

Environmental Quality of Life

NEWS, PAGE 3

WELLBEING

PAGE 8

On Thursday, Dec. 3, the Historic Pleasant Grove Church will be open from 9:30 a.m. to 3:30 p.m. as part of the McLean Woman's Club's 49th Annual Holiday Homes Tour and Boutique.

Celebrating Where We Live

NEWS, PAGE 3

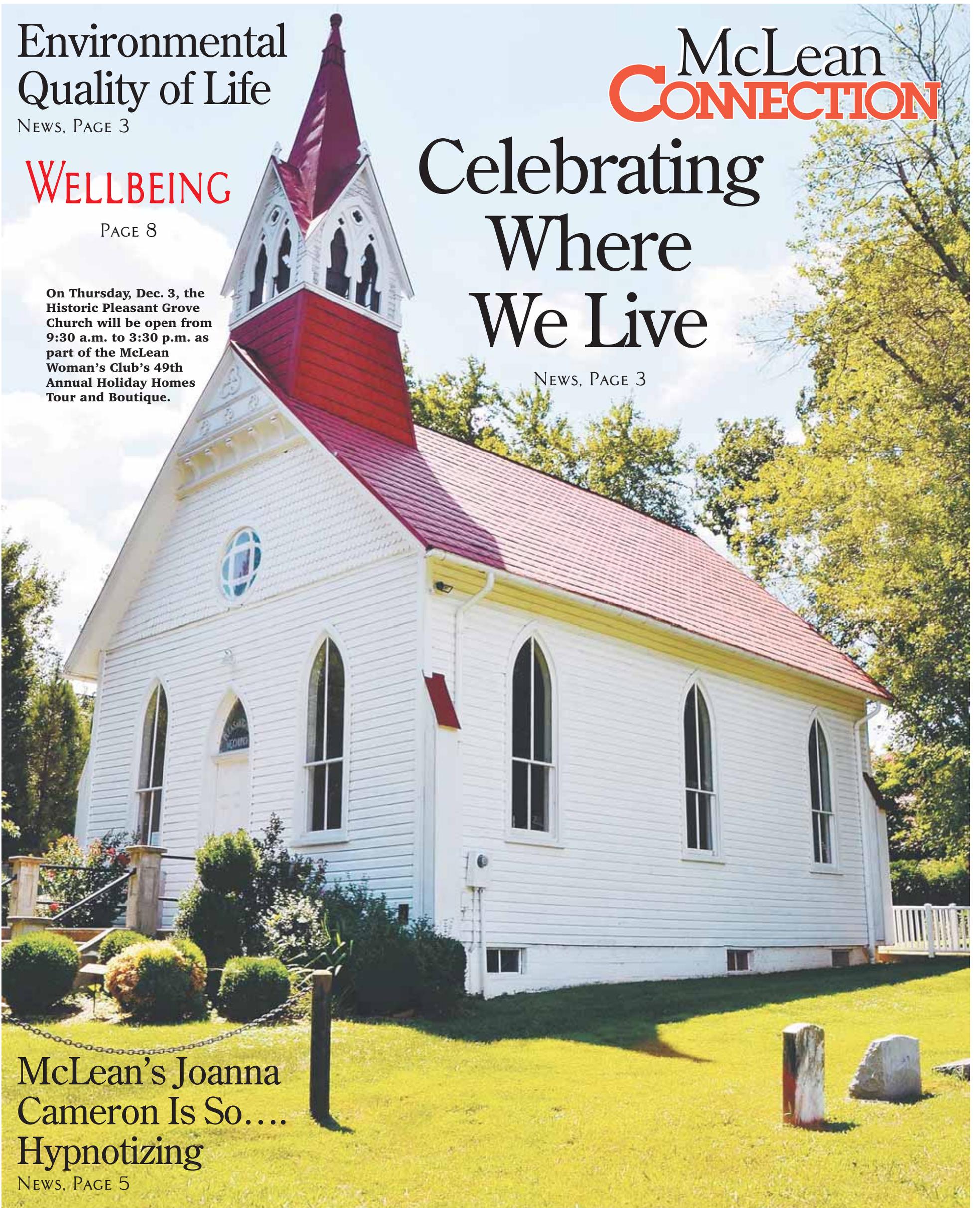
McLean CONNECTION

McLean's Joanna Cameron Is So.... Hypnotizing

NEWS, PAGE 5

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

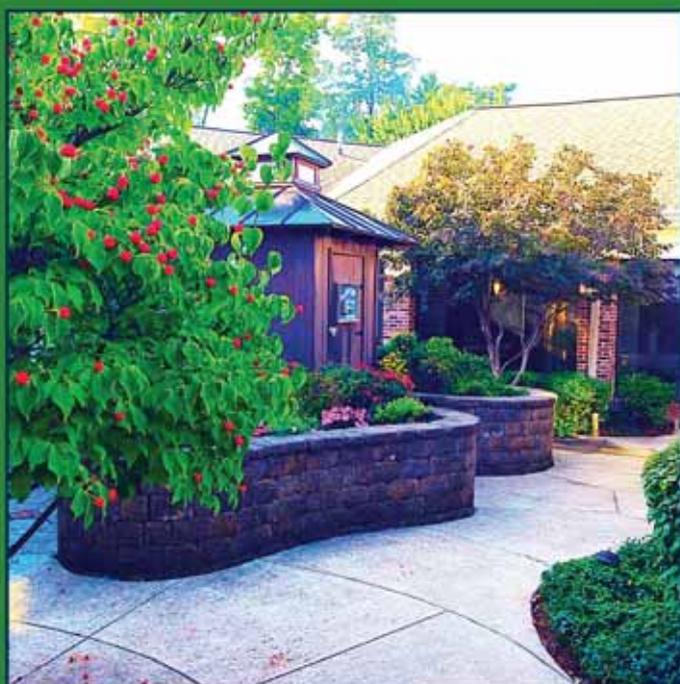
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Environmental Quality of Life

Advisory Council issues 512-page vision for county environmental policy.

BY KEN MOORE
THE CONNECTION

Flooding will rise in concern in Fairfax County as a result of climate change, warned Stella Koch, chairperson of the county's Environmental Quality Advisory Council.

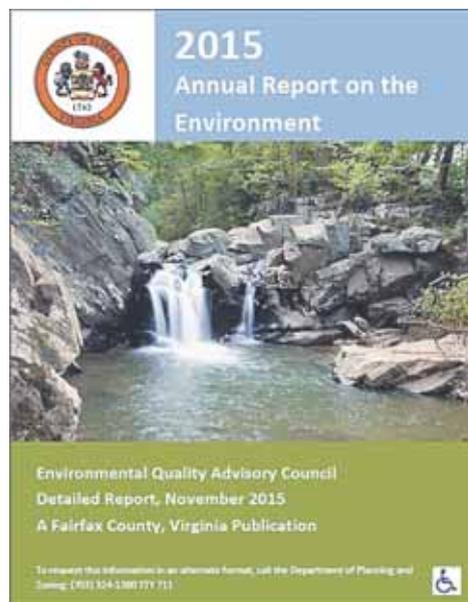
"We want the county to develop policies on development and redevelopment in areas that are vulnerable to sea rise," she said. "We've all seen increased flooding in parts of the county and that will only increase over time. We ask the county to take a focused look."

Preparing for flooding could involve levees, berms and changes in land use, according to the report. Fairfax County would be impacted in a number of locations, but especially in the Belle Haven/New Alexandria area of Mount Vernon, along the tidal Potomac River.

Providence Supervisor Linda Smyth wants the county to find a solution to recycling glass, which is not currently being recycled, according to the report.

"People really appreciate recycling and glass is something you can recycle forever," said Smyth. "This is causing our whole recycling ability not to work the way we want it to."

According to the report: "The majority of recyclables collected in Fairfax County are delivered to third-party material processors



The cover of the county's annual report on the state of the environment features Scotts Run, in McLean.

that sort, purify and package target recyclables for resale. As a result, some collected recyclables do not ultimately go to market, due to contamination or the absence of a willing buyer. For example, such is currently the case for glass, for which none of the processors used by county collectors are actually recycling this material;

it is currently considered a discard at area recycling plants and is shipped elsewhere for disposal."

