

Singing Through The Holidays

NEWS, PAGE 3



The Langley High School Madrigals annual Renaissance Madrigal Feaste is one of the highlights of their holiday schedule.

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Student tutors at the McLean High School Writing Center help their peers write for a variety of different needs and assignments.



From right, McLean High School seniors Stephanie Lind and Mary Spulak work on assignments at the school's Writing Center, which opened in October.

Writing Center Helps McLean Students Find Voice

McLean High School's Writing Center has received high praise since opening on Oct. 14.

BY ALEX McVEIGH
THE CONNECTION

McLean High School's Writing Center has only been open for a month and a half, but already its impact is being felt around the school by teachers and students. Since its opening on Oct. 14, more than 180 students have already used its resources.

"As a cluster, one of our goals was to increase students' writing skills," said Farris Gale, co-chair of McLean's English Department and Writing Center Director. "In addition to working on regular assignments, we help with business letter, resume and other writing you might see in the professional world, but not as part of the normal high school curriculum."

The center is open during lunches, where the tutors help their fellow students in every phase of paper writing, from brainstorming ideas to final revisions. Students work together one-on-one to meet whatever their needs may be.

"It's great because the tutors have really taken it upon themselves to create a buddy system and give the students they're helping a real chance to experience peer review," Gale said. "Once you start editing a paper, the students realize that it's OK to make mistakes, it's part of the writing process."

THE TUTORS trained from the start of school to the opening of the center to learn how to teach and assist with the variety of styles they would be dealing with.

"Our overall purpose is not to improve a single piece of a student's writing, but in-



From right, McLean High School juniors Anna Barratt and Ellen Knapp work at the McLean High Writing Center.

"Our overall purpose is not to improve a single piece of a student's writing, but instead to develop their confidence and techniques so that they may become a more proficient writer."

**— Farris Gale,
co-chair of McLean's English Department and Writing Center Director**

stead to develop their confidence and techniques so that they may become a more proficient writer," Gale said.

Some students were drawn to tutor at the center because of their own experiences.

"I wanted to get a chance to help the younger students with their writing. When I was an underclassman, I didn't feel that those opportunities were there for me," said Eamon McGoldrick, a junior.

Others said they wanted to pass their love



Students at the McLean High School Writing Center tutor their peers on everything from assigned papers to resume writing.

of writing to students who might otherwise not appreciate it.

"I had Ms. Gale freshman year, and she really helped me grasp the writing process, and that's something I wanted to pass on to others," said Malalai Nawabi, a senior tutor. "I've seen some analytical papers, some personal essays, a pretty good variety."

OTHER TEACHERS are noticing the ef-

fects the center has had on their students' papers. English teacher Alan Munaker said he brought a batch of essays to the writing center to solicit comments, and found the students' comments were very insightful.

"I think it shows that students can benefit from peer review as well as teacher comments, they can see which comments are from teachers and which are from students, and decide which ones to work on," he said. "It's certainly validated my belief that kids can help one another by making substantive and appropriate comments."

Gale says she is very careful to ensure that the tutors aren't writing the papers themselves. She said one of the first things she taught them was "they should never be the ones holding the pencil," because the idea is for the students to learn.

"It can be hard when you find out what they need, but you don't want to be the one doing it for them," McGoldrick said.

Junior Shellie Kanuit says the key is to "ask guiding questions to get them where they need to be, but without giving them the answers."

Nawabi said she's also gained experience tutoring special education students.

"It's a little bit harder, but I think it's a valuable lesson in learning how to teach people who have different ways of learning," she said. "Once you make that breakthrough, you can see that they've really learned something that can help them in the future, which is very rewarding."

The tutors themselves are also gaining experience that they believe will help them down the road.

"I've definitely been exposed to more literature just by helping with papers, sometimes the papers get me interested in other literature I didn't know about," McGoldrick said. "In the future, I hope to study foreign affairs or political science, and that's all about getting your point across."

Gale says a future goal for the center is to reach out to local elementary and middle schools, as well as to some of the county's adult education students and help them learn to write better.



PHOTO CONTRIBUTED

This year's Langley High School Madrigals. Front Row, from left: Sonya Zell, Sarah Larkworthy, Mia Engelhardt, Elly Sheers, Lauren Fernandez and Isabel Hefner. Second row: Stephanie Anderson, Rachel Street, Abby Thompson, Jessica Bumstead, Alina Zufall and Amelia Welch. Third Row: Chris Paul, Andrew Jones, Craig McKenzie, John Higgins, and Mark Paulson. Back row: Sam Mayman, Brian Niu, Ben Yang, Jesse Levin, Alex Obolensky and Jack Flatley.

Singing Through the Holidays

Langley Chorus group begins holiday performance schedule.

BY ALEX McVEIGH
THE CONNECTION

As the holiday season approaches, the Langley High School Madrigals will have plenty of time for holiday events, they'll be performing at several per week until the end of the year.

The Madrigals, this year made up of 12 girls and 11 boys, perform mostly Renaissance music, mostly a cappella. In addition to their regular singing duties at the Langley home football games, they perform at the Great Falls Freedom Memorial and other annual events, including this year's 17th annual Anti-Defamation League's Concert Against Hate where they performed "Bridge Over Troubled Water" with the National Symphony Orchestra.

The highlight of the Madrigals' season is the Renaissance Madrigal Feaste, where they host a 16th-century themed dinner.

"The feast is the culmination of our year, we dress in costume, have lines to say, it's almost a play," said singer Alex Obolensky.

THE MADRIGALS will also be performing at the Kennedy Center's "Candlelight Christmas," at Colvin Run and Spring Hill Elementary Schools and several private performances, such as at the Gannett Company Open House. Their holiday season concludes Dec. 20 with the Langley Choral Winter Concert.

"Most of the kids are so involved with this community, they play sports, or are part of other clubs, but they know the Madrigals has to take priority," said Dr. Mac Lambert, Langley's director of Choral Activities. "We get a lot of requests from a lot of organizations, and we have to figure out what works. We can't ask them to be out every night, so we'll get together, figure out some dates, see what works out with them."

Performing and rehearsing five to seven days a week would be much tougher if the Madrigals members didn't get along so well. They hold monthly get-togethers and even make sure to surprise any student with a birthday with an end-of-rehearsal rendi-

tion of "Happy Birthday."

"We spend so much time together, we really become close, you have to," said senior Stephanie Anderson.

Lambert says he enjoys watching the bonds form between members.

"They're together so much, they really tend to bond, and I think the friendships they form in a group like this will last their whole lives, I know that's the case when I went to school," he said.

With their schedule, senior Sonya Zell says the members have to love what they're doing.

"You have to be dedicated, you have to want to be there, otherwise nobody would spend so much time preparing and performing," she said.

For many members the hard work is merely part of what they knew would be required to join the elite group.

"We idolized them as freshmen," said junior Brian Niu. "They sang so many cool songs, and they were a cappella, which is always fun do to as a singer. I remember having to sit out one rehearsal because I lost my voice, and I sat there and watched the group perform, and it still amazed me, even after being a part of the Madrigals."

Many students, even those with previous choir experience, came to Langley ready to climb the ladder and join the Madrigals.

"Ever since I joined the choir I can remember hoping that one day I'd be able to sing the songs they do," said senior Lauren Fernandez, who has been in two other Langley Chorus groups.

Fernandez said she hopes to study voice in college, and the experience of constant rehearsing and performances have given her insight into what the next step is like.

"Besides concerts at amazing venues like the Kennedy Center, the Madrigals give you a glimpse into the world of auditioning and rehearsing," she said. "And then you get to the stage and perform, and you realize it's all been worth it."

Lambert says the group's schedule gives the students a glimpse of what their future in music will be like.

"They get a pretty good idea of what doing music in college will be like, where you're expected to work and practice on your own," he said.

MORE INFORMATION on the Langley Madrigals can be found at www.langleychorus.com.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Andreas Maple, 19, of the McLean Volunteer Fire Department was awarded Firefighter of the Year by the Greater McLean Chamber of Commerce for his more than 1,000 hours of volunteer service.

Maple Makes Time to Serve

Volunteer firefighter recognized for more than 1,000 volunteer hours.

BY ALEX McVEIGH
THE CONNECTION

Andreas Maple grew up in McLean watching the fire trucks go by, hoping one day he would be on the truck. Now he's finishing his first year as a firefighter and has already been recognized at the Greater McLean Chamber of Commerce's Firefighter of the Year.

Maple started his public service early, receiving the Presidential Service Award in eighth grade for his efforts volunteering for the Red Cross youth program. He jumped at the first chance to become a firefighter, applying when he was 17, but had to wait a year. Over the second half of 2010, Maple started college, went to fire school and did other training in order to become a firefighter.

