

Church Street Holiday Stroll in Vienna

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Elizabeth Saunders, 11 (left) and sister Caitlin, 7, of Vienna visit with Santa on Monday evening, Dec. 2, during the annual Church Street Holiday Stroll.

WELLBEING

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Every Tweet Counts

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'Must-see' Absurd Nonsense

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Mia Romer of Vienna (center) makes friends with a llama in the petting zoo.



The Vienna Theater Company performs holiday tunes.

Church Street Holiday Stroll in Vienna

Hundreds come out to music, marshmallows and winter magic.

Hundreds of people strolled along Church Street on Monday evening, Dec. 2, during the annual Church Street Holiday Stroll between Lawyers Road and Mill Street. Highlights included local singing groups performing holiday carols, a petting zoo, marshmallow-roasting on open fires, hot chocolate and a visit with Santa.
— STEVE HIBBARD

Members of the Louise Archer Elementary School choir perform.



PHOTOS BY STEVE HIBBARD THE CONNECTION

Christ Church Vienna provided holiday carols and music by Riley Whisler, Anna Barratt, Matt Morgan and Danny Oeland.



Luke McGinty and daughter Charlotte of Vienna.



Harrison Welch and his mom Katherine of Vienna.

NEWS



Elizabeth Stiles specializes in fabric arts, from quilted placemat to soft stuffed dolls.



Mary Ann Graham's paper mache and "birdhouse" ornaments offer a kaleidoscope of color.

Handcrafters Guild Arts & Crafts Show Comes to Vienna

Thanksgiving weekend tradition draws shoppers from throughout region.

The Northern Virginia Handcrafters Guild Arts & Crafts Show annually takes over the Vienna Community Center for three days of the Thanksgiving weekend. Hundreds of shoppers looking for unique or one-of-a-kind gifts converged Friday through Sunday, Nov. 29 and 30, and Dec. 1, browsing, talking to vendors, and buying.

More than 70 artisans sold handcrafts, from art to jewelry, from ornaments to fabric works, from woodwork to mixed-media. Vendors come from throughout Northern Virginia, Maryland, West Virginia and as far away as New Mexico.

If you missed the 2013 showcase, put it on your calendar for next year.

— DONNA MANZ



Irene and Warren Dietz make doll clothes to fit American Girl dolls and baby dolls, as well as wood doll furnishing.



Francine Heckert, formerly of Vienna, flies in from New Mexico with her "dough" ornaments which can be personalized on the spot. There's an ornament for pretty much any interest and lifestyle.

PHOTOS BY DONNA MANZ/THE CONNECTION



Celia Sullivan's dolls are quirky and playful, dolls for grown-ups, you might say.

VIENNA/OAKTON CONNECTION EDITOR KEMAL KURSPAHIC
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PHOTO CONTRIBUTED

Vienna residents participated in the 9th annual CROP Hunger Walk on Nov. 10.

CROP Hunger Walk Raises \$25,000

25 percent of money raised benefiting Committee for Helping Others.

More than 150 individuals from churches, schools, organization and the Vienna community participated in the 9th annual CROP (Communities Responding to Overcome Poverty) Hunger Walk on Nov. 10. Strong winds and cool temperatures didn't stop Vienna residents concerned about poverty and hunger, CROP walkers started the three-mile route at the Vienna Town Green with a ribbon cutting by Mayor Jane Seeman. This

event raises awareness and shows community support, which is even more important as winter approaches and homeless shelters and food kitchen start overflowing with needs. This year's walk raised close to \$25,000, with 25 percent benefiting the local Committee for Helping Others. The balance of donations from walkers and businesses will help tornado victims in Oklahoma and Texas, as well as others around the world through Church World Service.



PHOTO CONTRIBUTED

Girls Soccer Team Promotes Breast Cancer Awareness

The U10 VYS Black Fire girls travel soccer team honored breast cancer awareness during their game on Oct. 27. Pictured from left to right (bottom) are: Ella Grey Hammock, Katie Hallbach, Emma Payze, Evelyn Burns, Sydney Martin, Elsa Marsden; left to right (back) are Coach Kathy Martin, Samantha Brohoski, Erin Brodnik, Ella Karp, Katie Berry and Coach Andrew Payze.

Every Tweet Counts

How Republican Brian Schoeneman earned wrath of his party by making sure every vote counted in county.

BY VICTORIA ROSS
THE CONNECTION

On the morning of Nov. 6, the day after the general election, it appeared that Republican Mark Obenshain had eked out a razor-thin victory over Democrat Mark Herring to become Virginia's next Attorney General.

Like most hotly-contested political battles, the close race generated even closer scrutiny.

National political analyst David Wasserman, with the Cook Political Report, thought there were anomalies in the absentee ballot totals for Fairfax County, which had been expected to vote strongly Democratic.

Wasserman took to Twitter with his evidence, pointing out there must be absentee ballots missing in Fairfax County, because the percentage of requested absentee ballots that had been returned and reported on election night was much lower than the percentage of other counties. Wasserman and others noticed that there were abnormally low totals in the 8th Congressional District, which includes Bailey's Crossroads.

"Are we supposed to buy that just 7 percent of voters in Bailey's Crossroads who requested an absentee ballot actually voted? Preposterous," Wasserman concluded in one tweet.

Meanwhile, Brian Schoeneman, the senior GOP appointee to Fairfax County's three-member Electoral Board, was in the midst of a post-election canvass, his first since being appointed to the board last spring. Essentially, a canvass is checking and double-checking Election Day votes, the purpose of which is to catch inevitable human errors.

Schoeneman, a well-known Fairfax attorney, Republican blogger and former Bush staffer, had been posting tweets and Facebook messages on Election Day to make the process as transparent as possible for voters.

He had also been reading the tweets from Wasserman and others. Finding no evidence of a discrepancy after an initial review, he tweeted a reply.

"To respond to rumors going around, there are zero - 0 - ZERO uncounted absentee ballots in Fairfax County. We completed our



Brian Schoeneman, Secretary of the Fairfax County Election Board, at his "day job" as an attorney in Fairfax County.



Brian W. Schoeneman
@BrianSchoeneman



To respond to rumors going around, there are zero - 0 - ZERO uncounted absentee ballots in Fairfax County. We completed our count last night

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Brian Schoeneman, Secretary of the Fairfax County Election Board, took to Twitter throughout Election Day and in the days following the election, to communicate with political observers who questioned the discrepancy between requested absentee ballots and actual vote counts in the statewide elections. Schoeneman's now infamous "zero" tweet, posted on Wednesday, Nov. 6, went viral and sparked a fast and furious twitter sphere debate.

count last night," Schoeneman posted on Wednesday, Nov. 6, at 2:33 p.m.

The "zero" tweet instantly went viral.

Over the next 36 hours, the twitter sphere exploded as hundreds of followers jumped into the fray, providing numbers, offering theories, and, at times, hurling partisan insults.

Wasserman and Ben Tribbett, a Fairfax County Democratic operative who writes the political blog "Not Larry Sabato," kept peppering Schoeneman with numbers showing abnormally low totals for

absentee ballots.

Schoeneman, in an effort to be "hyper-transparent," encouraged the crowd sourcing by engaging followers with real-time status reports.

At 7:40 p.m. on Thursday, Nov. 7, Schoeneman tweeted:

"I'm working on figuring this out as we speak ... Nobody's being rude. Dave is keeping me honest, which is fine."

