30-8:30 p.m. At Turner Farm, 925 Springvale Road, Great Falls. Turner Farm hosts monthly sessions on "Topics in Astronomy at the Roll-Top Observatory" that explore everything from space missions to planets and galaxies. A classroom discussion is followed by an observatory session with telescopes, if the weather permits. Check the Analemma Society website for the monthly topics at <http://www.analemma.org/>. Cost is \$8 per person, and the programs are designed for participants age 8 to adult. Advance registration is required. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

FRIDAY/JAN. 10

Free Children's Workshop. 10-11 a.m. At Green Hedges School, 415 Windover Avenue, NW, Vienna. Green Hedges School, in collaboration with Wolf Trap Foundation's Institute for Early Learning Through the Arts, will host a free interactive program, "Ask Mr. Bear," on the School's campus. Space is limited. Register at www.greenhedges.org/wolftrap.

Bilingual Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Bilingual Storytime in English and Hindi. Build your child's early literacy skills while enjoying stories, songs and activities. Birth-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

English Conversation Playdate Meetup. 1 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other parents of young children. Adults practice English while the kids enjoy play time in the same room. Birth-5 years with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Washington Wizards Basketball Game. 4-10:30 p.m. Meet at 1440 Chain Bridge Road, McLean. Part of The Old Firehouse Center Friday Night Activities. Teens can join the Old Firehouse staff as they take a trip into the nation's capital to watch all-star Bradley Beal and the rest of the Washington Wizards take on their NBA rival. A ticket to the game and a pre-game dinner are included in the fee. Cost is \$50/\$40 MCC district residents. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Unruly Theatre Project Improv Performance. 7 p.m. At Bards Alley, 110 Church St. NW, Vienna. 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.

SATURDAY/JAN. 11

Family Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and songs for the whole family. All ages. Visit



FRIDAY/JAN. 30

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.

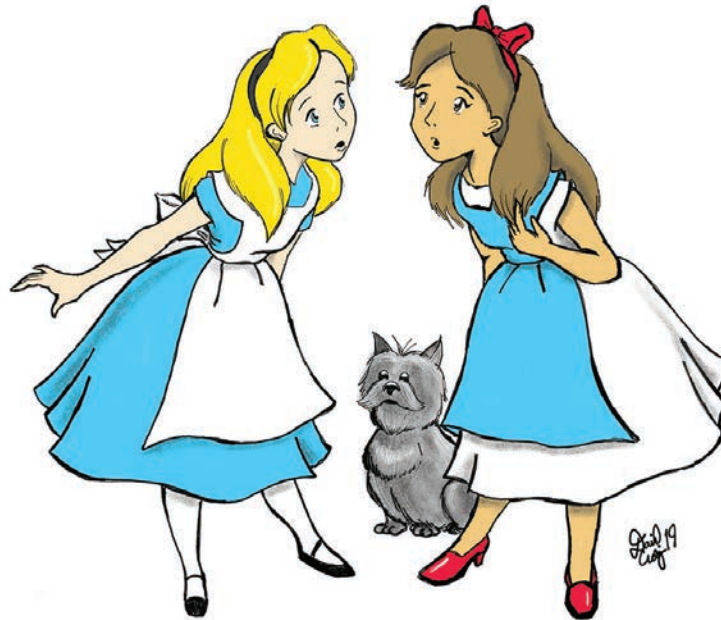


"We Shall Overcome"

Musician Damien Sneed will perform at The Alden Theater in McLean on Thursday, Jan. 30.

THURSDAY/JAN. 30

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 Gospel 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.



JAN. 21 AND JAN. 22

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 Tuesday and Wednesday, Jan. 21 and 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.

<https://www.fairfaxcounty.gov/library/branches/oakton>

Bridge Tournament. Noon to 5 p.m. At Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. The Rotary Club of Great Falls will host a bridge tournament. This fundraiser will enable girls living in extreme poverty in the slums of India and Nepal to achieve financial independence through customized quality education, vocational training, and college scholarships. Partners and single players are both welcome. The cost is \$50 and all proceeds go to fund the education of girls through edugirls.org. To register, visit www.rotarygreatfallsva.org. Registration is open through January 7, 2020.

