

WELLBEING

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By 9:20 a.m., 172 voters out of approximately 2,500 registered, checked in the McLean precinct at Lewinsville Center.

McLean CONNECTION

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PHOTO BY KEN MOORE/THE CONNECTION



Election Morning in Dranesville

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Sophomore McArthur Leads McLean Volleyball To Regional Berth

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**The Sylvestery Memory Support is open to the community
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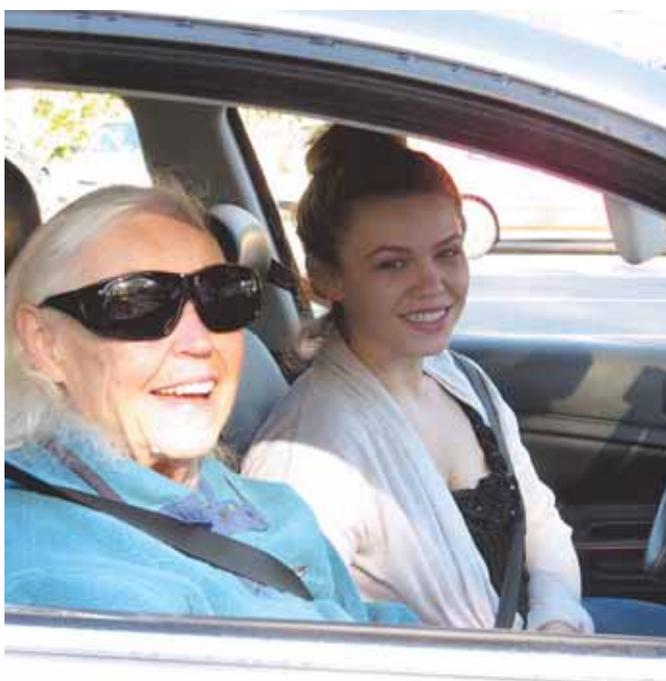
Lewinsville Center was the home of the McLean precinct Tuesday morning, in addition to a senior center and child care center.



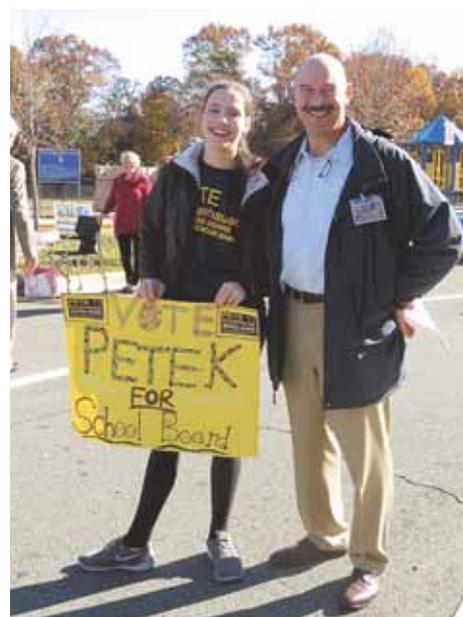
Dranesville races included Supervisor John W. Foust vs. Jennifer Chronis, Del. Kathleen Murphy (D-34) vs. challenger Craig Parisot, and School Board member Janie Strauss vs. challenger Peter Kurzenhauser, Sen. Barbara Favola (D-31) vs. George Forakis.

Election Morning in Dranesville

Barbara Hopkins has been voting "ever since I was 21." This year, she voted curbside in McLean with help from election officials and granddaughter Michaela.



PHOTOS BY
KEN MOORE
THE CONNECTION



Great Falls resident and School Board candidate Peter Kurzenhauser with daughter Ayn, a freshman at Langley High School, election morning at Great Falls Elementary School. Kurzenhauser challenged long-time Dranesville School Board member Janie Strauss. "Win or lose, I've thrown it all in," he said.



Elizabeth Poole, 88, has lived in McLean "all my life." Nothing would keep her from the polls.



Brian Dickson, husband of candidate Jennifer Chronis, and Peter Kurzenhauser greet voters at Great Falls Elementary School election morning, Tuesday, Nov. 3. By 10:07 a.m., 240 voters checked in, and more than 70 voters had voted absentee. The Great Falls precinct has 2,125 voters, according to election officials.



Six feet separated tables for the Democratic Party and for Republican candidates at Lewinsville Center. Andrea McGlinchey, who volunteers for the Democratic Party, and Paul Maloof, who volunteers for Jennifer Chronis' campaign, cross the great divide to pose for an Election Day photograph.



Voters come and go at the Lewinsville center on election morning, Nov. 3.

25th Anniversary: Old Firehouse Teen Center

The McLean Historical Society and the McLean Community Center (MCC) celebrated the 25th Anniversary of the Old Firehouse Teen Center with dozens of residents in attendance on Oct. 13.