A half hour later, at 8:14 p.m., Schoeneman sent out a "Houston, we have a problem" tweet:

"I've talked to the GR (general registrar) and we are working on



Brian Schoeneman in his Fairfax townhome with his cat, Howie. His favorite portrait of Revolutionary hero George Washington hangs above the fireplace.

Brian Schoeneman — At a Glance

Hometown: Born in Baltimore and raised in Pennsylvania, Schoeneman came to the D.C. metropolitan area to attend The George Washington University, where he earned two degrees. He moved to Fairfax County in 2007.

Education: B.A. in political science, George Washington University, 2001. Master's degree in political management, George Washington University, 2004; Law degree, Catholic University School of Law, 2011

Family: Married to KayAnn, the communications director for the Fairfax Chamber. The couple live in Fairfax with their 3 1/2 year-old son Nick and cat, Howie.

Public Office: Schoeneman served in President George W. Bush's administration as special assistant and senior speechwriter to Secretary of Labor Elaine L. Chao from 2008 to 2009. In that capacity, he served as the Secretary's lead liaison to organized labor and as a member of her senior staff. In the 2011 election, he ran against state Del. David Bulova, a Democrat, but failed to capture the 37th house district seat.

Profession: Schoeneman earned his law degree at Catholic University.

He is the legislative director for the Seafarers International Union of North America, a maritime labor union. Schoeneman is co-owner and an active blogger for the right-leaning political blog Bearing Drift.

Membership & Affiliations: Member of the historic St. John's Episcopal Church on Lafayette Square; Catholic University Law Review, published The Scarlet "L" - Have Recent Developments in Lobbying Regulation Gone Too Far?; vice president of the Wescott Ridge Homeowners Association; an active freemason, he has served as an officer in John Blair Lodge #187; member of the International Propeller Club of the United States, where he serves on the Board of Governors of the D.C. Chapter; founding member of the GW Graduate School of Political Management Alumni Association, and served as its first president; communications director for the Fairfax County Republican Committee in 2010 and former general counsel for FCRC from 2012 to March 2013. He is a member of the American Bar Association, the Fairfax Bar Association and the Federalist Society.

this as we speak — I am convinced now too that there is an issue."

"It was my worst nightmare as an election official, the perfect storm of events," Schoeneman said last week. "During the canvass, we spent most of the day catching little errors, and we didn't realize we had a glaring error."

Votes were temporarily underreported when a voting machine in Bailey's Crossroads malfunctioned early on Election Day. Although the machine was later repaired, an election official grabbed the totals generated when the machine broke down, rather than the final tally — a much larger number for Herring.

Schoeneman's transparency and his willingness to explore what went wrong on election night thrust him into the epicenter of partisan politics.

While his actions earned him the respect of many Democrats, both locally and nationally, Schoeneman also earned the wrath of some in his own party,

who weren't happy that Fairfax County's revised count turned the tide in favor of Democrat Mark Herring.

"Anyone who knows Brian knows that he is honest to a fault, and will do everything in his power to make the (election) process as fair and transparent as possible," said Cameron Quinn, Fairfax County's general registrar.

Chris Sanders, a local Twitter follower, said he was impressed by Schoeneman's candid responses during the election. "He is a stand-up guy, even though we don't have the same politics," Sanders said.

On Nov. 25, the Virginia State Board of Elections certified election results with Herring defeating Obenshain by a mere 165 votes out of more than 2 million cast statewide. Obenshain has requested a recount, which is expected to be held in mid-December.

The "found" absentee ballots

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Election Aftermath: 'Getting it Right in Fairfax'

FROM PAGE 4

and the approved provisional ballots resulted in a 975-vote new swing in favor of Democratic nominee Mark Herring. In fact, the additional votes from Fairfax County were the single biggest factor in Herring edging out Obenshain in the final certified tally.

The headline-making story spawned conspiracy theories by political activists on both sides of the aisle. While Schoeneman said he was just doing his job by making certain that every vote counted, others in his party saw it differently.

Jeanine Martin, on The Bull Elephant blog, asked "Why is Brian Schoeneman, who purports to be a Republican, helping Democrats by extending this deadline?"

Martin was referring to the Election Board's unanimous decision to extend the provisional ballot deadline through Tuesday, Nov. 12, a full week after the Nov. 5 election, while other Virginia counties were adhering to a deadline at 1 p.m. on Friday, Nov. 8.

That decision earned Schoeneman the scorn of Republican party officials throughout the state.

"What happened in Fairfax over the last week, culminating in tonight's announcement of a reversal in fortunes of the Virginia Attorney General candidates, was a travesty," wrote Steve Albertson, vice chairman of the Stafford County Electoral Board, in his blog. "... In doing so they raised a giant middle finger to the rest of us."

Schoeneman said it stung to have members of his own party question his integrity.

"These folks knew better. They've worked with me for years, and they know I'm honest and willing to address any complaints.

"One of the downsides to politics is that there are some folks — and they exist on both sides of the aisle — who want to turn everything into a 'good vs. evil' battle where everybody with one letter after their name is good and the other side is evil," Schoeneman said.

Schoeneman also said there were some Republicans who questioned his attempts at transparency and responsiveness through social media such as Twitter and Facebook.

"When I made that 'zero' tweet, I was trying to tamp down the rumors that we had missing ballots or missing votes — and by missing I mean physically not present,

"I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair..."

— Brian Schoeneman,
a Republican and Secretary of the Fairfax County Electoral Board

like a box of ballots lying around somewhere that hadn't been counted. I had confirmed with the staff that this wasn't the case," Schoeneman said.

"And I was right," Schoeneman added, "we didn't have missing ballots. We did have a major tabulation error that inadvertently left 3,000 or so votes off the results sheet, which we caught and corrected. So both sides were right — there were votes that hadn't been reported, but my tweet was also accurate, because we didn't have any missing ballots that hadn't been counted in the 8th."

Looking back on election night, Schoeneman said he doesn't regret his infamous tweet, or any other tweets that gave the public

a chance to "see into the factory where the sausage is being made."

"When folks are that cynical, it's hard to crack through to convince them that their preconceived notions about politics are wrong. I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair ... I want the average voter to know that their vote counts."

Asked if he would do anything differently on election night, Schoeneman replied that he thought the process could be improved with enhanced communication to election chiefs.

"The one thing I know we need

to do differently and would have done differently is to get our chiefs and coordinators the spreadsheet we had that included all of the mail-in absentee and absentee-in-person ballots cast by Congressional District. Had our folks in the 8th District Central Absentee Precinct had that information, they could have figured out right away that their numbers were off," he said.

Ironically, it wasn't supposed to be Schoeneman sitting in that hot seat this highly partisan election.

Last February, Schoeneman was representing the Fairfax County Republican Committee in a lawsuit stemming from the 2012 election when the term of election board member Hans von Spakovsky, a Republican former member of the George W. Bush administration, was up.

Von Spakovsky, a political lightning rod for his controversial research on voter fraud, was the local Republican Party's first choice to remain on the board. Although it's almost unheard of for the panel of circuit court judges to refuse a

party's first choice, the panel by-passed von Spakovsky.

Instead, they picked the party's second choice: Brian Schoeneman.

"Did I ever think I'd be sitting here as an election officer? No, absolutely not. But I'm here, and I'm committed to transparency. Call it 'Getting it right in Fairfax.' That's kind of my new slogan," Schoeneman said, smiling.

An avid Orioles fan, Schoeneman compared the events of election night, and the subsequent fallout from the Attorney General's saga to the World Series.