"Has our solid waste ever looked into a separate program for recycling of glass?" asked Smyth.

"We have this discussion frequently because it is not simple," said Koch. "We're working on it."

THESE ARE JUST TWO issues raised in the 512-page annual report on the environment, which the Board of Supervisors approved at its Nov. 17 meeting before Thanksgiving.

The nine chapters of EQAC's annual report on the environment present the county's vision on topics ranging from deer management, light pollution, stormwater, recycling and more.

"I always use your report, your annual report as a model and an example of our being able to track our progress on our environmental agenda and making sure things don't fall off our radar screen," said Chairman Sharon Bulova. She said having environment vision is a way "to make sure we stay on top of the recommendations and the things we have committed to do," said Bulova.

Koch recommended increased funding in watershed and environmental improvement programs, as well as funding two positions, an ecologist in the park authority and a wildlife management specialist.

"Most of those projects are cost effective, and they actually save the county money over time," said Koch.

"Funding for the additional wildlife specialist would be really needed," she said.

She asked the Board "to continue to support the environmental projects that you have established. These programs are important if we are to maintain the high quality of life we have in Fairfax County and the high standards we have set for ourselves. We note that for Fairfax County residents, quality of life is not just about good schools and jobs but also about having a clean and healthy environment in which to live and recreate."

Supervisor Jeff McKay asked that EQAC keep monitoring advancing technology and methods to be used to control the white-tailed deer population.

"Obviously controlling the deer population is critical to the natural environment," said McKay.

SUPERVISOR Cathy Hudgins asked if the county could find the proper balance between light pollution and creating pedestrian friendly environments especially in transit areas.

"We've made some progress in terms of addressing light pollution and recognizing that the urban settings that we have require a given amount of light for pedestrians," said Hudgins. "Our desire is to be a non-polluting environment but one that is pedestrian friendly."

"We'll be happy to get back to you," said Koch. "We like our homework assignments, because they help us focus."

See <http://www.fairfaxcounty.gov/dpz/eqac/report2015/>.

Celebrating Where We Live

BY MICHELLE ARCARI

The local Virginia scenic byways are a great way to enjoy nature's spectacular display of fall colors. There are a number of long, winding roads in McLean to cruise down and take in the vibrant foliage. Just past the intersection of Spring Hill Road on the way to Route 7, there is a deep curve on Lewinsville Road that flows past one of the region's truly historic structures - Pleasant Grove Church.

Located just across Lewinsville Road from the Jewett Farm, the little, white church with the red roof is an outstanding example of 19th-century Virginia vernacular architecture. The church is

About the Author

Michelle Arcari is a Realtor in the Northern Virginia market place. Contact via the means most convenient for you: www.HBCRealtyGroup.com, 703-403-9232, Michelle@HBCRealtyGroup.com.

designed in the Carpenter Gothic style commonly used for Virginia country churches. It features a tall spire and belfry. The church is not only an architectural monument, but is also window into the lives of freed slaves and their descendants in the years following the end of the Civil War.

After the slaves were emancipated, many stayed and settled in McLean. They built schools and churches and established a vibrant community. One example of this development came in 1872. Alfred E. Odrick, a freed slave, bought 50 acres for \$750 on Lewinsville Road near the intersection of Lewinsville and Spring Hill roads. He then donated his land across the street and helped to build a schoolhouse called the "Odrick School for Colored Children".

FARTHER DOWN Lewinsville Road, in 1882, Samuel Sharper led the congregation of Pleasant Grove in raising funds to build a church. By 1893 they had raised enough money to purchase a piece of land and start construction. Lewis Henry Sharper, a mas-

Historic Pleasant Grove Church, 8671 Lewinsville Road, McLean, est. 1895.

ter craftsman, did much of the work with the help of fellow church members. The first church service was held on July 10, 1896, and for the next seventy years served as the center of the community.

The church hosted many secular and religious celebrations until declining membership lead the parishioners to join William Watters Church. In 1980, the church was deconsecrated and sold. The new owner stripped the church of many of its architectural elements. The stained glass windows, bead board wainscoting, stamped tin ceiling and wall coverings disappeared.