Supervisor John Foust noted his pleasure that a historic building was being used to serve both area teens and others, including the Lewinsville Senior Center and the SPARC program.

“This is quite a story. I want it to continue.”

— Former Dranesville Supervisor Lilla Richards

“It’s formerly an operating fire station and when the county built a new fire station several citizens worked together to convince the county to pre-

serve the old station rather than sell it off to a new developer,” said Supervisor John Foust.

“Their vision was center for youth to gather. It’s been operating quite successfully every year since [as a place] for young people in McLean to go,” he said. “Rather than go to an empty home, it’s a place youth can go after school when their parents are working.”

Paul Kohlenberger, president of the McLean Historical Society, made a presentation about earlier efforts by the community to serve the teen population, including a proposed temporary MCC teen center that would have been



(From left, back row:) Dranesville Supervisor John Foust; MCC Governing board chairman Paul Kohlenberger; MCC executive director George Sachs (Front row:) Former Governing board members Pamela Danner and Gail Niels; OFTC project coordinator Janie Strauss; Former Dranesville Supervisor Lilla Richards; Former MCC executive director Page Shelp.

located behind Redeemer Lutheran Church.

Kohlenberger introduced Janie Strauss, who, as former chair of the McLean Citizens Association’s Education Committee, had been a strong early advocate of the project. Starting in April 1989, Strauss donated her time to the MCC as the Teen Center’s project coordinator. She recounted her research on other such facilities, and her difficulties ensuring the County would allow the old firehouse to be used for the teen center.

“A tough, but fun and very worthwhile undertaking,” said Strauss.

Former MCC Governing Board members Pamela Danner and Gail Niels, as well as then-executive director Page Shelp joined Strauss in remembering the Teen Center’s founding.

Former Dranesville Supervisor Lilla Richards noted that the first hurdle was ensuring that the Board of Supervisors did not sell off the former home of the McLean Volunteer Fire Department. Richards con-

Old Firehouse Teen Center

This teen center, located at 1440 Chain Bridge Road in McLean, provides a safe atmosphere for teens to meet for recreation and personal development, according to the McLean Community Center website.

Professional and experienced staff members organize and facilitate activities each day, ensuring that participants do not have to return home to empty houses.

Participants can enjoy their time at the Old Firehouse Teen Center (OFTC) after school and during the summer. Opened in 1990, the building formerly operated as a local fire station and is now a satellite of the McLean Community Center.

The McLean Community Center used the event to thank the many individuals and organizations that helped make the Old Firehouse Teen Center a reality, especially Pierce Architecture, the Friends of the McLean Community Center and the McLean Community Foundation.

sidered the Old Firehouse Teen Center to be among her proudest achievements while in office, and she exhorted those in attendance to keep working to preserve it for future generations.

“To me, this is quite a story,” she said, a week after the event. “I want it to continue.”

George Sachs, MCC executive director, reviewed current operations of the Teen Center and efforts to ensure its continued strength.

— KEN MOORE

Doug Mackall Receives Henry C. Mackall Award for Local History

At its Oct. 13 meeting, the McLean Historical Society presented the Henry C. Mackall Award for Local History to Douglass Sorrel Mackall III.

Doug Mackall grew up in Langley, on property his family had purchased from the Lee family in the 1830s. Educated at the University of Virginia, Mackall worked as an attorney for decades with his brother, Henry, in Fairfax County’s oldest law firm. During the 1970s, Mackall served as president of the Historical Society of Fairfax County, on whose board he currently sits.

In the early 1990s, he and Henry co-authored the by-laws of the McLean Historical Society, which Mackall has served as an officer and, cur-

rently, as a director.

Over the years, Mackall has presented the history of Langley to numerous civic groups. For his decades of work preserving and expounding the history of McLean and Fairfax County, Mackall was the unanimous choice of the Award Committee.

The Henry C. Mackall Award for Local History was established in 2014 by McLean & Great Falls Celebrate Virginia, Inc. and is now presented under the aegis of the McLean Historical Society. The award was named in honor of the late Henry Clinton Mackall, a native of McLean and a prominent historian and civic leader. The inaugural award was presented to journalist, historian and longtime McLean resident Roger Mudd.



Paul Kohlenberger, president of the McLean Historical Society, presents the Henry C. Mackall Award for Local History to Doug Mackall (right).

McLean Police Highlights

Incidents from Oct. 24-30.