"We had a good night on Tuesday night, and a couple of nights where I thought we were in real trouble, but we patched things together and got it done," Schoeneman said. "Given that we didn't completely wrap up the process until 10 minutes before the deadline on Tuesday the 12th, the whole process felt like coming down to the last pitch of the last inning of Game 7 of the series, and having your guy hit a walk off single to win the game. And it was that stressful the whole time, too."

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OPINION

Who Will Be Hurt?

Innovations, changes and cuts designed to help the budget should be subject to analysis of how they will affect those on the short end of the economic and digital divide.

As Fairfax County faces a tight budget year and Fairfax County Public Schools consider significant cuts, clearly some changes are going to affect services on the ground.

As various proposals emerge, there should be some specific analysis of how changes, innovations and cuts would affect the poorest one-third or so of the county's residents specifically.

The schools, along with certain county agencies, must take special note of their mission, including providing services to families who are on the short side of the economic and digital divide. Elimination of print notices and newsletters, conversion to digital textbooks, use of internet-based surveys are just examples of small innovations that can leave many resi-

dents behind.

In another example, it is disturbing that ongoing concerns about Fairfax County libraries do not include a clear statement of mission to serve families and individuals who lack access to broadband internet at home.

EDITORIAL

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to information via computers and Internet for those who do not have other access is a

critical service, and should be clearly defined as a critical mission of the libraries.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation: 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access; among young adults 14-24 in households below the poverty line, 61 percent used public library computers and Internet for educational purposes; among seniors 65 and older living in poverty, 54 percent used public library computers for health or wellness needs.

The report also notes: "This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced."

Budgeting and restructuring must take into consideration the disproportionate effect of cutting services on lower income households especially.



PHOTOS CONTRIBUTED

Biscuit was adopted in August by Faisal and Mary Ann Rashid of Oakton, and their two school-age children, Julia and Sam.



Biscuit with his rescuer, Fairfax County Animal Control Officer Enna Lugo.

The Latest on Biscuit

The little Shih Tzu finds a loving home in Oakton.

adopted and is adjusting well to life in his new home.

After being rescued last April, he spent several months in foster care with Officer Lugo and was adopted in August by Faisal and Rashid of Oakton, and their two school-age children, Julia and Sam.

Biscuit, the little Shih Tzu who survived on his own for more than two years in the Franconia Community and was rescued by Fairfax County Animal Control Officer Enna Lugo, staff and volunteers of the Fairfax County Animal Shelter, has been

According to Mary Ann Rashid, Biscuit has become comfortable and even protective of his family over the past several months. "He and I walk the kids to the bus every morning and he waits for them

to come home."

She reports that his favorite activity is cuddling with the family during TV time and that he sleeps under the parent's bed, much like he slept underneath a porch dur-

ing his two years roaming free.

Officer Lugo is thrilled with the match. "I can't believe how much he's bonded with his new family! He's found the loving home we always wanted for him."

Vienna & Oakton
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Air Force Strolling Strings Perform at Vienna Elementary

On Nov. 19, the Air Force Strolling Strings performed at Vienna Elementary for students. The AF Strolling Strings are a special group of musicians that have been performing since 1954. They have had the honor of performing at the White House for every president from Eisenhower to Clinton. Traditionally, a Senior Non-Commissioned officer has guided The Strolling Strings' musical direction. The extraordinary talent of this unit is regularly displayed at official dinners hosted by the secretaries of state and defense, on Capitol Hill for members of Congress, and at official diplomatic events hosted by the chairman of the Joint Chiefs of Staff and Chief of Staff of the Air Force. Providing a multi-dimensional experience, these outstanding musicians surround the audience with music performed exclusively from memory and without the aid of a conductor. Their repertoire includes classical, popular, continental, Broadway, bluegrass and patriotic compositions.

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WEEK IN VIENNA

Oakton Church Collects Blankets for Syrian Refugees

The Oakton meetinghouse of The Church of Jesus Christ of Latter-day Saints will serve as a local collection point for a county effort to donate blankets to refugees of the Syrian Civil War now residing in Turkey. In support of the drive to provide aid to those in Fairfax County's sister district of Keçiören in Ankara, the Fairfax County Government assisted by the Fairfax Interfaith Clergy Leadership Council has invited local residents to donate, and to help receive, box, and load the blankets at collection points. The drive's goal is to fill a shipping container to send to Turkey, where a local relief agency will distribute the blankets to thousands of refugee families who will soon face harsh winter weather, volunteers said.

Bring washed and folded blankets (new or gently used) to: 2719 Hunter Mill Rd. in Oakton. Donations will be accepted Saturday, Dec. 7, between 9 and 5 p.m.

For more information, contact Hugh Redd at hredd@me.com, or visit hizmetrelief.org/syrian-refugees.

Work Session Added To Discuss Town's Class And Comp Study

A work session will be held immediately following the Vienna Town Council's regular meeting scheduled for Monday, Dec. 16, at 8 p.m. in Town Council Chambers, 127 Center Street S. The work session will focus on the status of the first phase of the Town's classification and compensation study which is the results of the market study. The findings will be pre-

sented by Management Advisory Group, Inc. (MAG), the Town's consultants for this project.

Town Council will not take formal action during the work session, but will instead provide guidance to staff and the consultants on how to move forward with the classification and compensation study. The public is invited to attend the meeting; however, public comment is not permitted during work sessions.

For more information regarding the Town's classification and compensation study, please contact Nancy McMahon, Administrative Services Director, at (703) 255-6351 or nmcmahon@viennava.gov.

Little League Registration

Vienna Little League is open for registration for the spring season, to include baseball players 5-12 years old. Registration for the players is available at www.vll.org. Also, 2014 will be the 75th anniversary year celebration for Little League.

OBITUARY

Jon T. Thew of Reston Dies

Jon T. Thew, beloved husband, father, grandfather, uncle, brother and friend, passed away peacefully at his home on Sunday, Nov. 24. Jon was originally from the Hudson Valley area of New York. He has resided in Reston, Va., since 1992. Jon had a 30-year career at IBM and worked as a consultant until he retired in 2001. Jon was an active member of Vienna Presbyterian Church.

He is survived by his beloved wife, Lollita M. Thew, his loving children, Kate Thew (Matt), Matt Nolan (Sherry), Dan Nolan (Kim), Jason Moses (Crissy), Ben Lundquist (Sarah), Eric Lundquist (Joanne), Ricky Mills (Heidi), his grandchildren, Shannon, Emily, Ashlyn, Dean, Jack, Brittany, Nash, Jordan and Ryan, and his sister Sue Albertson (Charlie).

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Dan McCarthy, manager at The Toy Corner in Oakton, displays some of the shop's "mind games" and puzzles for children.



Trousseau on Maple Avenue in Vienna specializes in lingerie and bra fit. In 2012, the shop sold more than 18,000 bras. French Kiss, in "Extravagance," sells for \$135. Many of the bras are made in France.



Taylor Case of Abbey's Hallmark, Oakton Shopping Center, describes the hand-painted glasses the shop sells.

Holiday Gifting from Toys to Acts of Kindness

The spirit of the season is giving of love.

By DONNA MANZ
THE CONNECTION

There's still plenty of time to buy gifts for family and party hosts. There is even time to buy a gift or two for someone without the means to reciprocate. Here are a few ideas from local shops, restaurants and resources. And, please, remember that gifts do not have to come in wrapping to be welcomed and appreciated.