The Friends of Pleasant Grove is a non-profit organization chartered in 1982 by a group of neighbors to acquire and preserve the historic landmark. The Friends raised money to renovate the structure. In 1998, the Friends established a museum in the lower level. The Frances K. Moore Museum, named for a descendant of a church founder, displays a unique collection of late 19th- and early 20th-century household

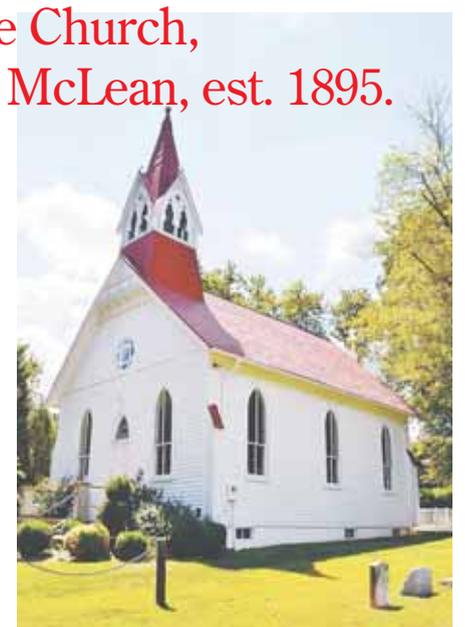
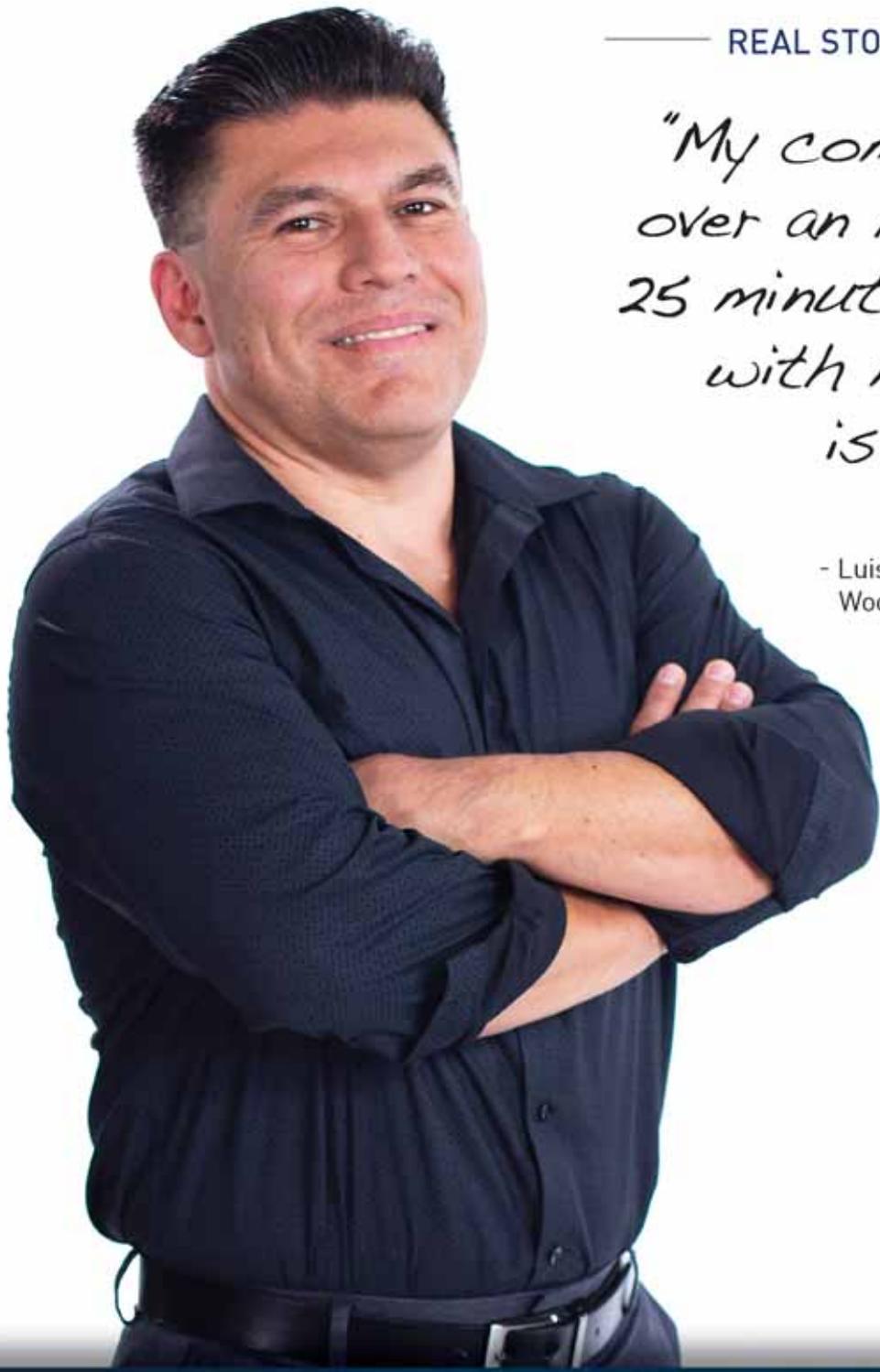


PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB
Historic Pleasant Grove Church

furnishings, tools, photographs and memorabilia from the

SEE HOMES TOUR, PAGE 13



— REAL STORIES FROM THE EXPRESS LANES —

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- Luis B.
Woodbridge, VA

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See more real stories from the Lanes at ExpressLanes.com



Luis's story was one of our winning entries in our "Express Lanes Love Story" promotion.

PEOPLE

McLean's Joanna Cameron Is So.... Hypnotizing

Local hypnotist has seen her skill help addiction, ADHD, PTSD, and golf scores.

BY EDEN BROWN
THE CONNECTION



PHOTO BY EDEN BROWN/THE CONNECTION
Joanna Cameron in her living room.

Brock Harris says Joanna Cameron saved his life. When he lived in Arlington 10 years ago his neighbors were heavy smokers, as he was. One day, he noticed they weren't smoking any more. "How did you manage to stop?" he asked. "Joanna Cameron," they said.

Brock had struggled with quitting smoking for years. He thought he had quit many times, and each time, he'd go out with a friend and have just one, and then he'd have another, and soon he was smoking again. He had already tried every therapy available for smoking cessation. He had tried patches, the Phoenix Method. All of it. He called Cameron. In one 45-minute session of hypnosis, he was able to put smoking behind him.

Cameron is on a mission to hypnotize. She was one of the first female hypnotists in the business when she started 16 years ago. She started studying hypnotherapy because of a coincidence: she was seated next to a hypnotist on a long flight and started talking about her daughter, who had test anxiety and lack of focus. The hypnotist suggested she try hypnotherapy; her daughter had a session, and Cameron saw the results. She is now moving into new ventures aimed at making hypnosis — for entertainment and therapy — more established as an alternative way to deal with phobias, addiction, anxiety, and an unreliable golf score. "Someday", she said, "people will look back on our current 'pill obsession' where we put 8-year-olds on Xanax and Valium because they are anxious, and wonder: why did we do that when we could have just used hypnotherapy? Why we were so ignorant of the power of the brain? The trend is towards mindfulness and focus on positive results: and that's all hypnosis is ... really."

CAMERON is British by birth. She lives on the dividing line between McLean and Arlington. Her father was a shipbuilder, her mother, who died when Cameron was 24, of breast cancer, was an actress. Cameron was studying to be a doctor at St. Andrews University and was petitioning to do her Ph.D. in neuroscience when one professor pointed out she was a woman, and graduate placements in neuroscience were coveted and had to go to men because they were less likely to "go off and have a family." Cameron moved from her small village in Hampshire, England, to the U.S., stud-

ied, became a ski bum, went back to care for her dying mother, returned to the U.S., where she started a student travel business, married, and had a daughter. But she never lost her interest in neuroscience.