Larceny/Assault on Law Enforcement, 8100 block of Tyson's Corner Center, 10/28/15, around 8:07 p.m. Officers were called to the Bloomingdale's store for a report of a shoplifting in progress. Upon being located by an officer, one of two suspects struck the officer in the face and both fled on foot and entered a vehicle. The suspects attempted to flee but crashed into a parked vehicle where they took off on foot again. One of the suspects, Lewis K. J. Foreman, 20, of Dover, Del., was charged with grand larceny, larceny with intent to sell, burglarious tools, assault on law enforcement, escape with force, speed to elude, felony hit and run, and possession of marijuana.

The second suspect was described as black male wearing dark clothing. Foreman did not sustain any physical injuries during the incident. The officer was treated for non-life-threatening injuries.

Indecent Exposure, 8300 block of Leesburg Pike, 10/23/15 at about 1230 p.m. A woman was shopping when a man standing next to her began to scratch his genitals and then exposed himself. The subject fled prior to police arrival. The suspect

was described as Hispanic, between 5 feet 8 inches and 5 feet 10 inches, dark hair and wearing a dark shirt and blue jeans.

- Larcenies**
- 1900 block of Chain Bridge Road, cash from residence.
 - 2000 block of International Drive, wallet from business.
 - 8400 block of Lee Highway, property from residence.
 - 9300 block of Lee Highway, cash from residence.
 - 8900 block of Leesburg Pike, property from church.
 - 8000 block of Tysons Corner Center, merchandise from business.
 - 8400 block of Westpark Drive, laptop computer from business.
 - 8800 block of Ashgrove House Lane, property from vehicle.
 - 8100 block of Wolftrap Road, property from school.
 - 1700 Kirby Road, property from residence.
 - 2700 block of Gallows Road, property from business.
 - 7400 block of Timberock Road, property from residence.
 - 2900 block of Beau Lane, electronic equipment from vehicle.
 - 1900 block of Chain Bridge Road, jewelry from business.

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Please call either Carolyn or Joanna to schedule your personal visit.

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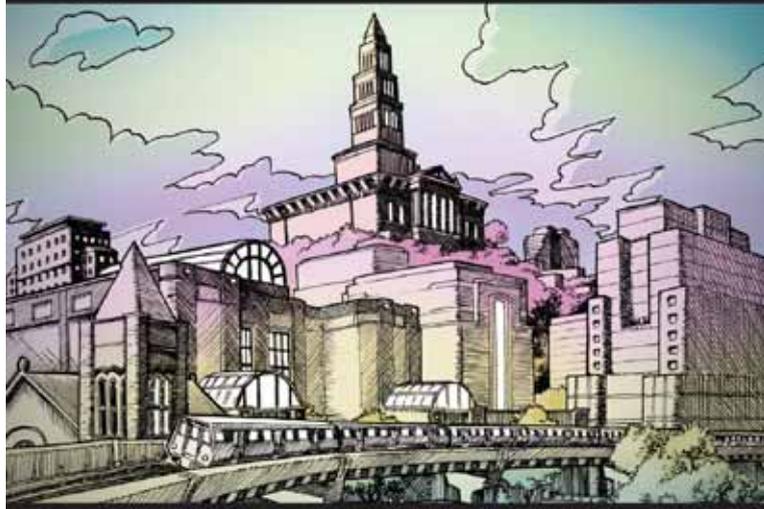
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Special thank you to **THE CONNECTION** NEWSPAPERS

OPINION

Coming: Children's Connection 2015

Get ready to send your submissions soon.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

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

EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

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. 4.

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

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

COMMENTARY

Real Solutions for Real Problems on Roads

The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE

SECRETARY OF TRANSPORTATION FOR THE COMMONWEALTH OF VIRGINIA

Virginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil

McLean
CONNECTION

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SEE REAL SOLUTIONS. PAGE 13

U.S. Rep. Comstock Visits BASIS Independent in McLean

U.S. Rep. Barbara Comstock (R-10) toured BASIS Independent McLean, the twenty-fourth school in the nationally ranked and world renowned BASIS.ed network of charter, independent and international schools. During her visit the Congresswoman and Head of School Sean Aiken discussed the education and economic growth opportunities BASIS will bring to the community.

Comstock has been a resident of McLean for over thirty years. Not only has she raised her three children in McLean but her husband, Chip, is a retired Fairfax County Schools Assistant Principal and teacher.

She also began "The Young Women's Leadership Program" in 2013 for young women in high school and junior high, encouraging them to take an active approach in developing and pursuing their goals.

"Congresswoman Comstock knows first-hand how important a competitive education and talented teachers are," said Aiken. "And she was especially excited



Head of School Sean Aiken, U.S. Rep. Barbara Comstock (R-10), and Joanna Lange.

about the opportunities BASIS Independent McLean students will be offered to study and work within the community."