Ancient to Modern: Oolong Teas. 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This category of semi-oxidized teas is ever expanding with new styles being developed all over the globe. Sample a variety of oolongs from old style to new, from traditional tea producing countries to countries with recently established high quality tea gardens. Tea infused treats and a take home tea sampler included. Cost is \$35. Use ID Code AE1.439C. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

Estate Planning Basics. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Do you have your will or trust plan in place? Attorney Bettina Lawton will cover what you need to know to make sure that what you have spent your life accumulating goes to the people or charities that you value. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Astronomy Festival. 5:30-7:30 p.m. At Turner Farm, 925 Springvale Road, Great Falls. There will be guided stargazing and opportunities to get a close-up look at the stars through a telescope at the roll-top observatory. Join in games and warm yourself by the campfire as you listen to ancient stories about the constellations. Hot chocolate and snacks will be available for purchase. This event is designed for stargazers age 3 to adult. Cost is \$10 per person. The festival will be canceled if it is raining or snowing. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

SUNDAY/JAN. 12

Artist Talk. 2-4 p.m. At McLean Project for the Arts, 1234 Ingleside Ave., McLean. Eve Stockton and Kyujin Lee will discuss the thoughts and processes behind Eve Stockton: Origin Stories and Replay and Reshuffle: Paintings by Kyujin Lee, currently on display in MPA's Emerson and Atrium Galleries, respectively. This event is free and open to the public. Known for large-scale woodcut prints, Stockton's works are inspired by a close observation of nature and an eclectic interest in science. Combining her prints and stone sculpture, she works to create an atmosphere that can subtly envelop the viewer. Combining the spontaneity of surrealist automatism with refined illustrative skill, Kyujin Lee draws on the world of fairy tale to compose paintings exploring dreams, identity and personal transformation. Runs through Feb. 29.

Hot Cocoa Party. 3 to 5 p.m. At Riverbend Park, 8700 Potomac Hills Street, Great Falls. Take a walk-through Riverbend Park's winter wonderland with a naturalist, and then take the chill off inside with a hot cocoa party. Jazz up your cup of cocoa up with goodies, listen to some heartwarming winter stories, and make a wintry craft to take home. For ages 4 to adult. The cost is \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

MONDAY/JAN. 13

Baby Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and build early literacy foundations for reading success. Books, songs and rhymes. Birth-18 months with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Legos in the Library. 6:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Build anything with Duplos and Legos. Age 2-12. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

TUESDAY/JAN. 14

Toddler Tales. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and build early literacy foundations for reading success. Books, songs and rhymes. Age 18 months-3 years with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Canasta Group. 12:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta. Beginners

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

welcome. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Teen Knitting Club. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Learn knitting techniques to make beautiful creations. Teens. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Money Matters Book Club. 7 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Monthly group discussion focuses on personal finance and investing. The selection is "Mastering the Market Cycle: Getting the Odds on Your Side" by Howard Marks. Legendary investor and founder of Oaktree capital shows how to identify and master the cycles that govern the markets. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Author Greg Wilson. 7:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Historical Society will feature author Greg Wilson who will address "The Adventures of Jonathan Roberts - The Civil War Quaker Scout in Northern Virginia." Everyone is welcome. Contact Carole Herrick at 703-356-8223.

TUESDAYS/JAN. 14-FEB. 18

Beginners Mah Jongg Class. 12:30-2:30 p.m. At Great Falls Library, 9830 VA-193, Great Falls. Learn to play the fun, fast-paced game of Mah Jongg. Registration is now open for an Adult Beginners Mah Jongg class. The class will run for six weeks on Tuesday afternoons from 12:30-2:30 p.m. beginning January 14 through February 18. Attendees should plan to attend all six sessions. Visit www.fairfaxcounty.gov.

WEDNESDAY/JAN.15

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your little one while building early literacy foundations for reading success. Age 3-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. At Mylo's Grill, 6238 Old Dominion Dr, McLean. The cost of the luncheon is \$30 per person. Clare Cushman of the Supreme Court Historical Society will discuss Supreme Court food traditions and recipes. To attend, pay at <https://squareup.com/market/mclean-newcomers-club>. Prospective members are invited. No reservations will be accepted after Friday, Jan. 10. Visit www.McLeanNewcomers.org.

THURSDAY/JAN. 16

Oakton Book Discussion Group. 7 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. The January selection is Go, Went, Gone by Jenny Erpenback. Everyone is welcome to join. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

WEDNESDAY/JAN. 16

Monthly Book Club. 10:30 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Open activities and games at MCC are subject to change and may be canceled due to center wide special events, programs, activities and holidays. In the event of inclement weather, cancellation of these activities and games will follow the MCC inclement weather policy. Call the Center at 703-790-0123, or visit

the website, www.mcleancenter.org.