Grown-ups have been gifting kids with toys since the beginning of the St. Nicholas legends. The Toy Corner in the Oakton Shopping Center at Chain Bridge and Hunter Mill roads is the second-best thing since Santa's workshop. The Toy Corner is the thinking, creative kids' outlet for games, activities, crafts and the world of science, all made "fun." And since every parent has thinking, creative kids, The Toy Corner is pretty appropriate for all the kids on your list.

From science kits - including snap-circuit boards and experiments - to French-designed Corolle dolls, from brain-games to Ravensburger puzzles, The Toy Corner specializes in high-quality toys that teach through play.

The Zimmermann family has owned and personally-run The Toy Corner for 28 years. The shop offers toys and games you won't find anywhere else in the Vienna-Oakton area.

Mosaics by Numbers and Sticky Mosaics, made by The Orb Factory, range in price from \$11 to \$18. Mosaics by Numbers is a craft re-

quiring a child to apply numbered stickers to numbered shapes, creating a colorful scene, from a fairytale to dinosaurs. The product line encourages dexterity along with numbering. Kids love press-and-stick artwork.

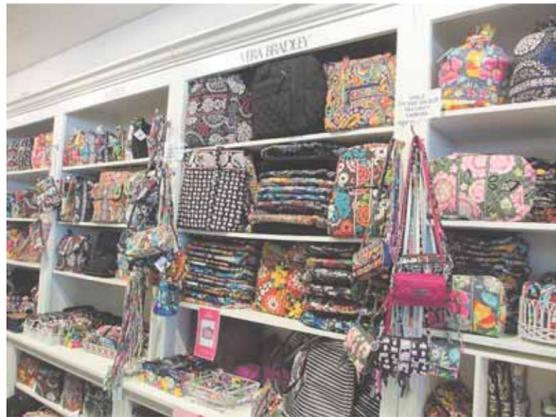
The Toy Corner sells science activities and mind puzzles for preschoolers and older children. The Geo Safari Vega 360 telescope, a "real" telescope with glass lens that magnifies up to 80 X sells for \$50. A 50X - 900 X microscope sells for \$90. Snap circuits start at \$17 and the wired robotic arm kit sells for \$74.

Not all is "science" here, though. The Corolle dolls come in all sizes, from mini to newborn-sized. The store sells doll-nursery accessories, as well. There are Lego and Playmobil collections from single-scene to vignette. Playmobil is made in E.U. countries and The Toy Corner's selection is huge and diverse. Prices start at under \$10 and go up into the hundreds.

December 6 is St. Nicholas Eve, an opportunity to take the edge off the Christmas wait with a few small gifts. Kids leave their shoes outside their doors on Dec. 6, and emissaries from the North Pole leave treats and little packages for the children in the shoes. Knee-high boots allowed.

The Toy Corner is located at 2930 Chain Bridge Road. Call 703-255-3232 for information on products.

WHEN ROMANCE is more than a candlelit dinner, think of Trousseau, a Vienna woman's shop "dedicated to the art of romance." That translates into luxurious nightwear and the largest selection of high-quality "fitted" lingerie you will find anywhere in the area. Trousseau stocks 4,500 bras at any time.



Abbey Hallmark features a diverse selection of Vera Bradley bags.

Trousseau sell bras in more than 160 sizes, from functional and practical (first-bras, sports bras) to fun, glamorous and ornate. Nothing is "trashy" at Trousseau; the stock is elegant and well-made, and the sales staff is knowledgeable and qualified to fit the woman to the bra. Trousseau sold more than 18,000 bras in 2012 - and that's from a single store. The shop has already surpassed that number this year.

Owner Sarah Wiener said Trousseau specializes in quality and comfort. Romance is a way of living, said Wiener. The lingerie, sleepware, body care products and chocolate slant to the finer, "romantic" way of living.

The Wiener family opened Trousseau 14 years ago and the shop has a cadre of loyal customers. One, said Sarah Wiener, created her bridal registry there, returned for her first anniversary, and recently came into the store with her newborn.

Trousseau is an artform, not Victoria's Secret. Sleepwear is

mostly in the \$50 to \$200 price range, while basic bras sell primarily in the \$60 to \$80 range, and lacy, sophisticated bras start at \$70 and go up from there.

Trousseau is located at 306 Maple Ave. West, Vienna, in a strip shopping center. Its phone number is 703-255-3300. Or, visit www.trousseautd.com for details on the shop's offerings.

MOST VETERINARY CLINICS and pet stores provide a bin for donations to animal shelters in less-affluent regions. Many of those in-need shelters have high-kill rates out of economic stress. Some turn to no-kill rescue leagues or animal shelters in Northern Virginia. You can help save defenseless animal lives with your donation of food, blankets and medications to the in-need shelters. Or make a monetary donation in memory of a non-human family member. If it really is better to give than to receive, you'll feel great after doing so. Stop by a



Press-and-stick mosaic by numbers is one of The Toy Corner's popular gift items. Galen Pieras stands with press and stick activity sets made by The Orb Factory.

local animal hospital or pet store with your donation. Honoring a loved one is a life-time gift. Someone close to you battling a disease? There's no more appropriate time to get into the giving spirit than Christmastime. Donate to a non-profit that supports research of the condition. Somebody will be very grateful.

ABBEY'S HALLMARK, family-owned, has been an Oakton tradition for more than 10 years, and features some pretty unique prod-

PHOTOS BY DONNA MANZ/THE CONNECTION

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NEWS

Detective Arturo “Art” Sylmar Promoted to the Rank of Sergeant

On Nov. 8, a ceremony was held at the Vienna Police Headquarters to honor newly promoted Sergeant Arturo “Art” Sylmar. Sgt. Sylmar is a 15 year veteran of the Town of Vienna Police Department and has served in several different capacities.

After graduating from the Fairfax County Criminal Justice Academy, a regional training facility, Sgt. Sylmar began his career as a patrol officer where he served for approximately five years after which he was transferred to the Criminal Investigations Section where he has spent the last ten years. Sgt. Sylmar has worked on several high profile cases and made numerous arrests.

Prior to his time at the Vienna Police Department Sgt. Sylmar served in the United States Air Force where he obtained the rank of Sergeant, serving as an Airborne Russian Linguist Specialist.

Sgt. Sylmar attended the University of Texas where he received a Degree in Psychology. The promotional ceremony was hosted by Colonel Jim Morris, Chief of Police.



Sergeant Arturo “Art” Sylmar and Colonel Jim Morris, Chief of Police.

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St. Mark Student Wins a First Prize Trophy in Math Open

On Nov. 9, six St. Mark Catholic School students participated in the Thomas Jefferson Intermediate Math Open. This mathematics competition is open to all area middle school students in seventh and eighth grade who have a passion for math. Students from St. Mark who participated in the event this year were: Matthew Nguyen, William Waggoner, Daniel Wright, Cameron Mukerjee, Matthew Wright, and Chris Nguyen. Throughout the day, these students participated in both individual and team mathematics competitions. Cameron Mukerjee won a first prize trophy in the overall team event. St. Mark Catholic School in Vienna serves 400 students in preschool through 8th grade.

PHOTO CONTRIBUTED

ENTERTAINMENT

Send announcements to vienna@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

THURSDAY/DEC. 5

The Art of Food. 7-9:30 p.m. GF School of Art & The Artists' Atelier, 1144 Walker Road, Great Falls. Join artists and the community for a fundraiser to support the Great Falls Foundation for the Arts (GFFFTA) in its mission to expand opportunities for art education in the Great Falls community. The night will highlight the "Art of Food" including a special cooking demonstration (and tasting) by Guest Chef John Conway, Executive Chef at the Old Brogue. Tickets: www.greatfallsart.org

An Evening with John Medeski in Concert. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Jazz pianist John Medeski showcases engaging and meditative compositions in this solo debut concert. Tickets: \$25.