BASIS Independent McLean is the third BASIS.ed independent school nationwide and will open its doors in Northern Virginia in the fall of 2016, educating pre-

school through 10th grade students in its initial academic year, expanding to preschool through 12th grade students by 2018-19. The school is located at 8000 Jones Branch Drive in the Tysons Corner area. For more information visit BASISed.com or McLean.BASISindependent.com.

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Bruce Green, regional vice president of Weichert, Realtors, announced that the McLean/Dolley Madison office was recognized for exceptional performance in September. The office led the region, which comprises locations throughout Fairfax, Loudoun, Fauquier and Delaware counties, for resale dollar volume.

In addition, sales associate J.D. Callander of the McLean/Dolley Madison office was individually recognized for her industry success in the month



J.D. Callander of the McLean/Dolley Madison Weichert, Realtors office lead in September.

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Gearing up for Thanksgiving Turkey Trots

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

By MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past. "I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a non-profit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

3 or 5K races," said Richard L. Steele, assistant dean of physical

education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that

is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training. "Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said

Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regimen to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in small amounts," said Steele. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steele. "Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having

strong muscles." Weight training exercises for the legs should be done two to three days per week, advises Steele. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated with running are ankle and knee

sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steele.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax. "Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steele. "You'll be surprised how much better you feel in general after doing this for about a week or two."

Locate a Local Turkey Trot

<http://www.runningintheusa.com>
<http://www.runnersworld.com/race-finder>

PHOTO CONTRIBUTED

"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."

— Susan Colarco, certified running coach

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 10, 7-8 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support.

Northern Virginia Caregivers Conference — "Prepare to Care: Getting Your Ducks in a Row," Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free presentation on **Medicare 101 on Wednesday, Nov. 18, 11:30**

a.m.-1:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY 711. Visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Fairfax County's free **Seminars for Family Caregivers of Older Adults** are held throughout the county in November:

- ♦ **Strategies for Difficult Conversations** take place on **Monday, Nov. 2, 7-8:30 p.m.** at George Mason Regional Library, 7001 Little River Turnpike, **Annandale**. Learn how to have conversations with an older family member about driving, accepting help in the home or moving to a safer environment. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.
- ♦ **AARP's Prepare to Care Workshop** takes place on **Thursday, Nov.**

5, 3-4:30 p.m. Sherwood Regional Library, 2501 Sherwood Hall Lane, **Alexandria**. Learn how to care for yourself and your loved ones. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Scams and Financial Crimes against Seniors** takes place on **Tuesday, Nov. 10, 3-4:30 p.m.** at the North County Governmental Center, 1801 Cameron Glen Drive, **Reston**. Older adults as well as family members, caregivers, and service providers are welcome. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Five Questions to Consider About Paying for Long-Term Care** — **WEBINAR, Wednesday, Nov. 18, Noon-1:00 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars. Call **703-324-5484**, TTY 711. The **Hollin Hall Senior Center** in

Alexandria needs a volunteer to help with **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** and an **Art Therapy Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Hula Hoop Class Leader** and instructors to teach **Country Western Line Dance, African Style Dance and Mosaic Art or Jewelry Making**. For these and other volunteer opportunities,

call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

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ENTERTAINMENT

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

ONGOING

Weekly Storytime. Wednesdays and Saturdays at 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

THURSDAY/NOV. 5

Sister Sparrow and the Dirty Birds. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road Vienna. Formed in 2008 by lead singer Arleigh Kincheloe, Sister Sparrow delivers high-energy anthems with her Dirty Birds. The band is currently touring behind its new release, *The Weather Below* (2015), a collection of hard-soul anthems that further bolsters the group's self-penned catalogue of hits. Tickets: \$20 advance; \$25 day of. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

SATURDAY/NOV. 7

Bruce Vilanch and Judy Gold. 9 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. "An Evening with Bruce Vilanch and Judy Gold," the comedians pair up for separate stand-up sets united by their gay, Jewish identities and raunchy, sidesplitting observations. Mature audiences. \$20/\$35. www.aldentheatre.org. 703-790-0123.

Lecture/Book Signing. 2:30-4:30 p.m. Barnes and Noble/Tysons Corner, 7851 L Tysons Corner Center, McLean. Brian Kilmeade of "Fox and Friends" discusses his new book "Thomas Jefferson and the Tripoli Pirates: The Forgotten War that Changed American History." Free.

Appraisal Roadshow. 10-11:30 a.m. Brightview, 10200 Colvin Run Road, Great Falls. Join Paradigm Experts for a fun and educational morning looking at "what you have, what it's worth, and what you can do with it". RSVP early to be one of the 25 items to be appraised. www.BrightviewGreatFalls.com. 703-759-2513.