FRIDAY/JAN. 17

Unruly Theatre Project Improv Performance. 7 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., 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. 17-26

Joshua's Hands Quilting Event. Location TBA in Purcellville. Joshua's Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua's Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. All materials are provided but donations are appreciated. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location. Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.

SATURDAY/JAN. 18

Read to the Dog. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Gain reading confidence by reading to one of the therapy dogs. Age 5-11. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Be Fit McLean. 11 a.m.-2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Free admission. Health and wellness fair focuses on aspects of healthy living, such as fitness, dance, nutrition, physical and mental health and well-being. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Here's What's Happening at MCC!

The Old Firehouse Friday Night Trip



Washington Wizards Basketball Game
Friday, Jan. 10
Activity No: 5304.320
1440 Chain Bridge Rd.
\$50/\$40 MCC district residents

Special Event



Be Fit McLean
Saturday, Jan. 18
11 a.m.-2 p.m.
Free admission



Closing Notice

Martin Luther King Jr. Day
Monday, Jan. 20

Presented by The Alden



Midday Movies:
Foreign-Language Films
"Timbuktu" (2014)
Wednesday, Jan. 22, 1 p.m.
Free admission

5th and 6th Grader Party



Snow Ball
Friday, Jan. 24, 7-9 p.m.
Activity No: 4603.320
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 McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101

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Legals

ABC LICENSE

Mediterranean Deli, Inc. trading as Simply Fresh, 6811 Elm St. McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Rana Sersy, Owner. 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.

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

-Werner Heisenberg

Legals

Storage Line of Virginia, LLC (t/a APT Storage), Box 767, Haymarket VA 20168, pursuant to the assertion of a lien for rental of a storage unit, will hold a public auction for the sale of all goods in a storage unit to take place at 10:00Am on Tuesday, Jan 14, 2019 at storage unit 281A, located at Avalon Tyson's Corner, 1569 Onyx Dr, McLean, VA 22102 to satisfy the lien. All terms of the sale are cash. Call 800-217-4280 for questions.

Announcements

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NEWS

Leadership Fairfax Presents NoVa Leadership Awards

The 2019 Northern Virginia Leadership Awards hosted by Leadership Fairfax on Dec. 6 recognized leaders who have made significant impacts on Northern Virginia and the region through volunteer service, fundraising, community partnerships and a dedication to service above self. These annual awards are bestowed in six categories highlighting community stakeholders and bringing together more than 150 representatives from nonprofit, government and business sectors.



PHOTOS CONTRIBUTED

2019 Winners, from left: Shirley Luu, Linda Mathes, Joe Meyer, Rebecca Cousins, and Womble Bond Dickinson reps Cameron Hunt with Dan Mackesey

2019 HONOREES

❖ **Regional Leadership Award: Danny Vargas, Founder and President, VARCom Solutions**

Vargas is an award-winning business and community leader, accomplished media commentator, and marketing/public relations professional, who currently serves as Chairman for Friends of the National Museum of the American Latino. He has advocated for commonsense solutions for a variety of causes—workforce development, veterans support, economic development, health IT, immigration reform, transportation and more.

❖ **Educational Leadership Award: Rebecca Cousins, Employment and Transition Representative, West Springfield High School**

Cousins is changing the lives of her students by showing them there are viable career opportunities, even if the traditional college-to-career path is not an option or an interest for them. Her work also incorporates special education students in the planning process, reinforcing their use of communication, critical thinking and teamwork skills.

❖ **Corporate Leadership Award - Organization Womble Bond Dickinson**

Womble Bond Dickinson is a professional services firm with offices throughout the US and the UK. They have a collaborative, inclusive and innovative corporate culture. Delegates of WBD serve on the Tysons Partnership's Board of Directors, Sustainability Council, Leadership Advisory Council, Land Use Council, and Partner Dan Mackesey serves as Chairman of the Partnership's Community Responsibility Council, working to foster Tysons community engagement and support the well-being of Tysons community members most in need.

❖ **Nonprofit Leadership Award - Joe Meyer, Executive Director and CEO, Shelter House**

Meyer is the dynamic leader enabling Shelter House to continue to grow its mission to address the issues of homelessness and domestic violence in our community. As Executive Director and CEO he is focused on fostering a

culture of excellence, mentoring and inspiring his team, and engaging each individual, from the highest state official down to each volunteer, and the clients they serve to reach their potential.