"My days were packed for those six months, but it was worth it," he said. "I scheduled my classes around fire school and made everything work."

Maple says his schedule has cleared up a little bit, even though he volunteers in McLean and Ashburn, and still attends school at George Mason University. It certainly wasn't clear Oct. 4, when he was awarded Firefighter of the Year, he had to run off to a training class before he was presented the award.

"Andreas may be only 19 years old, but his hard work and reliability have allowed leadership of the fire department to

entrust him with great responsibility," reads official citation from the GMCC. "He has responded to many emergency calls, both of the fire and medical variety, and is always quick to volunteer to serve at department events."

Maple said he decided to volunteer in Loudoun to get more riding time, in Loudoun volunteers staff stations from 6 p.m. to 6 a.m., while in Fairfax volunteers supplement the career firefighters.

"I ride every chance I get, and I never know what to expect," he said. "The camaraderie is great too, the more you ride with a certain shift, the better you get to know people, and it really creates a sense of trust."

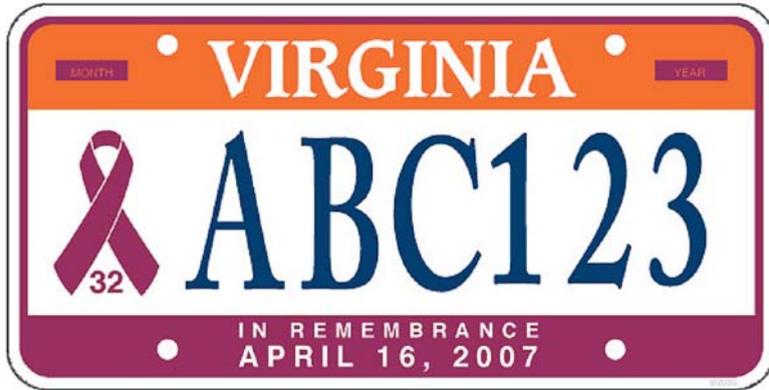
Maple is the vehicle coordinator for an ambulance, which makes him responsible for cleaning and restocking the vehicle.

"I'm always learning something new and there's never a dull day," he said. "My next goal is to become an engine driver, but I'm also ready for anything that's thrown at me."

Last summer, Maple was also awarded with the Presidential Service Award for the second time, for volunteering more than 1,000 hours in a calendar year.

Marnie O'Callaghan-Maple, his mother says she is proud of him for taking on so much responsibility. "Initially it was a little alarming, but my husband and I are proud of him and the service he's doing," she said.

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All questions can be directed to Marjorie Castro at m.castro@vtvfamilyfoundation.org or 855-462-7432.



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PHOTO BY KIM MORAN

Members of the Churchill Road PTA’s Community Service Committee and their helpers prepare the community’s food donations for distribution to SHARE, a community food bank. From left: Mitchell Farah, Robin Hoeymans, Addison Collins, Izzy Schone, Sarah Walter, Whit Walter, Joseph Hoeymans, Marta Bascom and Liliana Schone and Kate Walter (seated in front).

Thanksgiving Food Drive for SHARE

The week before Thanksgiving, the Churchill Road School PTA Community Service Committee, sponsored by CRS parents Marta Bascom, Robin Hoeymans and Sarah Walter, organized a Thanksgiving food drive for SHARE, a McLean-based volunteer organization working to feed the hungry in the local community.



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From left: Sarah Hashem, Mika Huffman, Scott Becker, Ian Hicklin, Bennett Hunter and Miles Simpson (Coach Chris Hunter in back).

Robotics Team Moves on to State Competition

Six Haycock Elementary School sixth graders will participate in the Virginia State First Lego League (FLL) competition to be held at James Madison University on Dec. 3 and 4. Scott Becker, Sarah Hashem, Ian Hicklin, Mika Huffman, Bennett Hunter and Miles Simpson, move on to States after successfully competing at the regional tournament on Nov. 12 at the Smithsonian American Art Museum in Washington, D.C. The team, called "Lego Legion," scored well in the four categories: robot design, robot mission, team research project and teamwork.

Each year, FLL selects a theme for the competition; this year's focus was food safety. Lego Legion designed, built and programmed a robot to complete

food safety-related tasks. The team interviewed food safety experts from Food Chemical News, the Food and Drug Administration and attended a food safety expo in order to gather information for a project. Lego Legion considered the issue of underreporting food borne illness to the Center for Disease Control (CDC) and hypothesized that creating a website could facilitate increased reporting. Finally, the students were evaluated on their ability to work together as a team and exhibit "cooperation," a mix between cooperation and competition.

FLL's mission is get children excited about science and technology — and teach them valuable employment and life skills.

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NEWS

Participants begin the 6th annual Help the Homeless mini-walk on the school's track (from left to right in front row) : Anneke Noe, Dillon Kaldes, David Kim, Julia Smith, Sarah Rice, J.J. Bellaschi, Lauren Maloney (behind J.J.), Peter Kaldes; Sydney Bamdad; Elizabeth Bair; Lauren Maloney. Back row (from left): Churchill Road school counselor and SCA sponsor Alex Mantel; PE teacher and walk organizer Jason Mastaler; and Langley High School "Ready to Run" club sponsors Allie Pivik; Lydia Fernandes, Devon Clark and Esther Jeong.



Walking to Help Homeless

On Oct. 31, Churchill Road Elementary School held its 6th annual Help the Homeless Mini Walk for the benefit of Pathway Homes, a Northern Virginia non-profit that provides services to homeless families in our area. Thanks to the 90 registered walkers, Churchill Road raised more than \$2,600 toward this effort. Many of the walkers wore Halloween costumes due to the timing of the event.

Langley High School students, who teach the Ready to Run after-school running club, volunteered and led the walk. The girls used the walk as an extra practice session for the group's upcoming 5K run. At the conclusion of the walk, the CRS SCA held a raffle for all registered walkers.

As in prior years, representatives from Pathway Homes spoke to the students about homelessness in the Washington, D.C. area before to the walk. The effort was coordinated by CRS Physical Education teachers Jason Mastaler, and Jordan Craig-Kuhn with the assistance of the Churchill Road SCA, Langley High School students and many staff members and parent volunteers.



Dressed for Halloween, Churchill Road PE teacher Jordan Craig-Kuhn and patrols Elizabeth Hoeymans, Maggie Bellaschi, Stephanie Long and Claire Goldhush begin the Homeless Walk on the school grounds.

PHOTOS BY KIM MORAN



Form left: McLean Orchestra Executive Director, John Huling, Board President Wayne Winston Sharp, American Legion 270 Post Commander, Glenn Yarborough, American Legion member Marshal Hyman and Immediate Past Commander of American Legion Post 270, Tom Lukas.

McLean Orchestra Receives Donation, Performs Holiday Music

For the second year in a row, the McLean Orchestra has received a \$5,000 donation from the American Legion Post 270 of McLean. This donation will help support the mission of the McLean Orchestra to bring quality and affordable concerts to the Greater McLean area. A sizable portion of this donation will be invested directly into the McLean Youth Orchestra program, the primary educational project of the McLean Orchestra.

As part of its 40th Anniversary Season, "A Season of Celebration," The McLean Orchestra will perform two holiday concerts titled "Christmas Around the World" Saturday, Dec. 3 at 8 p.m. and Sunday, Dec. 4 at 3 p.m., conducted by

Maestro A. Scott Wood. These concerts will feature holiday music from around the globe, including favorites from Russia, Germany and France. The audience is invited to a post-concert cake and champagne reception immediately following the concert. Visit the McLean Orchestra website at www.mclean-orchestra.org for ticket information.

On Sunday, Dec. 11 at 3 p.m. the McLean Youth Orchestra will open its season with a classical holiday concert of its own, conducted by MYO Music Director, Maestra Pauline (Tina) Anderson. Admission is free for this concert. All McLean Orchestra and MYO concerts are at Oakcrest School in McLean.

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Tree Lot Opens at Marshall High

The Marshall High School Boosters will once again be sponsoring a tree lot this holiday season. Trees, garland, wreaths, White House Ornaments, and spirit wear will be available for all holiday needs. The lot will run daily through Dec. 18. Hours of operation will be 5:30 to 8 p.m. Monday-Friday; 10 a.m.-7 p.m. Saturday and Sunday.

New this year, residents can pre-purchase the tree online using a credit card, just bringing their receipt. More information at www.gcmhsboosters.org. Purchases at the lot will again be check/cash only.