Children's Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Come scope out the bargain prices at the Children's Flea Market. Do young sellers have things to sell? Register for a booth. Find out more at <http://mcleancenter.org/kids>.

SUNDAY/NOV. 8

Filene Center Backstage Tour. 2 p.m. Wolf Trap National Park for the Performing Arts, 1635 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information.

Elska. 2 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Hiddi Hiddi! That's how to say hello on the Island of Elska, the imaginary volcanic island off the coast of Iceland that is home to the singer Elska and a small population that includes her two-foot-tall best friend the Goobler, an arctic fox and a colony of lost socks. Ages 4+. \$10, \$15. www.aldentheatre.org. 703-790-0123.

Living for 32. 7-9 p.m. Emmaus United Church of Christ, 900 Maple Ave., East Vienna. This 40-minute film tells the story of Colin Goddard, a 2007 VA Tech massacre survivor. Goddard and the mother of another victim will present what can be done



Totally Amazing Elska comes to The Alden, Sunday, Nov. 8 at 2 p.m. During her live show, a blend of theater, storytelling, and musical performance, Elska whisks away children and families on a musical tour of her Arctic home and introduces them to the island's wonderful inhabitants.

to stem further gunviolence. Discussion follows. Free. www.emmausucc.org. 703-281-2432.

Men's National Choir. 4 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The choir will open its 17th season with "Songs of the Spirit," a program spanning five centuries of European and American sacred music. \$20 at the door. Students and children free. www.nationalmenschorus.org. 202-244-7191.

TUESDAY/NOV. 10

Paul Thorn. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Paul Thorn, who has a unique background as a former professional boxer, brings to the Barns lively music. As a son of a Pentecostal preacher, gospel has strongly influenced Thorn's sound, and he explores the dichotomy of the sacred and the profane in his 2010 album *Pimps and Preachers*. Tickets: \$25-\$27. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

WEDNESDAY/NOV. 11

Veterans Day Ceremony. 11 a.m. at the Great Falls Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike.

California Guitar Trio. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. California Guitar Trio brings music in a variety of repertoires spanning jazz, classical, rock, world music. Their most recent album, 2014's *Masterworks*, focuses exclusively on classical music from composers such as Bach, Beethoven, Schubert, Vivaldi, and Arvo Pärt. Tickets: \$25. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

THURSDAY/NOV. 12

Debby Boone. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. As a three Grammy Awards winner, Debby Boone, the prolific musical theatre actress, starred as Rizzo in the Broadway revival of *Grease*, Maria in Lincoln Center's 30th Anniversary production of *The Sound of Music*, and has had roles in other major productions. Tickets: \$35-\$40. For

more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

BV Wine Dinner. 7-9 p.m. Ruth's Chris Steak House, 8521 Leesburg Pike, Vienna. Join Ruth's Chris Steak House in Tyson's Corner as executive Jean Bosch presents a five-course surf and turf dinner paired with elegant wines from BV Tapestry Meritage. \$79+tax and tip. salestysonsruthschris.com. 703-848-4290.

THURSDAY/NOV. 12-SUNDAY/DEC. 20

"Harvey." Check for show times. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Winner of the Pulitzer Prize for Drama, this beloved classic is a treat for the whole family. Veta Simmons and her daughter Myrtle Mae have just moved back into town and are making quite a splash on the social scene. Gatherings and engagements abound as Myrtle Mae peruses for a viable suitor. \$15-\$30. www.1ststagetysonsonline.org. 703-854-1856.

FRIDAY-SATURDAY/NOV. 13-14

The Closet's "Everything Christmas Sale." Friday, 4-7 p.m. Saturday, 9 a.m.-noon. The First Baptist Church of Herndon, 681 Elden St., Herndon. Get a jump start on your holiday decorating or choose something unique for that hard-to-please relative. www.theclosetofgreaterherndon.org.

FRIDAY/NOV. 13

Harth Farmers Dinner. 7 p.m. Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Harth at Hilton McLean Tysons Corner is teaming up with local farms and purveyors to literally bring the farm to the table for one special night. A cocktail reception and toast to some of the region's finest farmers and purveyors, followed by a five-course dinner and informal conversation about artisan culture and agriculture in the mid-Atlantic, with some of the farmers who are leading the way. \$175. <https://www.eventbrite.com/e/harth-farmers-dinner-tickets-18631539436>.



Judy Gold and Bruce Vilanch perform at The Alden, McLean Community Center, 1234 Ingleside Ave., McLean, on Saturday, Nov. 7. The comedians pair up for separate stand-up sets united by their gay, Jewish identities and raunchy, sidesplitting observations. Mature audiences.