❖ **Corporate Leadership Award - Individual: Shirley Luu, Founder and President, Shirley Luu Associates**

Luu loves working with people, enjoys educating and empowering women and men to prepare them financially for retirement. Powered by First Financial Security, Shirley Luu and Associates, brings the latest in financial services, concepts, and products to improve the saving habits, health insurance, family protection, and wealth building of its clients.

❖ **Trustee Leadership Award: Linda Mathes, CEO, American Red Cross - National Capital Region**

Mathes demonstrates vision on a national, regional, and local level. Her awareness of the broad vision of the American Red Cross led her own efforts to ensure they are organizationally aligned. Regionally, following local and national disasters, Mathes mobilizes the community in support of disaster response, readiness and preparedness activities, raising funds, and recruiting large entities to support her vision, including the Active Shooter Symposium, Disaster Preparedness Summit, and multiple Urban Areas Security Initiative grant.

Karen Cleveland, CEO and President of Leadership Fairfax, said: "With these awards, we celebrate the selfless dedication and accomplishments of individuals and organizations whose work is central to our mission to develop, engage, connect and inspire community leaders." Nominations for the 2020 Northern Virginia Leadership Awards open in September 2020, and community representatives are encouraged to submit nominations. Leadership Fairfax headquarters are located at 8230 Old Courthouse Rd., Ste 100, Vienna. To learn more, call 703-752-7555 and visit leadershipfairfax.org.

WEEK IN McLEAN

Man Dies After a Construction Site Accident

Detectives from Major Crimes Bureau continue to investigate after a man died in a construction site accident in the 1600 block of Capital One Drive. Nelson Aguilar-Salamanca, 55, of Maryland, was working at the site as a subcontractor. Around 7:30 a.m. rebar that was being hoisted in the air by a crane fell and struck Aguilar-Salamanca. He was taken to a nearby hospital where he died from his injuries - according to FCPD announcement on Dec. 30.

The Office of the Chief Medical Examiner is conducting an autopsy to confirm cause of death. No other injuries were reported as a

result of this incident.

Anyone who might have witnessed this accident is asked to call the Major Crimes Bureau at 703-246-7800, option 4, or contact Crime Solvers electronically by visiting <http://www.fairfaxcrimesolvers.org> or text-a-tip by texting "TIP187" plus your message to CRIMES(274637) or by calling 1-866-411-TIPS(8477), or call Fairfax County Police non-emergency dispatch at 703-691-2131.

Victim specialists from Major Crimes Bureau's Victim Services Division have been assigned to ensure that the family is receiving appropriate resources and assistance.

BULLETIN

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

ONGOING

Route 123 Bridge Rehabilitation. Work began Friday, Jan. 3 to rehabilitate the northbound and southbound Route 123 (Chain Bridge Road) bridges over Route 7 (Leesburg Pike) to improve safety for drivers and pedestrians and extend the overall life of the bridges, according to the Virginia Department of Transportation. Improvements include:

- Repairing and resurfacing the concrete bridge decks;
- Repairing bridge piers, abutments and bearings;
- Painting steel bridge beams;
- Repaving Route 123 adjacent to the bridges.

Work will take place exclusively at night. Drivers can expect lane closures on Route 123 and Route 7 according to the following weekly schedule:

- Sunday night through Thursday night: 10 p.m. to 5 a.m.
- Friday night: 10 p.m. to 9 a.m.
- Saturday night: 10 p.m. to 8 a.m.

WEDNESDAYS/JAN. 8 - 29

Active Aging Wellness Exercise Class. 11 a.m. to noon. At Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The classes focus on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week. Cost is \$40 for 8 week session - payable to Sun Fitness LLC. Questions or to Register contact Casey Tarr, eileentarr1@verizon.net or 703-821-6838.

THURSDAY/JAN. 9

Students and Volunteers Wanted. 7 to 8:30 p.m. At St. Mark's Catholic Church, 9972 Vale Road, Vienna. Students and volunteers are needed for the St. Mark's Catholic Church English as a Second Language (ESL) Ministry. Seeking Students and Volunteers to participate in the upcoming Winter 2020 Term, Jan. 14-Mar. 12. The goal is to "Welcome Everyone" and provide a program where adults from all ethnic and religious backgrounds can come and learn English and acclimate better to life in the U.S. No experience is necessary to volunteer. All classes take place on Tuesday and Thursday evenings at St. Mark Christian Formation Center. Call Monica at 703-980-9380, Bob at 703-242-7449, email stmarksesl@gmail.com, or see the Web site at www.stmarkesl.org.