"Annie!" the Musical. 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com.

FRIDAY/DEC. 6

Bill Frisell's Big Sur Quintet Featuring: Eyvind Kang, Hank Roberts, Rudy Royston, and Jenny Scheinman. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A combination of avant-garde and post-bop jazz with classical, folk, and country influences. Tickets: \$35.

"Annie!" the Musical. 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com

SATURDAY/DEC. 7

"Annie!" the Musical. 2 & 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com

Antigone Rising. 7 p.m. at Jammin Java, 227 Maple Ave E., Vienna. The all-female country rock band Antigone Rising who has shared stages around the world with acts like The Rolling Stones, Aerosmith, The Allman Brothers Band and Rob Thomas.

SATURDAY/DEC. 14

Vienna Volunteer Fire Department Auxiliary Pancake Breakfast. 8 a.m.-12 p.m. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. Adults: \$8; Seniors 65+ \$7; Children under 12 \$6; Children 4 and under are free.

SUNDAY/DEC. 15

Breakfast Buffet. 8 a.m.-12 p.m. Vienna American Legion, 330 Center St., N., Vienna. Adults \$8, children \$3. 703-938-1379.

Country Western Dance. 4:30-5 p.m. West Coast Line Dance lesson; 5-5:45 p.m. beginner Country Western Two-Step lesson; 5:45-6:30 p.m. intermediate Country Western Line Dance lesson. 6:30 - 10 p.m. dance with Ed Cottrell as DJ playing a Country Western music mix. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. \$15 for the entire event. No experience or partner needed. www.colvinrun.org.

Be a Part of CHILDREN'S CONNECTION

During the last week of each year, the Vienna/Oakton Connection devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to: ChildrensNorth@connectionnewspapers.com

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King St., Alexandria, VA 22314.

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WELLBEING

The Holiday Blues: Cope and Prevent

Mental health experts say being realistic and seeking support can help you avoid holiday stress and depression.

BY MARILYN CAMPBELL
THE CONNECTION

While the holiday season is filled with parties, shopping, decorating and other festive activities, mental health experts say it often brings unwelcome guests as well: stress and depression.

While they can be difficult to manage when one is in the midst of a bout, with a few strategies one may be able to prevent both before they ruin the holiday season.

Frederic Bemak, Ed.D., a professor in counseling and development at George Mason University in Fairfax, said causes of stress and depression during the holidays can include difficult family dynamics or issues such as illness, death of family members or changes due to marriage or divorce.

"People need to have open and clear dialogues about those issues," said Bemak. "Anticipatory conversations about those issues in advance is better than arriving and then saying 'Now what do I do?'"

Bemak advises managing one's own issues first. Sometimes that means seeking professional help. "Gain an understanding of your issues and behaviors," he said. "If you have had a difficult relationship with a family member, you have to work on that for yourself and ask yourself 'How do I handle those things when these issues come up?' so you don't get pulled back into behavior patterns that are unhealthy."

Bethesda-based psychotherapist Karen Soltes, a licensed clinical social worker who treats military veterans, said while spending time with family can be challenging, a lack of familial connection can also pose obstacles.

"During the holidays, it is hard for people who don't have family," said Soltes. "A lot of veterans I work with are disconnected from their families and are lonely because they don't have family to be with."

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said high expectations can lead to anxiety and sadness as well. "Some people feel this need to spend a lot of money, which can contribute to stress, especially with parents and children," she said. "They have unrealistic expectations which can lead to profound disappointment."

In addition to dealing with possible causes, recognizing the warning signs of stress and depression can help prevent serious bouts. "One big sign that your mood is being affected is trouble with sleeping," said Gulyn. "Senses of hopelessness, guilt, regret or other kinds of negative feelings are signs, as well as overeating and alcohol or substance abuse. You're also more likely to be more agitated with other people."

Shorter days and less sunlight are other contributors. "The holidays happen to fall in winter where



Bethesda-based psychotherapist Karen Soltes enjoys a conversation with her friend Linda Feldman. Mental health experts say spending quality time with friends can help relieve holiday-induced stress and depression.

"Some people feel a need to spend a lot of money during the holidays or have unrealistic expectations, which can lead to profound disappointment."

— Linda Gulyn, Ph.D., professor of psychology, Marymount University

we're more likely to have our moods affected by lack of light," she said. "That is our brain's response to reduced sunlight, which we need very much."

If one feels the warning signs of stress or depression, there are behavior modifications that can help ward off both. "Watch the alcohol consumption," said Gulyn. "Get as much activity and sunlight as possible and try to modify your expectations."

However, Gulyn says that at the top of her list is social support. "Have interactions with other people who can keep you active or give comfort, advice, fun or joy," she said. "Exercise is great, meditation is great, but nothing beats spending quality time with friends."

Soltes said, "I tell people to put themselves at the top of their Christmas list and give as generously [to] and nurture themselves as they do others in their lives. That could mean having a 'staycation' like staying at home in your pajamas and watching your favorite movie on Netflix."

Arlington fitness trainer Christian Elliot guides Patty McAndrews through strength training exercises. Experts suggest exercising before a holiday event where rich foods will be abundant.



PHOTO COURTESY NINA ELLIOT

Staying Fit During the Holidays

Staving off extra pounds during the season of sweets.

BY MARILYN CAMPBELL
THE CONNECTION

Patty McAndrews works out with a trainer twice a week at of TRUE Health and Wholeness in Arlington. She found that restarting her fitness regimen about two months ago has strengthened her abdominal muscles and toned her body. A threat to her fitness looms, however: the holidays and the food and festivities that come with them. McAndrews plans to continue her workout schedule to combat the traditional holiday weight gain.

"I am excited about the working out during the holidays because it gives me the freedom to indulge," she said.

From eggnog and chocolate truffles to Yule logs and Linzer cookies, the holidays bring an onslaught of sugar-filled delicacies. Those who find it hard to resist multiple servings of Italian trifle at an office party or chocolate-covered gingerbread men at a cookie exchange might be kicking themselves for over-indulging come January, however.

To keep that from happening, local nutrition and fitness experts share their tricks for staying in shape and helping their clients do the same during the sweetest time of the year.

"It is a very hard time of the year, even for me," said Professor Lisa Pawloski, Ph.D., chair of the Department of Nutrition and Food Studies at George Mason University in Fairfax. "Everyone has challenges. There is food everywhere. Office parties are filled with fatty food. There are dishes filled

with candy all around the office this time of year."

Pawloski believes bringing calm to the holiday bustle can aid in fitness. "It is important to reduce your stress so that you don't over consume," she said. "Many people react to stress by overeating."

Planning ahead is one strategy to avoid gluttony during holiday gatherings. "Think about nibbling on small amounts of healthy food throughout the day to fill you up a bit instead waiting on a big meal to fill you up," said Michael Nordvall, Ed.D., professor of health and human performance at Marymount University in Arlington. "Take your time while you're eating, chew slowly, eat slowly. The slower you eat, the less food you end up eating because you will get fuller sooner."

Loading up on nutritious nibbles in advance of a big event might make platters of pound-packing fare appear less appealing. "When it comes to holiday parties or buffets, eat something healthy before you go so you're not feeling overly hungry," said Pawloski. "Think about eating protein and whole grains because high-fiber food will allow you to feel fuller for a longer period of time."