SATURDAY/NOV. 14

Indoor Street Market. 9 a.m.-4 p.m. Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Start your Holiday shopping and get in the spirit of the giving season! This is a one day Super Sale event featuring over 35 local vendors, entertainment by young local artists, baked goods, caricature artists, a raffle and silent auction that will surely keep the attention of all ages. Free. www.forestvillepta.org.

SATURDAY/NOV. 14-MONDAY, JAN. 4, 2016

Meadowlark Gardens' Winter Walk of Lights. A half-a-million colorful LED lights span the lakeside and gardens of Meadowlark Botanical Gardens off Beulah Road in nostalgic and fairytale scenes of the holiday season. <http://winterwalkoflights.com/>.

FRIDAY/NOV. 20

Rickie Lee Jones. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road Vienna. Experience the critically acclaimed singer/songwriter's "exceptional blend of jazz, soul, [and] rock" (NPR) that defies convention, as Rickie Lee Jones, Double Grammy-winning singer, delivers fan favorites and songs off her new, "most absorbing album" (*Uncut*), *The Other Side of Desire*. Tickets: \$35-\$45. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

McLean Art Society Meeting. 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Sue Moses, a watercolorist whose work is defined by strong values,

light and shadow and emphasis on composition, will be the featured artist. She will be doing a painting demonstration. Guests are welcome. 703-790-0123.

SATURDAY/NOV. 21

Filene Center Backstage Tour. 10 a.m. Wolf Trap National Park for the Performing Arts, 1635 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information.

Sonny Landreth. 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Louisiana-based Sonny Landreth has collaborated with a multitude of rock legends, including Jimmy Buffett and Eric Clapton. Landreth has been a regular performer at Clapton's Crossroads Guitar Festival since its inception in 2004 and released his first all-instrumental album, *Elemental Journey*, in 2012. Tickets: \$27. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

SATURDAY-SUNDAY/NOV. 21-22

The Enchanted Forest. Check website for activity times. The Westin Tysons Corner, 7801 Leesburg Pike, Falls Church. Fundraiser presented by the Junior League of Northern Virginia. Decorated holiday trees for silent auction throughout the weekend, live entertainment, a model train display, hands-on activities for children, a festival holiday marketplace and An Enchanted Affair evening gala. Visit www.jlrv.org/the-enchanted-forest for tickets and information.

NEWS



Marilyn Harwood, General Music teacher, demonstrates the recorder, which students start playing in third grade and get progressively better each year.



Dan Freeman playing the trombone.

PHOTOS CONTRIBUTED

Spring Hill Musicians Delight the Neighbors

Every year, the music teachers at Spring Hill Elementary demonstrate what is offered in their programs.

Many times during the year, they perform with their

students at the Sunrise Retirement Community, which is close enough to the school that the musicians walk over and delight the residents.



Ruth Donahue, Orchestra director, playing along with members of Spring Hill's top group to show the sound of the stringed instruments.

Deb Rudd discussing the school's Chorus which meets each Friday afternoon at the end of the school day.



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McArthur Leads McLean Volleyball to Regional Berth

Highlanders looking for first conference/district title since 2001.

BY JON ROETMAN
THE CONNECTION

The McLean volleyball program hasn't won a district/conference title since 2001.

This year's team won 20 matches during the regular season and earned the No. 2 seed in the Conference 6 tournament, giving the Highlanders hope of ending their lengthy championship drought.

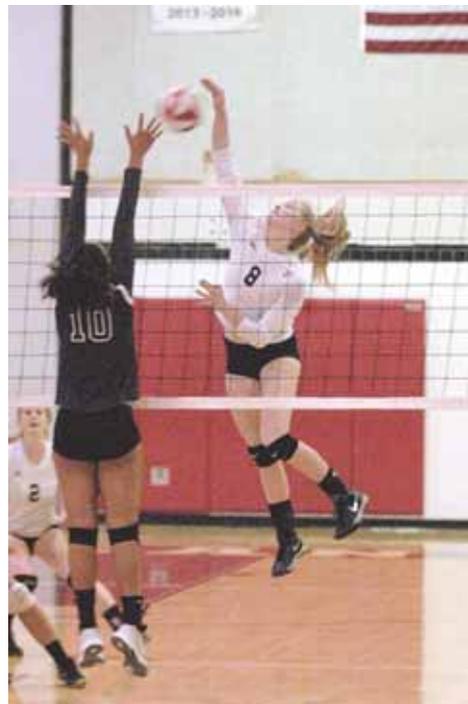
Oh, and they have Maddie McArthur, as well.