Plum

FROM PAGE 4

Last Saturday's public hearing by the Fairfax General Assembly delegation reminded us that there is not total accord on what we will be doing. About half the audience of around 300 people in attendance seemed to be there to shout down those with whom they disagreed. Their efforts to show support for what they define as their second amendment rights was to violate the first amendment rights of others. The lack of civility in public discourse across the country has found its way to Virginia. What a shame.

I am honored to be here, and I am going to do my best to fairly represent your interests. Make a trip south to see me and the legislative process over the next couple of months. To live-stream the legislative sessions, go to <https://viriniagenassembly.gov/house/chamber/chamberstream.php> for the House and to http://viriniagenassembly.senate.granicus.com/ViewPublisher.php?view_id=3 for the Senate sessions. To follow the progress of bills, visit <http://lis.virginia.gov/>.

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

OMG



By KENNETH B. LOURIE

Are you sitting down? I wasn't when I got the call from my oncologist after hours this past Thursday. He was calling me with the results from the previous week's biopsy. He said he had "exciting news." He said the biopsy was not only "typed" (genetic mutation/biomarker) but, as he continued to bury the lead using medical jargon about the slide and stain, finally got around to it: I may not have (or have had, still to be discussed/possibly determined) non-small cell lung cancer, stage IV. Instead, I may have (always had) thyroid cancer, specifically, papillary thyroid cancer, referred to as "the friendly cancer," by my oncology nurse the following infusion when I shared with her these preliminary findings. 'Friendly' referring to one's survival/life expectancy after diagnosis.

Moving forward to begin/confirm this new working diagnosis, I had an ultrasound of my thyroid the next day and Friday the following week, Team Lourie will be meeting with an endocrinologist. She (I saw her picture on the wall outside her office) presumably will have had a discussion, or at the very least, received an email/referral from my oncologist citing chapter and a few verses about who I am, how I've been treated, what scan/results I've had and of course, the news of this most recent biopsy, explaining why he reached out. I really don't expect, given my oncologist's excitement, and the fact that he called me (only the second time in nearly 11 years) that the endocrinologist will be likewise informed and possibly even excited to share a similar diagnosis with a previously-characterized as "terminal" patient who (yours truly) might not be "terminal" after all. 'Might not' being the operative phrase I'm still having difficulty grasping.

Somehow, I have to slow my roll and pull back on the reins. We're still early days here. Right now, I don't know anything definitive, so I'm not quite ready to call this a "Festivus miracle." Though at present it all sounds fairly promising, it's not exactly cast in stone, and neither has a revised Thyroid-cancer-treatment plan been put in place. I'm still a lung cancer "diagnossee" and one still waiting for the other shoe to drop. Therefore, until I'm told otherwise, as of now, I'm scheduled for my bi-weekly opdivo immunotherapy infusion on Jan. 3, 2020.

Now, why all of this is worth writing about, prematurely as it is, is that oncologists, almost by definition, are typically not the bearer of "exciting news." Generally speaking, they are giving bad news and saying it very directly at that. As was said to me in late February 2009: "Why not take that vacation you've always dreamed of while you're still feeling good?" The implication being quite clear that it's likely to get worse from here. To receive a call like I did Thursday from my oncologist now implying that it might get better from here is completely out of the ordinary. Moreover, if he initiated such a communication, I should probably take him at his words and take him very seriously.

Right now, I am possibly elated to be over the moon. However, it's not as if I've been given a clean bill of health. Cleaner, yes, but one still with a significant balance. And until I look the endocrinologist in her stethoscope and hear some magic words, I am keeping my powder dry and not shouting off my mouth - too much.

Cancer is a funny business. There are twists and turns and unexpected results, much of it not controlled by the doctors. And though I may be on the precipice of being blessed with some amazing, life-altering news, this time for the unbelievably good, I am still a week, maybe even weeks away from knowing with any certainty. In the interim, however, I am certain of one thing. If this change in my status does occur and I'm given back my life expectancy, somehow, I will try and return the favor.

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



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6635 Langdon Court
McLean, 22101
\$1,099,000



1911 Corliss Court
McLean, 22101
\$2,995,000



1612 Carlin Lane
McLean, 22101
\$1,250,000



6456 Linway Terrace
McLean, 22101
\$2,295,000



5906 Calla Drive
McLean, 22101
\$2,449,000



1506 Hardwood Lane
McLean, 22101
\$1,539,000

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