All proceeds from the tree lot go into the students' activities account which sponsors 21 teams, with the purchase of uniforms and equipment, field maintenance, capital improvements, and trip expenses as needed, as well as a variety of clubs and activities on campus.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to mclean@connectionnewspapers.com. Deadline is Friday.

The Church of the Good Shepherd, 2351 Hunter Mill Rd. in Vienna, will host Biblical scholar David C. Hopkins on Sunday, Dec. 11 as part of its Champion of the Faith Series. Hopkins will examine the ancient poems of Isaiah and why they still speak to us. During the Advent: Hope and New Beginnings program, Hopkins will speak on different themes during 9:45 a.m. Sunday school, 11 a.m. worship and a special 7 p.m. evening program. www.GoodShepherdVA.com

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.



Dulles Connector Road (Route 267)
Sound Walls
Fairfax County
Information Meeting

Wednesday, December 14, 2011, 7 – 9 p.m.
 Lemon Road Elementary School
 7230 Idylwood Road, Falls Church VA 22043

Find out about plans to construct sound walls on the Dulles Connector Road/Route 267, for three miles in both directions from Route 123 (Dolly Madison Boulevard) to Interstate 66 in Fairfax County. The sound walls will be constructed to mitigate noise from Dulles Metrorail which is being constructed at-grade in the median of the Dulles Connector Road.

Stop by anytime between 7 p.m. and 9 p.m. to view displays and learn more about the project. VDOT staff will be available to answer your questions.

Give your written comments at the meeting or submit them by December 27, 2011 to Mr. Hamid Misaghian, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030. Telephone: 703-259-1795 or 800-367-7623. You may also email your comments to: meeting_comments@VDOT.virginia.gov. Please reference "Sound Walls Comment" in the subject line.

In compliance with VA Code 10.1-1188 for state funded construction projects, an environmental review determined the project will not have significant impacts to the environment.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project, or about special assistance for persons with disabilities or limited English proficiency, contact the project manager listed above.

State Project: 0267-029-919, P101, C501 UPC: 98232



DULLES TOLL ROAD
2011 PUBLIC UPDATE

The Metropolitan Washington Airports Authority is hosting a Dulles Toll Road 2011 Update to provide information to the public about the Toll Road's finances, operations and planned improvements.

The public session will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m.

Tuesday, December 6, 2011
 South Lakes High School – Cafeteria
 11400 South Lakes Drive
 Reston, VA 20191

There will be informational exhibits. Representatives from the Airports Authority will be present to discuss Dulles Toll Road revenue raised as a result of the enacted toll increase in 2011 and to provide information on the future approved toll increase for 2012, planned improvements to the Toll Road and financing a portion of the Dulles Metrorail Project.

See exhibits on-line at www.mwaa.com/tollroad after December 1st.

For special assistance for persons with disabilities or limited English proficiency, please call (703) 934-4639 at least five days prior to the meeting.

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WinterFest

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www.mcleanwinterfest.org



OPINION

Shop Locally

Be sure to do some of your holiday shopping at locally owned stores.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

Supporting small businesses, locally owned businesses, has to be more than a one-day affair.

The economic situation is daunting. Even families who feel financially secure will be more frugal in this holiday season than before the recession, but still, local families will shop and exchange gifts during the next month, spending millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season.

EDITORIAL

Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fund raising for local charities, for

fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face some of the toughest challenges imaginable right now. Competition from big box stores and online sellers make the holiday shopping season all the more important to locally-owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. But local shoppers should be sure to save some shopping time and dollars for local stores.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Personhood Bill Introduced

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



The very first bill introduced for the 2012 session of the General Assembly may in part set the agenda for the session. House Bill 1 introduced by Del. Bob Marshall of Prince William County would write into Virginia law that "the life of each human being begins at conception." The bill goes on to state that "unborn children have protectable interests in life, health, and well-being...The laws of this Commonwealth shall be interpreted and construed to acknowledge on behalf of the unborn child at every stage of development all the rights, privileges, and immunities available to other persons, citizens, and residents of this Commonwealth." A similar measure was defeated by Mississippi voters in a referendum earlier this month.

COMMENTARY

The ramifications of defining a fetus as a person with full rights of citizenship are unclear. Would all forms of abortion be murder?

Would the doctor performing such procedures on a woman who had been raped be guilty of murder? Would taking a morning after contraceptive pill become illegal? Would a legal guardian be appointed to protect the interests of the fetus now described as an unborn child? Could a miscarriage be considered involuntary manslaughter? No one knows the answers to these questions. Such issues arise when legislative bodies attempt to take on subjects about which theologians, moralists, and medical scientists have not been able to reach agreement.

You can be sure that Del. Marshall is sincere in introducing the bill. He is quite savvy in the legislative process and persistent in his pro-life goals. Over his 20 years in the House of Delegates he has introduced dozens of bills and floor amendments to limit a woman's right to make reproductive choices and to end stem cell

research. If the committee that receives his bill does not act on it favorably, he will introduce it as an amendment to other bills on the floor. Given the composition of the membership of the House of Delegates after the November election, he may well get the bill passed in the House. With the House Republican Party's binding caucus rules, moderate Republicans may find themselves having to vote for the bill or face a primary challenge in the next election or the loss of important committee assignments. Votes on the bill will not be along straight partisan lines, as some downstate Democrats may vote with the Republican caucus position.

The outcome in the Senate is even less certain. Should there be a tie vote, the Lieutenant Governor would have to cast his vote with the Attorney General peering over his shoulder and the next governorship nomination hanging in the balance. The bill sent to the Governor would have him weighing it with his vice presidential aspirations. Maybe House Bill 1 does not simply set the agenda for the legislative session; it may influence political direction for the year!

Call for Annual Children's (& Teens') Connection Contributions

Every year Connection Newspapers dedicates one issue entirely to the imaginative works of our community children and teenagers. We publish artwork, essays, creative writing, opinion pieces, short stories and photographs.

We are now asking that all submissions be digital so they can be sent through email or on CD. Please provide the submissions no later than Thursday, Dec. 8. If you have any questions, please call Kemal Kurspahic at 703-778-9414 or email kemal@connection

newspapers.com.

Some suggestions for submissions:

- ❖ Drawings, paintings, photographs or 2-D and 3-D artwork that have been digitally photographed.

- ❖ Short stories, poetry, essays, class-wide prompt writings.

- ❖ Opinion pieces about family, friends, traffic, sports, food, video games, toys, trends, etc.

Images should be submitted as .jpg ATTACHMENTS to an email, not embedded in the body of the email.

All submissions should include

the child's first and last name, school, grade and/or age.

Submissions for our Vienna/Oakton, McLean, Great Falls, Reston and OakHill/Herndon editions should be e-mailed to ChildrensNorth@connectionnewspapers.com. Subject should be school name, town and teacher's last name (or for individuals or home schoolers, the child's last name and town).

The issue will be published the week of the Christmas holiday. We will publish as many submissions as possible.

Write

The Connection welcomes views on any public issue.

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.
By e-mail:
info@connectionnewspapers.com

THE CONNECTION

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ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Holiday in Hicksville incorporates Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Artist Talk and Reception. 7-9 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. "Imaginary Botanicals" with Elizabeth Whiteley. Exhibit will remain open through Jan. 7. 202-364-4581.

Three Artist Receptions. 7-9 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. Opening receptions for "Roberto Bocci: Streams, Consciousness and Spaces in Between" in the Emerson Gallery, "Imaginary Botanicals by Elizabeth Whiteley" in the Atrium Gallery and the McLean Art Society Juried Exhibition in the Ramp Gallery. All three exhibits will be open through Jan. 7. Free and open to the public. www.mcleancenter.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder's The Long Christmas Dinner and performances



The 29th Annual McLean Holiday Crafts Show will be at the McLean Community Center, 1234 Ingleside Ave. in McLean from Friday, Dec. 2 through Sunday, Dec. 4, with hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food will be available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

FRIDAY/DEC. 2

The 21st Annual Tree Lighting Event, 6-8 p.m. at the Great Falls Village Centre. Festivities will be held behind the Post Office near the big Christmas Tree. Schedule for the day:

- ❖ 10 a.m.-6 p.m.: Holiday Shopping and Open House
- ❖ 6-7 p.m.: Christmas Carolers
- ❖ 7 p.m.: Santa arrives with Mrs. Claus to light the Tree
- ❖ 7:30 p.m.: Live presentation of the Nativity Setting.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road,

SEE ENTERTAINMENT, PAGE 15

Be a Part of CHILDREN'S (& TEENS') CONNECTION



Every year between Christmas and New Year's, The McLean Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: ChildrensNorth@connectionnewspapers.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