"My personal philosophy is for people to enjoy themselves at a party," said Nina Elliot of TRUE Health and Wholeness in Arlington. "Have some of everything, but don't go back for seconds. Don't be obsessed with the food, move through the crowd, focus on enjoying the people who are there."

SEE TIPS, PAGE 18

"Scanticipation" Not So Much



By KENNETH B. LOURIE

As much as last week's column, "Scanticipation" was about my looking forward – in a non-foreboding way, to my scheduled CT Scan on the 27th and the presumptive positive (not negative) results, having to write a column for this week before having received those results makes this writing effort particularly challenging. Due to the Thanksgiving holiday on Thursday and the indeterminate staffing situation on Friday, not to mention possible vacation days taken by my oncologist, I have not heard back from my him as yet about my scan. Not totally unexpected, but the calm with which I wrote last week's column has been replaced with an uneasiness that I had not anticipated. Perhaps reality has set in, finally.

On the one hand, no news is good news – and I can certainly live with that, as you regular readers know. On the other hand, generally speaking, my oncologist would rather not share bad news electronically (although we have discussed this and he knows my preference for knowing vs not knowing). And on yet another hand, the information has simply not been communicated to me because of the holiday and there's nothing more to be read into it than that. Much easier written than actually accepted.

But accept it I must. Which really is no big deal since the exchange of information is basically out of any of my hands anyway. And as an experienced cancer patient familiar with the emotional demands of waiting for the life-and-death-type results a CT Scan can indicate, I should know better – and I do, however...what bothers me most is my attitude in last week's column. I think I anticipated disrespectfully, as if I was some kind of big shot simply because I had been through it all so many times before and moreover, I felt fairly asymptomatic and as such, somehow I knew better (not best, just better) and the sense that I had was that not much problematic with my lungs would be indicated when the results came back. And I may yet be correct, but last week's column smacked of a certain type of hubris (is there more than one kind?) thinking I knew something. Well, I didn't and I don't know anything. Cancer will do what it does and it probably doesn't consider what I think I feel or what I feel I think. Ultimately, as in many things in life, it's results that matter and I'm a little mad at myself for presuming/anticipating facts not in evidence. I should have expressed a healthier dose of respect and concern (and hope, always) and not taken any sides in the debate over whether feeling nothing was in fact as significant as I wrote it out to be.

Presumably, I will the know scan results soon enough, but not before this week's column needed to be submitted. I don't believe I necessarily crossed a line expressing confidence about an as yet unpublished result. But as a cancer patient, I really don't want to tempt fate, just in case anyone is paying attention, if you know what I mean? So I guess this column is an attempt to right a wrong, in arrears, if that's even possible. When you've outlived your original prognosis by as long as I have, introspecting becomes an occupational-type hazard. Still, life goes on, thankfully.

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

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-Arthur Wing Pinero

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21 Announcements

21 Announcements

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(443) 925-6048
Attention: Mark Steele

The CAP was submitted to the Northern Regional Office of the DEQ on November 22, 2013. If you would like to review or discuss the proposed CAP with the staff of the DEQ, please feel free to contact Alex Wardle (Alexander.Wardle@deq.virginia.gov) at (703) 583-3822 after the date of the CAP submittal. The DEQ Northern Regional Office will consider written comments regarding the proposed CAP until December 27, 2013. Due to public interest, the DEQ will hold a Public Meeting on December 10, 2013, at 8:30 PM at the Great Falls Grange, 9818 Georgetown Pike, Great Falls, VA. The public meeting will follow the Great Falls Citizens Association Monthly Meeting, which will begin at 7:30 PM and include information about the proposed plan. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case; PC# 2010-3028.

Department of Environmental Quality
Storage Tank Program
13901 Crown Court
Woodbridge, Virginia 22193

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21 Announcements

21 Announcements

21 Announcements

Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.

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McLean Holiday Homes Tour Kicks Off Thursday, 9:30 a.m.

A ribbon-cutting ceremony at 9:30 a.m. on Thursday, Dec. 5, will kick off the McLean Woman's Club's Holiday Homes Tour, set for 10 a.m. to 3 p.m. The kickoff will take place at the third house on the tour, called Langley Ordinary, 1101 Chain Bridge Road. Attending will be President of the McLean Chamber of Commerce Marcia Twomey, officers of the Woman's Club, and other officials. The house is close to the intersection of Chain Bridge Road and Georgetown Pike. Parking is available between the house and a nearby filling station. Turn right immediately after 1101 Chain Bridge Road and then turn into the gated property next door, where there is a parking lot.

Madeira Students Invited to People of Color Conference

The Madeira School has 15 community members scheduled to attend the annual National Association of Independent Schools (NAIS) People of Color Conference (PoCC) and Student Diversity Leadership Conference (SDLC) in Washington, D.C. from Dec. 5-7. Madeira has participated in these joint conferences for many years. This year, Head of School Pilar Cabeza de Vaca serves as a co-chair on the organizing committee for the PoCC conference.

In addition to Cabeza de Vaca, eight other faculty members will attend the PoCC, including Nina Candia, Mary Georgis, Wendy Roshan, Jeannie Rumsey, Chandra Smith, Ann Maclean, and Constance Mattox, who is a member of the planning committee. Assistant Head of School André Withers will also represent Madeira at the conference as a presenter on the topic: "20 Questions: what makes a successful diversity initiative?" The six students participating are seniors Taylor Curry and Charlotte McIntosh and juniors Katie Barack, Annie Liu, Dara Summey and Sukrana Uddin. For the students it is an honor and a privilege to attend the conference. They must be in good academic standing and currently involved in campus diversity initiatives. The students use the information learned and experiences gained at the conference as the basis for school assemblies, preparing school-sponsored diversity conferences on campus, and continued diversity work among peers.

The PoCC/SDLC is a coveted opportunity for educators who promote and work with diversity on campus. Faculty advisor for student diversity Jeannie Rumsey said, "Invariably, students who have attended the SDLC consider it a life-changing experience." The conference provides a sense of renewal for faculty as well. Rumsey went on to say about her own experience, "This is my favorite conference of the year—it provides me with resources to do diversity work, reenergizes me to continue doing diversity work on campus, and provides a space where I feel I can be my full self without having to represent any specific group of people."

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SPORTS

Warhawks Welcome Return of 6-Foot-2 Koshuta

Post player missed sophomore season due to torn ACL.

BY JON ROETMAN
THE CONNECTION

Kelly Koshuta caught a pass and headed for a breakaway layup during an AAU game in July of 2012, but the 6-foot-2 rising sophomore never made it to the basket.

Koshuta took an awkward step and heard a “pop.” She had torn the ACL in her left knee four months after averaging 19.5 points and 10.8 rebounds as a freshman on the Madison girls’ basketball team, helping the Warhawks reach the Northern Region semifinals.

“There was so much pain,” Koshuta said, “I couldn’t even think.”

After falling one win shy of qualifying for the state tournament during the 2011-12 season, Madison’s hopes of making it to Richmond during the 2012-13 campaign received a devastating blow when Koshuta and rising senior standout Megan Henshaw each suffered a torn ACL during the summer. The Warhawks won the Liberty District championship without two of their stars, but the team lost to Edison by 30 points in the regional quarterfinals.

“Knowing that I wasn’t going to be able to play the sport that I love for a while was really hard,” Koshuta said. “The hardest part was sitting on the bench during the season and seeing my team play and not being able to come in and help.”

Koshuta had surgery in August of 2012 and received clearance to start playing basketball in March, shortly after the conclusion of what would have been her sophomore season. She worked hard build muscle in her left leg and get back into basketball shape, and eventually played AAU ball in the summer.