The sophomore sensation tallied 23 kills on Monday night as No. 2 McLean defeated No. 7 Washington-Lee 3-0 (25-17, 25-22, 25-20) in the Conference 6 tournament quarterfinals at McLean High School. The Highlanders advanced to the semifinals, where they faced No. 3 Madison on Tuesday, after The Connection's deadline. McLean also earned a berth in the 6A North region tournament for the first time in Bill Musgrove's three seasons as head coach.

McArthur took control early, totaling 12 kills in the opening set. After W-L cut the McLean lead to 20-16, the Highlanders scored five of the final six points, including a pair of kills from McArthur.

"That makes life easy," Musgrove said.

No. 8 continued to dominate. Her 20th



McLean sophomore Maddie McArthur tallied 23 kills during the Highlanders' sweep of Washington-Lee on Monday during the Conference 6 volleyball tournament quarterfinals.

kill of the evening finished off a pesky W-L team in the second set, 25-22.

What makes McArthur such a dangerous hitter?

"I think just the explosiveness," Musgrove said. "She hits the ball as hard as anyone I've ever coached and she's still just a sophomore. She jumps out of the gym for some-



McLean's Sierra Spraker (12) and Maddie McArthur attempt to block a Washington-Lee attack on Monday night.

one her height."

McArthur had three kills in the final set, including two after W-L had cut the McLean lead to 21-17.

"She's awesome," senior Sarah Park said. "I'm so happy. She was on the team as a freshman last year and just seeing her grow, even more through club season than this season, is amazing."

Karen Shedlock and Leona Ng each had five kills for McLean and Josephine Oakley had four kills and three aces.

McLean entered the regular-season finale against rival Langley with a chance to earn the No. 1 seed in the conference tournament, but suffered a three-set loss to the Saxons, who went undefeated during conference play. If the Highlanders can get past

Madison, the defending state runner-up, they could again face Langley in Thursday's championship match at Washington-Lee High School in Arlington.

"I think that we didn't play our best volleyball against Langley," Musgrove said. "We know that. We'd like another shot at them. We're going to be playing Madison, probably, [on Tuesday], so I'm sure they're thinking they'd like another shot at us."

What would it mean for the Highlanders to break their championship drought?

"It would mean the world," McArthur said. "I would be so happy."

She wouldn't be the only one.

"I would probably cry for weeks," Park said, "... tears of joy running down my cheeks."

SPORTS BRIEFS

Madison Football Has Shot at Outright Title

The Madison football team will host Hayfield at 7 p.m. on Friday, Nov. 6, with an opportunity to secure an outright Conference 6 championship.

The Warhawks enter Friday's contest with an 8-1 record, including 6-0 in the confer-

ence. The Warhawks have already secured at least share of the conference title, with Hayfield and South Lakes one game behind at 5-1. If Madison loses to Hayfield, the teams will be co-champions. If Hayfield wins and South Lakes beats Fairfax, there will be a three champs. But if the Warhawks beat the Hawks, they will be outright champs.

Madison defeated Washington-Lee 21-13 on Oct. 30, giving the Warhawks eight straight victories after losing their opener to Oakton.

Madison is No. 4 in the latest VHSL 6A North region power rankings. South Lakes is No. 6 and Hayfield is No. 9. The top 16 teams make the playoffs.

Oakton Football Beats Falls Church

The Oakton football team beat Falls Church 41-7 on Oct. 30, improving its record to 4-5.

The Cougars will conclude the regular season with a road game against Herndon at 7 p.m. on Friday, Nov. 6.

Oakton is No. 11 in the latest VHSL 6A North power rankings. The top 16 teams

make the playoffs.

Madison Volleyball Earns Regional Berth

The Madison volleyball team swept Yorktown on Nov. 2 in the Conference 6 tournament quarterfinals, earning a berth in the 6A North region tournament.

The Warhawks faced McLean in the conference semifinals on Tuesday, after The Connection's deadline. The championship match is Thursday at Washington-Lee High School in Arlington.

Langley Volleyball Beats Hayfield

The No. 1 Langley volleyball team swept No. 8 Hayfield on Monday in the Conference 6 tournament quarterfinals. The Saxons advanced to the semifinals, where they faced South Lakes on Tuesday, after The Connection's deadline.

The championship match is Thursday at Washington-Lee High School in Arlington.

Langley finished the regular season with an 18-4 record and went undefeated in con-

ference play.

Langley Football Beats Yorktown

The Langley football team improved to 2-7 and snapped a three-game losing streak with a 48-23 home victory over Yorktown on Oct. 30.

The Saxons will wrap up the regular season with a road game against rival McLean at 7 p.m. on Friday, Nov. 6.

Langley is No. 19 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

Oakton Volleyball to Host Centreville

The Oakton volleyball team will face Westfield in the Conference 5 tournament semifinals at 5 p.m. on Wednesday, Nov. 4 at Centreville High School.