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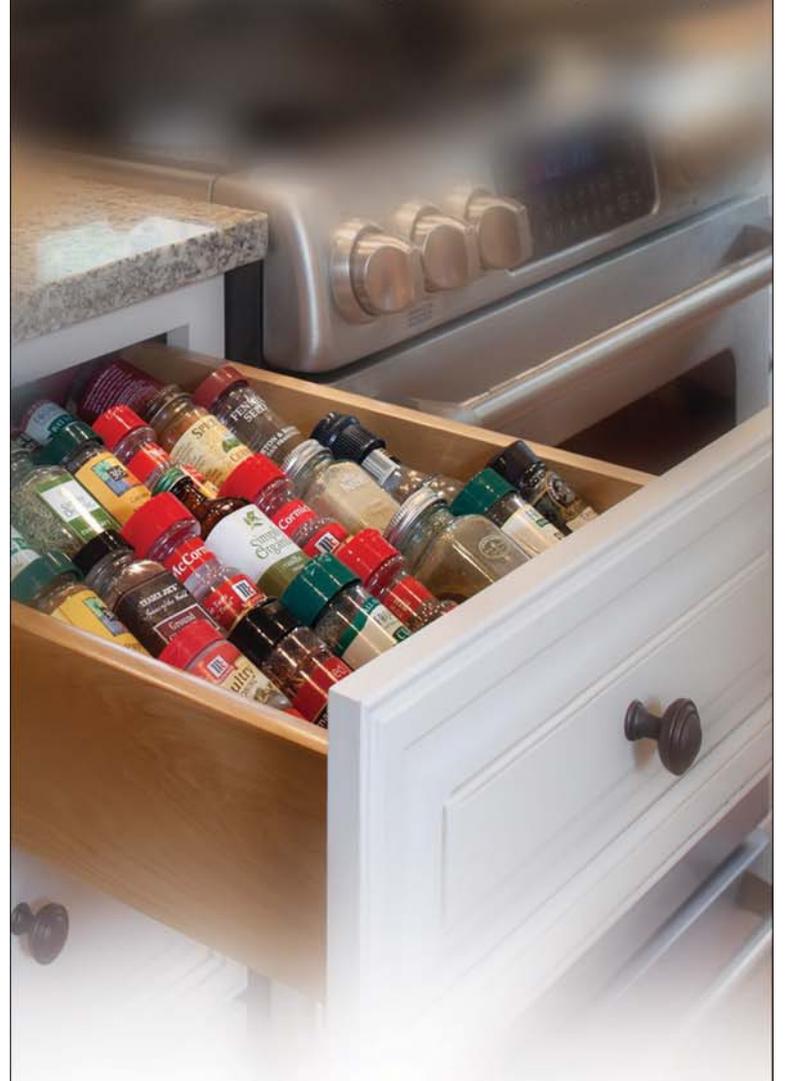
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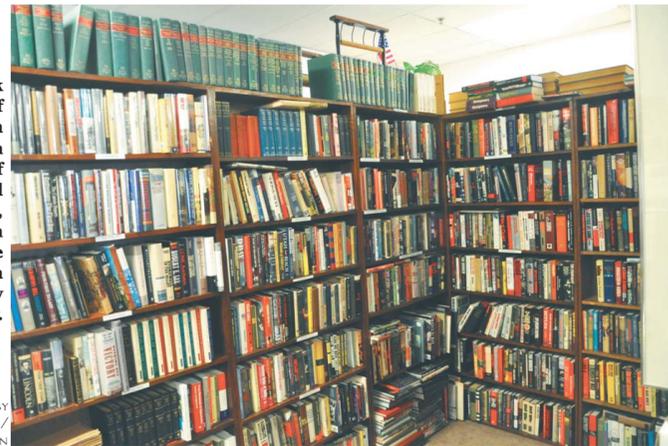
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HOLIDAY GIFT GUIDE

The Old Book Company of McLean features a collection of rare and used books, including an extensive section on military history.



PHOTOS BY ALEX McVEIGH/ THE CONNECTION

Finding Gifts in McLean

Community Center, Old Book Company offer gift ideas.

By ALEX McVEIGH
THE CONNECTION

Great gift ideas in McLean can be found away from Tysons Corner, downtown McLean offers several places offering hard-to-find items. The McLean Community Center will host its 29th annual Holiday Crafts Show from Dec. 2 to 4.

The show, which draws thousands of shoppers per year, features 80 artists from around the country who will be selling homemade gifts. McLean High School students and members of the McLean Youth Orchestra will perform live holiday music.

"I love the Holiday Crafts show, it's an annual appointment for our entire family," said Sarah Roberge of McLean. "It's just a place that's filled with cool gifts that I don't think you can find anywhere else all in one place, the whole atmosphere is special."

New to the show this year will be Marie-Helene Grabman, who will create custom silhouettes of individuals, families and pets. Guests can make appointments ahead of time by calling the community center.

The show will be open Friday, Dec. 2 from 11 a.m. to 7 p.m., Sat-

urday, Dec. 3 from 10 a.m. to 6 p.m. and Sunday, Dec. 4 from 11 a.m. to 4 p.m.

Admission is \$3 for adults and \$1 for children under age 13, and includes admission for all three days. Guests can get \$1 off adult admission with the print-out of the page at the McLean Community Center website, www.mcleancenter.org/special-events/craftshow.asp.

THE OLD BOOK COMPANY of McLean offers a unique selection of rare used books, mostly relating to military history and intelligence.

"My dad is a walking encyclopedia of Naval history, and I've spent many years right after Christmas taking back books I've bought that he already had. But the Old Book Company's selection is staggering," said Jody Stone of McLean. "They have books about battles and missions I didn't even know existed."

Staff says the store's collection comes from the vast military and intelligence community that lives in the area, and when people have books to get rid of, they're often part of extensive collections.

The store also features a number of non-fiction books as well as its regular collection of fiction.

The Old Book Company is located at 6829 Redmond Drive.



Shoppers browse the collection of rare and used books at the Old Book Company of McLean.



PHOTO CONTRIBUTED

This figurine is one of hundreds of gifts that will be available at the McLean Community Center annual Holiday Crafts Show.

<p>Ann Sandra Fine China, Crystal & Giftware</p> <p>CALENDAR OF EVENTS</p> <p>With our Low Price Guarantee, why shop elsewhere?</p> <p>VISIT ANNSANDRA.COM FOR ALL OF OUR EVENTS</p> <p>703-354-2110 4417 JOHN MARR DRIVE ANNANDALE, VA 22003</p>	<p>December 3rd Spode Christmas Tree</p> <p>UP TO 70% OFF</p> <p>You will receive \$10.00 OFF for every \$100.00 of Spode Christmas Tree purchased during our event.</p> <p>Complimentary Personalization Choose your personal message or sentiment to have personalized on any Spode Christmas Tree gifts purchased during the event. Our calligrapher will be here December 3rd from 11 to 4pm.</p>	<p>December 3rd 20% OFF Cross Pens & Leather Accessories</p> <p>Complimentary Engraving Receive complimentary engraving through 12/3/11. Receive FREE gift with your purchase.</p>	<p>December 4th Graphic Image Monogramming Event</p> <p>Trunk Show with lots of gift ideas! Free monogram on site Sunday, December 4th. Free engraving up to two lines off site.</p>
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Business and Community Partnership News from Fairfax County Public Schools

In 2007, *Time* magazine called Fairfax County "one of the great economic success stories of our time." In 2011 that edict still rings true despite the challenging economics surrounding us. Fairfax County is faring better than most metropolitan areas. Fairfax County Economic Development Authority President and CEO Gerald Gordon, Ph.D., says Fairfax County continues to do well because of its exceptional educational offerings. "The Fairfax County school system is arguably one of the best public education systems in the United States," he said.

Fairfax County Public Schools is exceptional because business and community organizations are engaged in ways that are good for students and good for organizations.

The FCPS Office of Business and Community Partnerships recruits and supports business partners who want to work with students and the school system. More than 150 Fairfax County schools have a partnership with one or more businesses or community organizations.

Give Me Five:
5 Ways to Partner with FCPS

1. Mentor a Child
2. Partner with a School
3. Partner Systemwide
4. Support an Existing Partnership
5. Help Develop or Advance an Educational Initiative

Learn more about becoming a Fairfax County Public School partner. Visit www.fcps.edu and click on Community

In FY 2009, the Business and Community Partnerships team helped secure more than a million dollars in donations of money and valued goods through partnerships and direct donations, not including the value of volunteer hours contributed by partners and mentors.