“It was tough. The first month out of surgery is the hardest because you’re kind of immobilized. You can’t really move,” she said. “You’re in a leg brace that’s straight and locked so you can’t bend your knee. Right after you’re cleared to walk, it’s right into rehab and strengthening your muscle to get it back and ready. That’s the hardest part.”

NINE MONTHS AFTER returning to the court, Koshuta, now a junior, is ready to lead Madison on a deep playoff run. Henshaw and standout guard Megan LeDuc have graduated, but Koshuta’s skill and presence could make the Warhawks once of the top teams in Conference 6 and the 6A North region.

“They set high expectations for themselves,” Madison head coach Kirsten Stone said. “The returning girls realize what they accomplished without Kelly, and I think now that they’ve added Kelly, they would like to be competing in the regional finals and moving onto states.”

A trip to the state tournament would



Six-foot-2 junior post Kelly Koshuta, right, returns for the Madison girls’ basketball team after missing her sophomore season due to a torn ACL. Koshuta averaged 19.5 points and 10.8 rebounds as a freshman.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Members of the Madison girls’ basketball team fight for the ball during a recent practice.

likely involve many double-doubles from Koshuta, who will now have to deal with a target on her back, unlike when she might have surprised opponents as a freshman.

“She has great hands and she just has the determination to score,” Stone said. “She knows how to use her body. She’s a little bit undersized for a post, but she knows how to position herself in a way that she can score.”

Joining Koshuta in the starting lineup is 5-foot-6 senior guard Katie Kerrigan, a four-year varsity athlete who will play lacrosse at Ohio State. Kerrigan is a defensive presence who was tough enough to match up with opposing post players while Koshuta was out due to injury.

“She’s one of those girls if she decided basketball was her main sport, she would have been a Division I basketball player,” Stone said. “She’s just an athlete and a workhorse.”

Junior guard Jana Tremba, a strong 3-

point shooter, sophomore point guard Aiden McWeeney and sophomore guard/forward Alexis Hermes will also start for Madison.

McWeeney started at shooting guard as a freshman, gaining valuable experience.

“I think it’s huge for this year,” Stone said. “She had a lot of time in big games and she’s worked hard this summer. ... She’s worked her butt off to be a good ball-handler.”

MADISON OPENED ITS SEASON against Oakton on Tuesday, after The Connection’s deadline. The Warhawks will travel to take on Centreville, which reached the region final four last year, at 7:30 p.m. on Friday, Dec. 6. Madison’s first home game is Dec. 13 against Stone Bridge.

While the Warhawks have talent, they also have experience handling adversity.

“Now,” Kerrigan said, “even if Kelly gets hurt or if I get hurt, some girls, they have the confidence that they’ll step up and fill our spots.”

SPORTS ROUNDUPS

NoVa Harriers Shine at Foot Locker Regionals

Marshall senior Mackenzie Haight was one of five Northern Virginia harriers to finish in the top 10 at the Foot Locker Cross County Championship South Regionals on Nov. 30 at McAlpine Greenway Park in Charlotte, N.C., and earn a berth to nationals.

Haight (Vienna) placed fifth in the boys’ race with a time of 14:51. The Vienna native placed sixth in the Group 5A boys’ race at the VHSL state meet on Nov. 15.

Edison senior Louis Colson, who won the 5A boys’ state championship, finished fourth at Foot Locker South with a time of 14:50.

In the girls’ race, Virginia 6A state champion Caroline Alcorta, a senior at West Springfield, finished first at Foot Locker South with a time of 16:55.

Lake Braddock teammates Hannah Christen (17:15) and Katy Kunc (17:16) placed fifth and sixth, respectively.

The five Northern Virginia runners, along with the other top-10 finishers, will compete at nationals on Saturday, Dec. 14 at Morley Field, Balboa Park in San Diego.

Football Playoffs

The top-seeded Centreville football team and No. 3 Westfield will meet in the 6A North final on Dec. 7 at Centreville High School. The winner advances to the state championship game to take on the winner of the 6A South final between No. 1 Oscar Smith and No. 3 Colonial Forge.

Centreville beat Westfield 28-0 during the regular season on Oct. 11.

Centreville defeated No. 13 Stonewall Jackson 52-27 on Nov. 30 during the 6A North semifinals at Centreville High School. Westfield defeated No. 2 Lake Braddock 19-16 at Lake Braddock Secondary School, overcoming a 16-3 deficit in the game’s final six minutes.

South Lakes Basketball to Host Tournament

The South Lakes boys’ and girls’ basketball teams will host the RAL Tip Off tournament Dec. 5, 6 and 7.

The boys’ team will face Stonewall Jackson at 7:30 p.m. on Thursday, Dec. 5 and Wilson (Washington, D.C.) at 7 p.m. on Saturday, Dec. 7.

The girls’ team will host Western (Baltimore) at 5:30 p.m. on Friday, Dec. 6 and Potomac Falls at 5:30 p.m. on Saturday.



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NEWS

From left: Zachary Fernebok, Kate Karczewski, Matthew Pauli, Blair Bowers, and Dylan Myers in 'Noises Off' at 1st Stage. The show runs through Dec. 29.



PHOTO BY TERESA CASTRACANE/
COURTESY OF 1ST STAGE

'Must-see' Absurd Nonsense

1st Stage 'Noises Off.'

BY DAVID SIEGEL
THE CONNECTION

Good news. The cure for doldrums or just a plain-old bad mood is here. It is playing at 1st Stage, where a merry, talented band of actors take the audience on a frenetic, joyful, ride into the farce "Noises Off." The actors literally throw themselves into the production. They are unselfconsciously fearless in their pratfalls, spot-on with their comic timing and bring on a happy, silly bliss.

Not to take anything away from the actor; but the two-story, movable set by Steven Royal and his construction team, along with prop design by Cindy Jacobs and John Schlafstein's sound are worthy of their own applause.

What is "Noises Off" about? It is a look at what can go wrong when a group of people work together to get something accomplished. It is done as a play-within-a-play about a troupe of less than ready-for-prime-time British actors preparing for the opening of their next production. The concept; a first act takes places during the final dress rehearsal, a second act during the performance seen from backstage, and third act from the audience's perspective when just everything goes amok.

There are plenty of forgotten lines, pratfalls, lost props, missed cues, flubbing scenes and very personal connections making things more difficult and

Where and When

"Noises Off" performed at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Performances thru Dec. 29. Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. Tickets: General admission: \$27. Seniors \$22. Students and Military \$15. For information and tickets visit www.1ststagetysons.org or call 703-854-1856.

funny. "Noises Off" was written by Michael Frayn.

Under the assured direction of stage veteran Doug Wilder, the ensemble cast of Kathleen Akerley, Mario Baldesarri, Blair Bowers, Zachary Fernebok, Jason Glass, Kate Karczewski, Dylan Myers and Matthew Pauli are confidently in tune with their comic selves. It takes smart actors with acting chops to "act" badly. They have it. They give in to the ridiculousness of their characters.

Their characters run the gamut of the Seven Dwarves without Snow White around. They are temperamental, forgetful, pompous, cheerful, confidence-challenged, emotional, over-sensitive, envious, over-worked, less-than-reliable, nervous and, of course, lingerie clad sexiness.

At the performance this reviewer saw, one of the original actors was ill; her role was performed by the director Wilder. Did it reduce the comic potency of the production, not on your life. He was a hoot; throwing himself into the action.