Oakton finished the regular season with a 19-5 record and went undefeated in conference play, earning the No. 1 seed and a first-round bye in the conference tournament, along with a regional berth.



John DeScioli and the Madison football team will host Hayfield on Friday with a chance to win the Conference 6 championship.

An Evening with Music at McLean Community Center

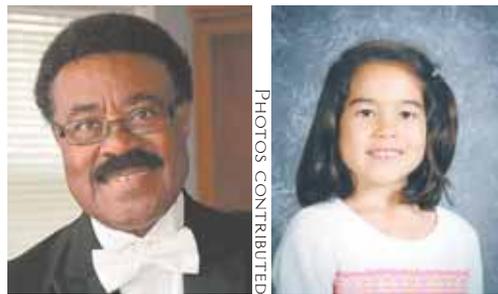
Dingwall Fleary, conductor and music director of The McLean Symphony and the Reston Community Orchestra, will be the guest speaker at the McLean branch meeting of the American Association of University Women (AAUW) Tuesday, Nov. 17, 7 p.m. at the McLean Community Center.

An accomplished pianist, he has performed in chamber music ensembles around the world and is well known throughout the greater Washington, D.C. area. He has received numerous honors for his musical leadership and awards from prestigious professional organizations.

In 1976 Fleary was the first person to receive the McLean Community Center Arts Award presented by the McLean Citizens' Association.

At the AAUW meeting, he will present an overview of the history of The McLean Symphony, its mission, its on-going support of youth and education, and its achievements as it enters its 44th year as the community's only all-volunteer orchestra.

Fleary will be joined by fourth-grade violinist Serenna Semomsen, citing her as an example of the exceptional talent he has discovered among the youth in the community. She has won a number of first-place prizes in music competitions and has performed at Carnegie



Dingwall Fleary

Serenna Semomsen

Hall in New York as well as at Sidney Harman Hall in Washington, D.C. She was chosen to perform with The McLean Symphony this past March.

Serenna will perform and will be accompanied by Maestro Fleary at the piano. A few members of the Symphony will be present at the meeting and will be given the opportunity to comment on what the orchestra means to them.

Six Area Students Compete in Siemens National Finals

Six students in the Northern Virginia area are competing in the 2015 Siemens Foundation STEM Competition.

These regional finalists recently advanced through the semifinal round, and now have a chance to compete at the National Finals tak-

ing place on Dec. 4-8 in Washington, D.C., where grand prize winners walk away with \$100,000 scholarships.

The Siemens Competition is a signature program of the Siemens Foundation; it promotes STEM education and encourages young students to push their academic boundaries through hands-on projects. The students all have projects for the Siemens Competition, and they also participate in many other pursuits outside of STEM related projects.

The finalists from the area include:

- Michael You, of Alexandria, Thomas Jefferson High School for Science and Technology (Researched SONAR-related whale beachings and how bubbles in blood vessels can contribute to the injuries of whales exposed to SONAR;

- Christina Oh and Edward Oh, of Lorton, Thomas Jefferson High School for Science and Technology and South County High School (Found a potential method to mitigate the attachment of the barnacle, that could help with drastically improving marine vessels' efficiency);

- Kelly Cho of McLean and Harriet Khang of Great Falls, Thomas Jefferson High School for Science and Technology (Found an inexpensive and uncomplicated method for a biosensor for breast cancer that could potentially be slightly modified for other diseases as well);

- Daniel Chae, of Alexandria, Thomas Jefferson High School for Science and Technology (Found a way to develop more cost-effective and improved bone implants through 3-D printing).

COMMENTARY

Real Solutions

FROM PAGE 6

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly. I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

11/18/2015.....A+ Camps & Schools

11/19/2015..Holiday Entertainment & Gift Guide I
Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015..... Wellbeing

12/9/2015...Holiday Entertainment & Gift Guide II

12/9/2015...HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

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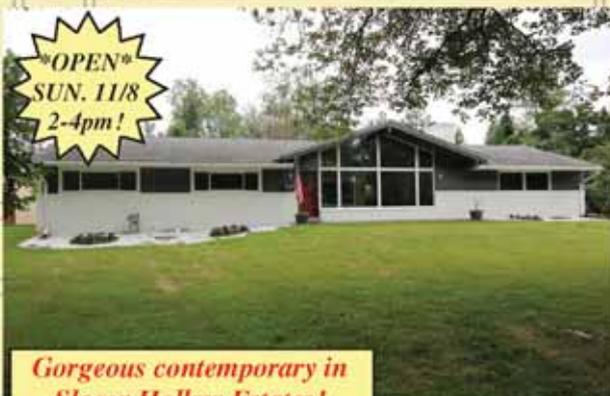


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