 **Foundation for Fairfax County Public Schools**
The Foundation for Fairfax County Public Schools is a partnership between the Fairfax Chamber of Commerce and the school system. It was established to enhance academic offerings, support teacher excellence and provide resources to the school system based on priorities and needs, through an endowment program. For more details, visit www.fairfaxchamber.org/educationfoundation.

Examples of How Local Businesses and Organizations Team Up With FCPS

The **Rotary Club of Bailey's Crossroads** has partnered with J.E.B. Stuart High School in Falls Church for more than 10 years and was named FCPS Partner of the Year in 2010. This partnership's focus is on literacy, particularly through the school's Interact Club, which places 200 student volunteers into the community working with underprivileged individuals. Interact Club members also tutor and mentor young students at a local computer lab. The Rotary Club is actively involved in the Culmore Support on Suspension (SOS) program, providing a supervised, safe learning environment for students from Stuart and Glasgow Middle School who are suspended from school.

Helping students gain real-world experience as actors is one way **Cox Farms** partners with Westfield High School in Chantilly. Students are recruited for actor positions in "Fields of Fear," popular fright nights performed at the annual fall festival. Cox Farms also provides seasonal internships to students who want to acquire paid job experience in other areas such as agriculture, horticulture, animal science, stage management and food service. When the Westfield theatre troupe needs set props such as plants, construction materials, and other items, they turn to Cox Farms who donates and delivers them.

Capital Caring, a hospice program, provides career experience to students as a West Potomac Academy business partner.

Students volunteer at Capital Caring in Alexandria through their health and medical science courses. "We are thrilled to partner with West Potomac Academy," said CEO and President of Capital Caring Malene Davis. "It is critical that we prepare the younger generation to work in health care and hospice, especially as our nation's aging population surges. This alliance will help students grow and develop on many levels, while serving our Capital Caring community. It's a true 'win win' from my perspective."

Students receive valuable hands-on experience under the guidance of staff, who discuss the philosophy and operation of a hospice program. The academy provides student volunteers unique opportunities to support the hospice through their classes in fashion design, professional television production, dance, music, computer technology, graphic design, and criminal justice. By volunteering, students also earn credits to meet graduation requirements and as well as the civics seal on their diploma.

"Our partnership not only supports gaining career experiences and volunteer hours but these opportunities allow students to give of their time and of themselves and make a difference in people's lives," said Maria Kappel, Career Experience Specialist at West Potomac Academy.



Getting To Know Us

FCPS Mentor Lisa Moffett

Lisa Moffett always wanted to be a role model for a young girl. The mother of two grown sons discovered more than 15 years ago that becoming a mentor to a Fairfax County Public School student was a great way to fulfill her desire to work with young girls and provide additional support to a student.

"It's very meaningful for the young person to spend time with an adult who is taking time out of their work day to spend time with them," she said. "You develop a special friendship that is unconditional."

Did You Know?

150 FCPS schools, supporting 5,000 students, have active mentoring programs. Community members and FCPS serve as mentors to students throughout the school system.

The Coldwell Banker real estate agent has mentored students from Louise Archer Elementary School for the past eight years. She has also worked with students at Forest Edge Elementary and Vienna Elementary Schools.

Moffett says she often visits her students armed with art supplies because she finds working on an art project provides an opportunity for her to talk and share stories with her mentee.

"We spend time making cards for members of the military or for Mother's Day because people love to receive a handwritten note," she said.

Moffett mentored the same student for the past six years, but now the student has moved up to middle school. At their last meeting, Moffett understood that she helped make an impact on the life of this student when the young girl told Moffett that she wants to be a mentor when she grows up.

"It's definitely a humbling experience," she said. "It's a gift of laughter, smiles, hugs and friendship." Are you interested in becoming a mentor? Please visit www.fcps.edu and click on Community to get involved.

Word of Thanks

Thank you to the voters of Fairfax County for passing the 2011 **School Bond Referendum!** Your support will help to fund \$252.7 million for school renovations and construction.



Broadband CNCT Partnership

This goal of the Broadband Computers & Neighbors Coming Together (CNCT) partnership is to provide computer access and broadband connectivity to underserved families living in low-income neighborhoods in Fairfax County. Current CNCT partners include Cox Communications, Comcast, VA Star, the Fairfax Education Foundation, Fairfax County Public Schools, dedicated volunteers, business partners, the Fairfax County Department of Neighborhood and Community Services (NCS) and the Fairfax County Office of Public Private Partnerships (OP3).

Students at Herndon and Luther Jackson Middle Schools work with volunteers to refurbish donated computers. Eligible students receive the refurbished computers and discounted broadband service. For more information, to donate or to get involved, please contact Karen Fuentes, 703-324-5176.

Donate to FCPS

Do you have a musical instrument, vehicle, building or landscape materials, computers, prom wear or any other item of value that you would like to donate to Fairfax County Public Schools? Donations to FCPS are tax deductible. Visit www.fcps.edu and click on Quick Links to find our donations page.

This year's State of Schools Report courtesy of Apple Federal Credit Union



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2011 BUSINESS PARTNER OF THE YEAR

Beating the Holiday Blues

Area experts offer advice on keeping money woes, family conflict and loneliness from ruining your holiday season.

BY MARILYN CAMPBELL
THE CONNECTION

Ask the average person what feelings come to mind as they enter the month of December and you're likely to get responses that range from joy and excitement to grief and dread.

"Overwhelmed," said a Burke mother of two whose husband is deployed overseas.

"Nervous," replied an Arlington father of four who recently lost his job.

For many, what is often billed as the most joyous time of the year can bring anxiety, loneliness and depression.

"The media portrays the holidays as this never ending blissful time," said Lisa Calusic, MD, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria. "People [often say] 'I should have a loving, warm family. I should have the perfect holiday season. We should be merry 24-7.' Those expectations are going to lead to depression and feeling anxious because there is no such thing as the perfect anything much less the perfect holiday season."

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year."

— Dr. Jeffrey W. Pollard,
Counseling and Psychological Services,
George Mason University

Mental health experts say that holiday blues are caused most often by family conflicts, over-commercialization, grief, stress, fatigue, unrealistic expectations, financial limitations and an inability to be with family and friends. Local therapists offer suggestions for minimizing Yuletide stress and depression.

DEVELOP A HOLIDAY STRATEGY

From shopping for presents to dealing with difficult relatives, it is important to think ahead about how you will deal with challenging scenarios.

"Plan strategies for how you're going to cope with situations," said Dr. Robert Hedaya, M.D., D.F.A.P.A., Clinical Professor of Psychiatry at



Toni Coleman of McLean prepares to celebrate both Hanukkah and Christmas. Religious differences can create family conflict, a leading cause of stress and depression during the holidays.

Georgetown University School of Medicine and founder of the National Center for Whole Psychiatry in Chevy Chase, Md. "Maybe it is limiting your time with a family or maybe it is getting away for the holiday if you don't have family."

BE REALISTIC

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year," said Dr. Jeffrey W. Pollard, Executive Director of Counseling and Psychological Services at George Mason University. "There is nothing wrong with having the life that you had three months ago."

STICK TO A BUDGET

Trying to buy happiness or holiday cheer with an abundance of gifts is setting the stage for anxiety and depression.

"One of the other things that happens is that people will put themselves in a financial bind in order to...make sure everything is perfect or is happening the way that others want it to happen," said Pollard.

Decide how much money you can afford to spend, create a budget and stick to it.

KEEPING THE FAITH

Religious differences can be one of the thorniest issues to negotiate during the holidays.

The home of McLean-based psychotherapist Toni Coleman will sparkle with Hanukkah blue and Christmas red this holiday season, as it does every year. Coleman, who is Catholic, and her husband who is Jewish, have been navigating their way through

the fusion of Christian and Jewish customs since they were first married nearly 25 years ago.

"When you start out getting married and you're of different faiths, there is a lot of stress if you've got families of origin with agendas who want you to celebrate their way," said Coleman who is the mother of four children. "We negotiated it extremely well."

Coleman and her family celebrate both Hanukkah and Christmas. She encourages others who face the same challenge to keep a positive attitude about both religions, find ways to compromise and start their own traditions.

ACKNOWLEDGE FEELINGS; ASK FOR HELP

Feelings of sadness and grief over the loss of a loved one or an inability to be with family and friends can intensify during the holidays. Experts say it is important to acknowledge and express these feelings and ask for help.

"Reach out to your sources of support like friends who know you well and won't make judgments," said Calusic, who lives in Arlington and has a private practice in Falls Church. "It is useful to lean on the people who know you on a day-to-day basis."

Support and companionship can be found through community or religious activities.

MORE EXERCISE, LESS SUGAR AND ALCOHOL

Don't allow the holidays to become a free-for-all when it comes to wellness.