Cameron studied under the hypnotist Pat Collins. She now teaches others how to hypnotize, and says, based on YouTube hits and name recognition around the world, she is: "the most famous female hypnotist in the world." It was not easy. Many people continue to view hypnosis as just one step removed from the occult. But as she gained experience, she gained a following. She was based in Germany during the Iraq War and soldiers would come through after a tour of duty, many were wounded or suffering from PTSD. She would have a sign-up sheet at the military base and soldiers would sign up: she dealt with PTSD, smoking, depression — everything. She employs a desensitization technique to make the recovering soldiers stop seeing images that haunt them. She also teaches them to laugh, using stage antics done by people who are in a trance.

One curious, somewhat skeptical friend, after an experimental session with Cameron, wondered if she were really hypnotized; maybe she had just played along? Weeks later, she started watching a smoking cessation video by Cameron to see her YouTube portfolio. As Cameron counted backwards from five in her standard lead-up to the trance, the skeptic, wide awake at 10 in the morning, fell into a sound sleep for 60 seconds. "Yes!" shouted Cameron. "That's exactly what it's all about! You learn to self-hypnotize. To relax. To imagine your future in a positive way while feeling nothing but confidence and peace."

Cameron recently returned from a stint in Australia training 10 hypnotherapist candidates in stage hypnosis. Many of those whom she trains are looking for more confidence. She helps people let go of limiting beliefs. She says she has the best life in the world, with travel, staying in resorts when she entertains, and working with people who have given up hope of moving beyond a problem. She can get

SEE A MISSION, PAGE 7

Fairfax Water

NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

1. An increase in the Availability Charge from \$3,950 to \$4,100†.
2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
4. An increase in the Account Charge from \$36 to \$37.
5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
6. An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 110% to 104%.
11. A decrease in the Overhead Charge for Materials from 25% to 16%.
12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2015	2016
Personal Services & Employee Benefits	\$ 53,891	\$ 55,581
Power and Utilities	10,677	10,750
Chemicals	6,335	7,857
Purchased Water	6,717	6,090
Supplies and Materials	4,985	5,113
Insurance	1,017	1,050
Fuel	781	880
Postage	637	664
Contractual Services	9,930	10,422
Professional Services	1,146	1,046
Other	2,363	2,447
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
Total	\$ 88,810	\$ 92,284

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,417,000
Improvement Fund	\$11,000,000
General Fund	\$24,131,000

*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at http://fairfaxwater.org/current/public_hearing_2015_12_17.htm. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, December 16, 2015** to be included in the record of the public hearing.

OPINION

Fixing I-66

BY STEWART SCHWARTZ
COALITION FOR SMARTER GROWTH

We all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General Assembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

COMMENTARY

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways – again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And “if you built it we will come” — new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they hit Constitution Avenue in D.C. or exit onto

local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor’s proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017. The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still more growth 30 miles beyond D.C. and yet

Politics is getting in the way of long-term solutions.

more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have to drive.

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to have.

*Stewart Schwartz is executive director of the Coalition for Smarter Growth
www.smartergrowth.net*

Where Domestic Violence and Homelessness Meet

BY JOE MEYER
EXECUTIVE DIRECTOR & CEO
SHELTER HOUSE, INC.

What if you wake up one day in fear of your physical safety? What would you do if you had absolutely no access to any of your bank accounts? What if you found yourself completely isolated from your friends and family and had no resources? Unfortunately, these are the very real situations that victims of domestic violence find themselves in before they seek out support and shelter.

Shelter House, Inc. operates Fairfax County’s only 24-hour emergency domestic violence shelter, Artemis House. This past year, Artemis House increased its bed capacity from 34 to 42 trying to meet the needs of the 60-100 individuals who call the Artemis House hotline on a monthly-basis.

One recent Artemis House resident “had no access to the family account, credit/debit cards. [The abuser] did not even give her, as we often see, an ‘allowance.’ She could not even ask for feminine hygiene products. He made all the financial decisions and still accused her of stealing money,” says Suzanne Pigg, director of Artemis House.

Statistics show that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. Chances are you either have been or know someone who has been in a situation of domestic violence. And in 2015, 41 percent of adults in families who were homeless reported that it was because of domestic violence. This is an alarming increase from 33 percent in 2014.