If you adored the absurdity of Monty Python or cut loose to see the humor in word confusions and well-choreographed chaos, with enough running to make you worn out just watching, with lost contact lens, plates of sardines and some dropped pants, then dash off to "Noises Off."

Tips on Staying Fit

FROM PAGE 14

When faced with a large spread of tantalizing eats, be selective. "You have to ask yourself, 'Is it worth the calories?'" Since there is such a variety, being picky is important," said Pawloski. "Go after the food you really enjoy. There is research that shows that when you eat food you enjoy, you secrete more of the digestive enzymes and you absorb more nutrients of those particular foods."

Resist the urge to clean your plate. "Most people will pile on as much food as they can and feel the requirement to finish everything," said Nordvall. "Start with smaller portions."

While libations can add merriment to a holiday party, they can also add pounds. "For the adults,

things like alcoholic beverages and eggnog can slow you down, make you drowsy," said Nordvall. "One of the worst things that can happen after a big meal is to fall asleep because your metabolism slows down."

When it comes to sit-down dinners with family and friends, both Pawloski and Nordvall suggest loading up on low-calorie liquids and moving around. "Have water or some broth before you eat a meal," said Pawloski. "That will actually make you feel a little full."

"Going on a walk with your family after a big meal will increase metabolism and help with digestion," said Nordvall.

Elliot even recommends that those concerned about maintaining fitness consider hiring a trainer

for the holidays. "Maybe four sessions during the month of December, once a week, for weight training specifically," she said. "Have a session right before a big party where you know there is going to be rich food."

Elliot says that weight training is important to maintaining muscle mass and reducing stress. "Most people can go for a run, but what is often lacking is proper utilization of weights," she said. "People with more muscle mass have a higher metabolism because muscles are energy demanding."

Her husband, Christian Elliot, fellow trainer and co-owner of TRUE Health and Wholeness, said, "One of the great benefits about strength training is how it boosts the client's self confidence."

HOLIDAY CALENDAR

THURSDAY/DEC. 5

John Medeski in Concert, Solo Piano. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Jazz pianist showcases original songs and improvised compositions from his debut solo album. Tickets: \$25. <http://www.wolftrap.org>.

FRIDAY/DEC. 6

31st Annual McLean Holiday Crafts Show. 11 a.m.-7 p.m. at MCC, 1234 Ingleside Ave., McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.

Bill Frisell's Big Sur Quintet. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Eyvind Kang, Hank Roberts, Rudy Royston, and Jenny Scheinman Dynamic mixture of nature-inspired orchestral jams and jazz riffs composed by guitarist Bill Frisell. Tickets: \$35. www.wolftrap.org.

Christmas with FCS: Trumpets Sound! Voices Ring! 8 p.m. Vienna Presbyterian Church, 124 Park Street, NE, Vienna. Welcome in the holiday season with the Fairfax Choral Society and the Washington Symphonic Brass. Purchase tickets at www.fairfaxchoralsociety.org.

SATURDAY/DEC. 7

Celebration of Lights. 5:30-8 p.m., at Great Falls Village Centre Hill. Watch Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree. Afterwards, Santa will meet all children who wish to share their holiday wishes. <http://www.celebrategreatfalls.org>

31st Annual McLean Holiday Crafts Show. 10 a.m.-6 p.m. at MCC, 1234 Ingleside Ave., McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.

Wolf Trap Holiday Sing-A-Long. 4 p.m. Wolf Trap National Park, 1551 Trap Road, Vienna. "The President's Own" United States Marine Band Members of local choirs and vocal groups Kick off the holiday season with family and friends at Wolf Trap's 2013 Holiday Sing-A-Long.

SATURDAY/DEC. 7, 14, 21

Gingerbread House Decorating Class. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

SATURDAY/DEC. 7, 14, 21

The Nutcracker Tea. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch the ballet production of "The Nutcracker" while enjoying afternoon tea and treats. \$75 per person. Reservations required. 703-917-5498.

SUNDAY/DEC. 8

31st Annual McLean Holiday Crafts Show. 11 a.m.-4 p.m. at MCC, 1234 Ingleside Ave. McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.

Science Wonderland Workshop. 11:30 a.m. - 4:30 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. and-on holiday science production where children ages 5-12 will build a Science Wonderland out of recycled and earth-



PHOTO CONTRIBUTED

The 31st Annual McLean Holiday Crafts Show will take place Dec. 6-8. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show.

friendly materials, grow crystal Christmas tree, have a "snowball fight" with dry ice smoke-filled bubbles and make magic instant "snow" fall over their festive landmark. Free admission. Registration required at www.ischoolforthefuture.org.

SUNDAY/DEC. 8, 15, 22

Gingerbread House Decorating Class. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

SUNDAY/DEC. 8, 15, 22

The Princess Tea. 11 a.m. or 2 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch a theatrical production feature Disney princesses while enjoying afternoon tea and treats. \$75 per person. Children under 2 are free. Reservations required. 703-917-5498.

MONDAY/DEC. 9

JOY Concert. 7 p.m. McLean Bible Church, 8925 Leesburg Pike, Vienna. Grammy nominated Christian recording artist and effervescent nationally syndicated radio show host Jaci Velasquez will perform.

TUESDAY/DEC. 10

JOY Concert. 7 p.m. McLean Bible Church, 8925 Leesburg Pike, Vienna. Grammy nominated Christian recording artist and effervescent nationally syndicated radio show host Jaci Velasquez will perform.

FRIDAY/DEC. 13

Free Concert & Living Nativity. 6:30-8:30 p.m. 1545 Chain Bridge Road, McLean.

SATURDAY/DEC. 14 - SUNDAY/DEC. 15

Great Falls Studios Holiday Show and Sale. Wolf Trap Center for Education, 1645 Trap Road, Vienna. This annual show includes paintings, pottery, traditional and digital photographs, jewelry, drawings, art quilts, and hand pulled lithographic prints, plus artful gifts and cards.

SUNDAY/DEC. 22

A Festival of Lessons & Carols. 9 a.m. & 11:15 a.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Lessons will be read by parishioners, seasonal anthems presented by the choirs, and carols sung by the congregation.



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31st Annual McLean Holiday CRAFTS SHOW

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Friday-Sunday
December 6-8

Friday: 11 a.m.-7 p.m.
Saturday: 10 a.m.-6 p.m.
Sunday: 11 a.m.-4 p.m.

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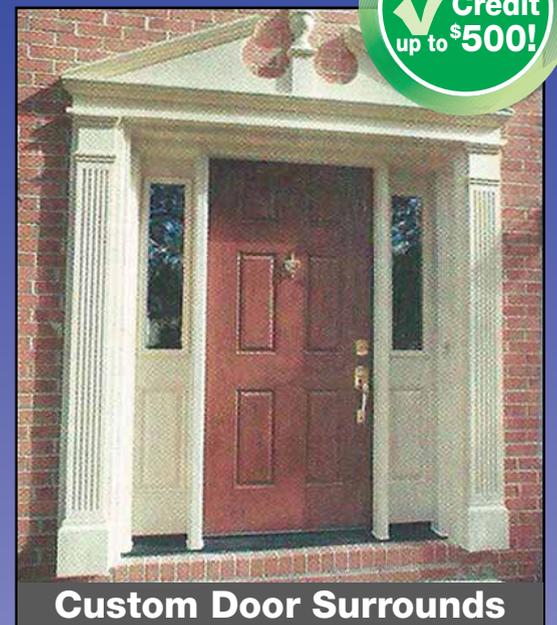
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