"You want to ensure that you're function-

ing as well as you can mentally and physically as you go into this time of stress," said Hedaya. "If you are going into a rough time you need to have better reserves. You need to limit your use of alcohol or stimulants."

Making an effort to practice healthy habits is a tool in battling holiday blues.

"Exercise is a huge part of it. Go for walks, hit the gym, or any kind of outlet that you can find to release nervous energy and depression," said Calusic. "Everyone loves their cookies and cakes and holiday favorites. But constantly eating sugary and fattening foods definitely has an impact on mood and anxiety levels."

HELP OTHERS

Benevolence is a mood booster.

"Is there any opportunity to do some volunteer work," said Pollard, of George Mason. "If you find yourself in a funk and you want to get out of it, help somebody, volunteer somewhere. You'll be surprised how good that can make you feel."

Coleman, the McLean therapist, has employed this strategy and encourages her clients to do the same. "If a family feels that it is going to be a difficult holiday, and they are grieving or have a loss in their life, they can fill it by trying to celebrate the real spirit of the holidays which is doing for others," she said. "There is a tremendous amount of pleasure and satisfaction in that."

ENVIRONMENT PLAYS A ROLE

Mental health professionals say that some people suffer from seasonal affective disorder (SAD), a condition that results from less exposure to sunlight as days grow shorter.

"The media portrays the holidays as this never-ending blissful time. . . . Those expectations are going to lead to depression."

— Lisa Calusic, psychiatrist,
Inova Mount Vernon Hospital,
Arlington resident

"It is a mild variant of depression that falls in line with the shorter days of fall and winter," said Calusic. "It is much more common than people give it credit for."

One of the most popular remedies is phototherapy, a treatment involving exposure to intense light.

SEE LESS IS MORE. PAGE 14

Less Is More to Enjoy Holidays

FROM PAGE 13

“The best thing to do is get a dawn simulator which is a small light box that you keep near your bed and set it to go off three hours before your desired waking time. It recreates the dawn experience. It is the best form of light treatment.”

LEARN TO SAY NO

“In our area people have one or two [holiday activities] every night,” said Linda Berg-Cross, Ph.D. a Potomac, Md.-based clinical psychologist and a professor in the Department of Psychology at Howard University. “[People] want to create merriment, but what they’re creating is stress. The best motto for preventing holiday stress and depression is less is more.”

Making realistic decisions about what you can and cannot do will quell anxiety.

“The key ... is to make a plan that allows you to include the most meaningful



PHOTO COURTESY OF LINDA BERG-CROSS

Potomac, Maryland-based clinical psychologist Linda Berg-Cross, Ph.D. says that the best motto for preventing holiday stress and depression is ‘less is more.’

“Whatever you decide to do try to be present in it and experience that engagement.”

— Potomac psychologist Linda Berg-Cross

[activities] only,” said Coleman. “This involves conscious decisions to forego some things and set limits on others.”

Berg-Cross encourages her clients to focus on connecting with others. “Whatever you decide to do try to be present in it and experience that engagement,” she said. “The top priority [should be] that you had chance to sit down with somebody and breathe and create space for the human encounter because ultimately that is what people most often remember.”

HOLIDAY CALENDAR

EVERY NIGHT, NOV. 23-JAN. 8

Bull Run Festival of Lights & Holiday Village. Bull Run Regional Park, 7700 Bull Run Drive, Centreville.

5:30-9:30 p.m. Monday-Thursday; 5:30-10 p.m. Friday-Sunday and holidays. For more than 12 years the Bull Run Festival of Lights at Bull Run Regional Park has drawn thousands of visitors from hundreds of miles away. The Bull Run Festival of Lights is held each year to celebrate the winter holiday season. Admission \$15-\$55. Carnival fees \$18-\$30. 703-631-0550.

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a twist to holiday classics and original songs, they return with a new album, *Holidaze* in Hicksville, incorporating Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon’s My Mother’s Italian, My Father’s Jewish & I’m Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

FRIDAY/DEC. 2

Steve Solomon’s My Mother’s Italian, My Father’s Jewish & I’m Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

“The Nutcracker” with BalletNova. 7:30 p.m. Bishop Ireton High School, 201 Cambridge Road, Alexandria. Adults \$13-\$40, students and seniors \$13-\$32. 703-751-7606 or www.balletnova.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

SATURDAY/DEC. 3

Holiday Wreath-Making Workshops. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Make an outdoor wreath using greens gathered from the gardens. Beads, bows and more included. \$40. Pre-paid reservations required at 703-255-3631 x 0.

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Our Lady Queen of Peace Catholic
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BULLETIN BOARD

WEDNESDAY/DEC. 7

Art Therapy Exploration. 7 p.m. The Women’s Center, 127 Park St. N.E., Vienna. This workshop will familiarize participants with the history of Art Therapy, uses with various populations and benefits. \$25-\$35. www.thewomenscenter.org.

THURSDAY/DEC. 8

Avoiding Divorce Court I: How to Negotiate or Mediate a Property Settlement Agreement. 6:30 p.m. The Women’s Center, 127 Park St. N.E., Vienna. A comparison of mediation and negotiation plus mediation and negotiation tips. Strategies and pitfalls to avoid and a general discussion of issues

commonly addressed in Agreements. www.thewomenscenter.org.

WEDNESDAY/DEC. 14

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the second Wednesday of every month. Free. 703-768-4841.

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ENTERTAINMENT

FROM PAGE 9

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Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Schooner Fare. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more. www.wolftrap.org.

Virginia Opera: Hansel and Gretel. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Based on the Brothers Grimm fairy tale. Score by Engelbert Humperdinck, sung in English with English supertitles. \$44-\$86, youth through grade 12 half price when accompanied by adult. 888-945-2468.

McLean Holiday Crafts Show. 11 a.m.-7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

"It's A Wonderful Life: A Live Radio Play." 7:30 p.m. James Lee Community Center Theater, 2855 Annandale Road, Falls Church.

SEE ENTERTAINMENT, PAGE 19

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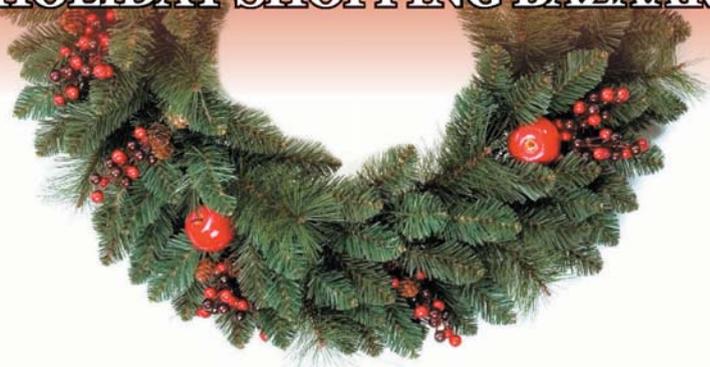
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Centreville High quarterback Mitch Ferrick (14) releases the ball under pressure during Saturday's Div. 6 region finals game at Westfield.



Jared Rondeau (9) made a 36-yard field goal late in the second quarter to give the Wildcats a 20-7 lead.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Centreville Holds off Late Game Westfield Rush

Wildcats, with 27-24 triumph, capture first region football title in 11 years.

BY RICH SANDERS
THE CONNECTION

When the Centreville High football team looked to be in danger of losing a late game lead in last Saturday afternoon's Div. 6 Northern Region championship game at local rival Westfield, the Wildcats displayed the fortitude and character which they have showcased all season long throughout their marvelous autumn.

With Westfield threatening to tie the game or take the lead over the final six minutes, Centreville stood up admirably to the game's — and perhaps the season's — greatest test. Centreville held off a determined, previously unbeaten Westfield team, 27-24, to gain its first region crown since 2000 and earn a trip to the state AAA playoffs. Two late game defensive stands by the Wildcats, and a blocked field goal by Connor Coward with a minute remaining, clinched the hard-fought win for Centreville. The Wildcats (12-1) are now set to take on Central Region champion Hermitage High in a state semifinals game this Saturday in Richmond.

"This is my first [region title] as a head coach and I will remember this for a long time," said Centreville head coach Chris Haddock, the former Fairfax High coach who is completing his second season with the Wildcats. "These kids deserve this. They

have worked hard and set goals. They've done everything I've asked."

Centreville went 9-3 last year in Haddock's first season as head coach at Centreville — a successful record for certain. However, the Wildcats, to a man, felt disappointed with the way the 2010 season ended — with three losses over their final four games, including a region semifinals loss to Chantilly. Haddock felt his team had physically weakened down the stretch.

But that was hardly the case this season following an off-season which saw the Centreville players work especially hard in the weight room and in overall conditioning for 2011.

"We did work hard in the weight room," said Haddock. "I think we had a clear purpose and specific goals in mind while we were preparing in the off-season."

Centreville won its first eight games before finally experiencing its first loss of the season - a 13-10 overtime defeat at the hands of Concorde District opponent Westfield in a week nine game on Oct. 26. But the Wildcats came roaring back with a dominating 42-14 district road win at Oakton to conclude the regular season, then won home playoff games over both Fairfax, 42-19, and two-time defending region champion Lake Braddock, 21-18, to reach the championship game and a second meeting with Westfield.



Connor Coward of Centreville made the game's biggest play when he blocked a field goal in the final minute.

THE TITLE GAME, played in front of a packed, standing room only crowd of 10,000 fans at Westfield, was riveting from start to finish with big scoring plays on offense, standout special team plays, and the late game Centreville defensive stands which helped save the day for the Wildcats after Westfield had stormed back from a 27-10 fourth quarter deficit with a pair of touchdowns, within two minutes of one another, to get within 27-24 with just over eight minutes remaining in the fourth quarter.

Centreville, which led 20-10 at halftime, looked to be on the verge of winning with relative ease when quarterback Mitch Ferrick, on the third play of the fourth quarter, took the ball into the end zone on a one yard quarterback sneak to give the Wildcats a 27-10 lead. But

Westfield answered with consecutive possessions that resulted in touchdowns — a 22-yard run off the right side by standout running back Kendell Anderson, and a QB sneak by Matt Pisarcik — over the next two-plus minutes. The second Westfield score during that stretch was set up by a long Anderson punt return down the right sideline which brought a roar from the home side of the stadium and got the ball to the one yard line.

So the game's momentum, following Westfield's consecutive touchdowns, was now on the Bulldogs' side with plenty of time remaining.

The Wildcats' offense, on its first possession after Westfield had gotten within 27-24, could not earn a first down and had to punt. So Westfield, beginning its third possession of the final quarter, had a first-and-10 at its own 45-yard line with 5 minutes, 58 seconds remaining. The Bulldogs, over the next three plays, moved the ball to the Centreville 27 yard line. On two of the plays, Pisarcik connected on passes to senior receiver Quentin Basil, the latter covering 15 yards to the 27.

But Centreville's defense came to the forefront moments later when, on a third-and-10 from the 27, Wildcat senior linebacker Ken Ekanem, one of the region's best all-around players, broke through for a QB sack that resulted in a nine-yard loss back to the 36, pushing Westfield out of field goal range and forcing a punt.

Centreville's offense, wanting to run out the clock, moved the ball from its own 10 to the 36 before having to punt. So Westfield once again took over — this time at its

own 30 with 3:25 left. The Bulldogs, with plenty of time to tie the game or go ahead, moved the ball to the Centreville 40. A six-yard sack by Centreville junior lineman Connor Howell put Westfield in a second-and-11 hole, but Pisarcik responded by hitting Basil for a nine-yard pass gain. Then, two plays later — on a do-or-die, fourth-and-two play — Pisarcik, on a rollout right, somehow was able to throw the ball between the outstretched arms of a charging rusher and into the arms of receiver Mark Behne for a 10 yard pickup to the 27 for a huge first down.

Anderson, on the next play, picked up five yards to the 22. But solid play in the Centreville secondary resulted in consecutive incomplete passes, and Westfield field goal kicker Matt Delaney, who had converted a 36 yarder on the final play of the first half, came into the game to attempt a 39 yarder with just over a minute remaining. But Centreville's Coward, coming off the right side, blocked the kick to end Westfield's chances. Centreville's offense then ran out the remainder of the clock with QB Ferrick taking a knee on three straight plays to end the game.

When the game clock hit zero, a sea of Centreville students, from the far side bleachers, stormed the field in celebration.

Centreville's defense, after Westfield had scored the two touchdowns earlier in the fourth quarter, had weathered the Bulldogs' scoring threats thereafter.

"Our defense bent a little bit did not break," said Centreville senior linebacker Matt Vlissides. "That last drive we held together."

All For One (At a Minimum)



By KENNETH B. LOURIE

As mentioned in last week's column, recently I was invited by Genentech/Astellas, the manufacturers of the anti-cancer, targeted treatment drug, Avastin (with which I've been infused for nearly 33 months), and Tarceva (an oral anti-cancer drug which I've never been prescribed) – among others, to participate in a Satellite Media Tour (series of television and radio interviews) in Salt Lake City to help raise lung cancer awareness during Lung Cancer Awareness Month (November, 2011). Much of what I learned was summarized in last week's column. To review and highlight once again: lung cancer is the deadliest form of cancer, combining for more deaths annually (160,000) than breast, prostate and colon cancer combined.

Along with Dr. Wallace Akerley, a nationally-recognized, medical oncologist from the University of Utah, Huntsman Cancer Institute and John Casterline from Orlando, FL, a five-year stage IV lung cancer survivor (originally diagnosed in August, 2006), the three of us were interviewed by 21 different television and radio stations over a five-hour period. Three of the stations had national audiences; most were local, however, from Altoona-Johnstown, Pennsylvania to Miami, Florida to New York City to Phoenix, Arizona, with multiple other media outlets along the way.

The format was similar in each interview. Dr. Akerley began by answering a question – the one most often asked, anyway, concerning the most common misperceptions about lung cancer: "Lung cancer is actually a whole series of cancers. Fifteen percent of lung cancer patients are non-smokers. The discovery of genetic mutations in cancer cells have led to targeted treatments that harm the cell more than the patient, minimizing side effects." The doctor provided the facts and context for John and I to provide the feelings – which we did.

John spoke first and shared his unique journey. After being diagnosed in August, 2006 (seven years after he stopped smoking), he has survived, thrived even, offering these five recommendations: "maintain a positive mental attitude, eat five vegetables and four fruits daily; organic if possible, exercise five to six days a week, take your time to get a second, even a third opinion about the doctor and the facility that you choose to treat you," and finally he credits the drug Tarceva for his success.

Then I spoke, always in response to the same question about my story. My story is a little different from John's. "I am a lifelong non-smoker, with a family history – going back to grandparents on both sides, of NO CANCER. In addition, neither of my parents smoked cigarettes during my life, and since I've not worked in an office – and my wife never smoked cigarettes, my exposure to second-hand smoke has been minimal. Yet, here I am, at age 54, diagnosed with stage IV lung cancer, a terminal disease."

Dr. Akerley then answered a follow-up question to finish about where one can go for additional information. He suggested "first discussing symptoms with your doc," but also referred those interested to three Websites: "Lungcanceralliance.org, cancer.net and cancer.gov where they could find very user-friendly content," that he himself uses.

Each segment lasted about a minute. Occasionally, there were follow-up questions, as time allowed. There were no call-ins. The interviews were back-to-back with frequent breaks. It was not hard labor nor was there any heavy lifting. It was a bit fatiguing but we were directed well, hydrated well and fed well. Initial feedback has been positive.

It was an honor and a privilege to assist in promoting lung cancer awareness. If I had to do it over again, I would – in a heartbeat, which, thanks to Avastin, is still beating strongly, nearly 33 months post-diagnosis.

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

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21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE
Improved by the premises known as 6616 Melrose Drive, McLean, Virginia
In execution of a Deed of Trust from Ana Maria V. Clarke and Paul F. Clarke, Jr., dated October 18, 2010, and recorded November 20, 2010, in Deed Book 21361 at page 78 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on Friday, October 7, 2011 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lots 38, 39 and 40, Section B, Water Heights Subdivision, as per plat thereof recorded in Deed Book T-9 at page 247, among the Land Records of Fairfax County, Virginia.

Commonly known as 6616 Melrose Drive, McLean, Virginia 22101.

TERMS OF SALE: A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 4.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE
Improved by the premises known as 4600 South Four Mile Run, #1242, Arlington, Virginia
In execution of a Deed of Trust from Linda Faye Johnson, also known of record as Linda Faye North and Linda F. Johnson, dated May 31, 2006, and recorded June 5, 2006, in Deed Book 3987 at page 2577 among the Land Records of Arlington County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Arlington County, at 1425 N. Courthouse Road, Arlington, Virginia, on Monday, November 7, 2011 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Unit 1242, The Carlton, a Condominium
RPC No. 28034987

Commonly known as 4600 South Four Mile Run, #1242, Arlington, Virginia 22204.

TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.50 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

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Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

21 Announcements

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Unit 1242, The Carlton, a Condominium
RPC No. 28034987

Commonly known as 4600 South Four Mile Run, #1242, Arlington, Virginia 22204.

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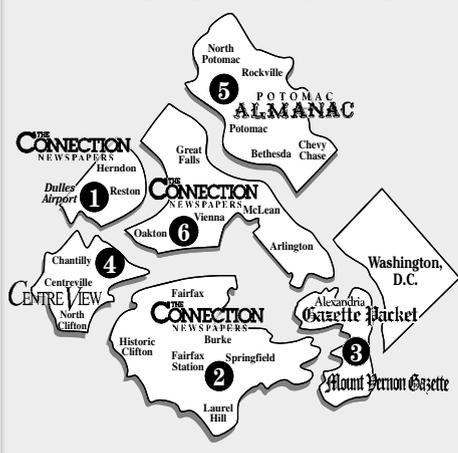
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21 Announcements 21 Announcements

**PUBLIC NOTICE
 VOLUNTARY REMEDIATION PROGRAM**

In accordance with the Virginia Voluntary Remediation Program (VRP) public participation requirement of 9 VAC 20-160-120, the general public is hereby notified that the property identified as 4975 Columbia Pike, and generally known as the Arlington Mill Community Center, located in Arlington County, Virginia is requesting a Certificate of Satisfactory Completion of Remediation from the Virginia Department of Environmental Quality (VDEQ) through VRP. The VRP participant is the property owner, Arlington County, who performed environmental sampling and remediation in 2011 to address a release of solvents from a dry cleaning business that is located on an adjacent property. Although remediation was not clearly mandated, site development will involve excavation of all site soils and potentially treating groundwater. On October 28, 2011 VRP issued a letter noting that "DEQ concurs with, and considers complete, the site characterization, risk assessment, and proposed remedial action (i.e., deed restriction prohibiting groundwater use)." That institutional control specifies that "groundwater beneath the property shall not be used for any purpose other than environmental monitoring or testing". Anyone with an interest in this remediation may call or write Arlington Mill VRP through the owner's environmental representative, Mr. Jeff Lund, ECS Mid-Atlantic, LLC, 14026 Thunderbolt Place, Suite 100, Chantilly, VA 20151 (703-471-8400). Comments will be accepted for 30 days following the publication of this notice.

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FROM PAGE 15

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SATURDAY/DEC. 3

Photo with Santa. 10 a.m.-2 p.m. Falls Church Presbyterian Church, 225 E Broad St., Falls Church.

Mary Fahl October Project at 7 p.m.; **Mokey Doris CD Release, Norman Rockwell and The Dirty Jacks** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Schooner Fare. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more. www.wolftrap.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 2 p.m. and 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder's The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

Bill Gaither and the Gaither Christmas Homecoming. 6 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Gospel music. Tickets \$29.50-\$77.50, available at www.ticketmaster.com or 703-573-SEAT.

Breakfast with Santa. 8:30-10:30 a.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Photos with Santa, face painting, crafts, music, breakfast treats and hot chocolate. Donations of new, unwrapped toys for age 10 and under accepted to benefit the non-profit Transitional Housing Corporation. 703-759-2082 or www.stfrancisgreatfalls.org.

McLean Holiday Crafts Show. 10 a.m.-6 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

Old-Fashioned Holiday on the Farm. 11 a.m.-5 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Five free turkeys given away at 1 p.m. Strolling carolers, tours of the decorated farm house, horseback demonstrations and dog agility trials. Pony rides available for \$5. Santa Claus and his sleigh will be in the barn for photos. Board a tractor-drawn wagon for a ride along the park's main loop. Frying Pan's local beekeeper will open the farm's hives and demonstrate honey harvesting techniques. Children can shop and wrap presents for family and friends in the Country Store from 12:30-3:30 p.m. Register for the children's shopping event at www.fairfaxcounty.gov/parks/fpp/. Admission is free, some activities require a fee. 703-437-9101.

SUNDAY/DEC. 4

Lost Dog & Cat Rescue Adoption Event. 1-4 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

No Admittance at 2 p.m.; **Val Emmich & The Veeries, Blackbells and The Assembly Line** at 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Wolf Trap's Annual Holiday Sing-A-Long. 4 p.m. Filene Center, 1551 Trap Road, Vienna. A musical celebration featuring "The President's Own" United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with a 400-member choir representing vocal groups from the metropolitan Washington D.C. area. Parking and seating are first come, first served at this free event. Donations of new, unwrapped toys will be accepted at the park entrance for Toys for Tots. www.wolftrap.org.

McLean WinterFest Parade. 4 p.m. From Fleetwood Road, down Old Chain Bridge Road to Elm St. Pre-parade entertainment begins at 3:15 p.m. with performances from Bach to Rock, the Women's Club of McLean, Kent Gardens and Spring Hill Elementary School children, and the McLean High School Dance Team. www.mcleanwinterfest.org.

Bach's "Magnificat." 5 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. The St. Francis Choir, with soloists and an orchestra. Free. 703-759-2082 or www.stfrancisgreatfalls.org.



There is a principle which is a bar against all information, which is proof against all argument and which cannot fail to keep a man in everlasting ignorance. This principle is contempt prior to examination.

—Herbert Spencer



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 1802 North Shore Ct...\$400,000.....Sun 12-4.....Glen Baird..VirginiaMLS.com Realty..703-691-7878
 11930 Sentinel Point Ct \$410,000.....Sun 1-4.....Sheila Cooper.....Weichert..703-759-6300

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 9194 Forest Breeze Ct. \$319,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

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 21067 Branchwood Way \$449,900.....Sun 1-4.....Peter Burke.....Weichert..703-786-3334

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 500 Malcolm Rd NW...\$549,900.....Sun 2-5.....Lois McCormick.....Weichert..703-477-0860
 9804 Bridleridge Ct...\$999,900.....Sun 1-4..Liane Carlstrom MacDowell..Brookside Realty..703-803-8335
 606 Cottage St.....\$1,375,000.....Sun 1-4.....Casey Samson.....Samson Props..703-508-2535
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PRICE ADJUSTED!
\$825,000

The INVITING covered front porch welcomes you to this lovely 4br/3.5 bath updated colonial featuring stainless steel kitchen; updated baths; walkout LL w/ rec room & built-ins!

CHESTERBROOK FARM - SPECTACULAR COLONIAL!



\$1,599,000

ABSOLUTELY BREATHTAKING 5br/5.5 bath home with premium features throughout on 4 fin levels in Chesterbrook Farm! Gourmet island kitchen; banquet-sized din. room; marble floors; walkout LL!

STUNNING COLONIAL IN FRANKLIN PARK!



AMAZING VALUE!
CALL TODAY!

SPECTACULAR 4br/4.5 bath custom home features updates throughout! Gourmet island kitchen; main level library with built-ins; fabulous owner's suite; fully finished LL with rec room & separate office/gym; sparkling hardwoods; not to be missed!

RENOVATED IN DEVON PARK!



\$675,000

LOVELY renovated 4br/2.5 bath home with stunning gourmet chef's kitchen featuring ; bright/open living room w/ fireplace; updated owner's bath; LL rec room with new sliding glass door to patio; 4th br & 1/2 bath on LL; fenced rear yard!

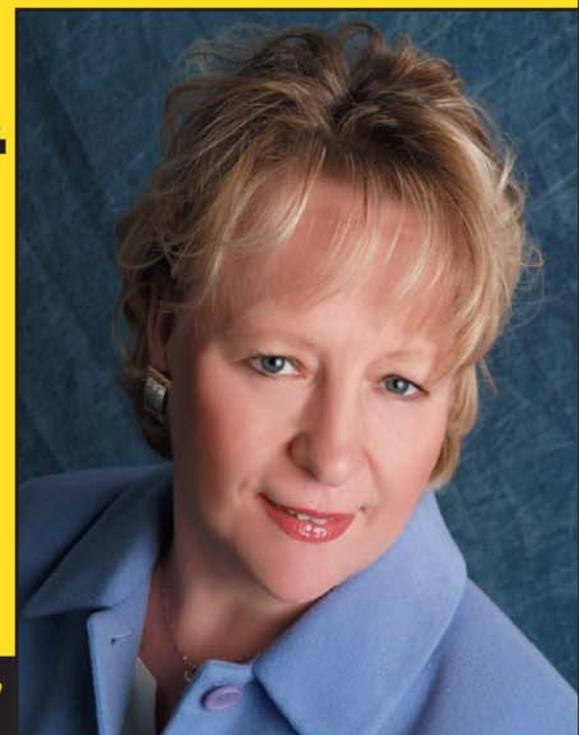
JD CALLANDER

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CALL TODAY FOR MORE INFORMATION!