Because of the overlapping circumstances of homelessness and domestic violence, Artemis House isn’t the only safe-haven for victims of domestic violence. Shelter House operates two other family shelters — Katherine Hanley and Patrick Henry Family Shelters, that house an overwhelming amount of homeless families who have also experienced and been affected by domestic violence. This is an addition to Shelter House’s transitional and permanent supportive housing services — programs that also see a large amount of cases where families are affected by domestic violence.

Why are so many families who are homeless affected by domestic violence? One big reason is 98 percent of domestic violence cases involve financial abuse. Many families who are homeless have experienced having an abuser control their access to accounts, imposing a strict allowance

of funds or coercing them into signing documents for loans or leases. The ways in which financial abuse occurs varies, but is consistent threat and serves as an effective and damaging way for an abuser to keep a victim under their control.

Domestic violence, and the homelessness that it can lead to, are not separate or isolated issues. They are intertwined issues that affect individuals and families and communities. It is up to us as a community to speak out against abusers and stand in solidarity with those who have been victim of domestic violence and financial abuse. Part of Shelter House’s outreach efforts this year have included participating in the Purple Purse Challenge, a national month-long awareness and fundraising campaign held in October aimed at promoting financial empowerment. But much like homelessness and domestic violence, our outreach does not end in October. Help us raise awareness and make an impact by visiting www.shelterhouse.org and find out ways you can get involved.

If you or someone you know is experiencing domestic violence, contact the 24-hour county hotline or Artemis House hotline to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940

LETTERS TO THE EDITOR

Board of Supervisors Promotes Right to Vote

To the Editor:

The League of Women Voters of the Fairfax Area (LWVFA) commends the Fairfax County Board of Supervisors (BOS) for their 2016 Legislative Program that includes specific requests in support of qualified Virginians’ right to vote.

The Legislative Program asks for “no-excuse” absentee voting and ex-

tended polling hours; legislation to find an appropriate balance between “maintaining integrity of elections” without interfering with the right to vote; examining effects of voter ID law before enacting any future voter ID laws. In addition, ...“reactions at the state and federal levels to the recent Supreme Court decision, striking down Section IV of the Voting

Rights Act which eliminated the requirement that changes to Virginia’s election laws be ‘pre-cleared,’ should be closely monitored. Additionally, the Legislative Program also requests greater state financial support for election administration.”

The LWVFA also commends the BOS for their foresight in recently purchasing new voting machines and

in training election staff to use them before the 2016 Presidential election.

The LWVFA will continue to lobby for the introduction and passage of bills that would increase voter participation in elections and would protect eligible Virginians’ constitutional right to vote.

Helen Kelly

League of Women Voters of the Fairfax Area

McLean
CONNECTION

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PEOPLE

A Mission: To Hypnotize

FROM PAGE 5

arachnophobes to comfortably touch a spider. Cameron says she loves to inspire people — especially young women. Cameron often starts off on the first night of a conference with a comedy show using her skills. She then does eight individual sessions, getting people to recreate their lives and literally “trance themselves” into a place where they can set up a better outcome subconsciously. She reminds her clients how they felt at the age of 7 or 8, before suffering that first loss of confidence. Her hope is to restore that feeling of power and optimism. “The core of my beliefs,” Cameron said, “is that people who wonder whether the glass is half empty or half full are missing the point: the glass is refillable.”

SHE LIKES to call herself the “Monty Python of Hypnotists” because of her silly British humor schtick. That is one of the reasons she stood before Simon Cowell last January in an audition for Britain’s Got Talent. She went through the somewhat devastating experience of being knee-capped by Cowell and his colleagues to bring the attention of the world to an oft misunderstood “science” of mind transformation. She wants to help legitimize a way of healing which she has found so enabling for so many, and to make people laugh, which is one of the things that gets her up in the morning.

Cameron is excited about a new gig, called HypnoJam, which takes her regularly to Nashville to rehearse with singer-songwriter Gabriel Redding — who has opened for Jason Mraz, Joan Jett, Boys Like Girls and Lady Antebellum, and plays over 30 instruments by ear. HypnoJam is a trance and dance audience participation show. Redding will musically accompany Trance

Lady’s hypnotic action on stage. Cameron says she has always wanted to hypnotize to music and when she and Redding perform together, she expects it to be very “Cirque du Soleil.”

“The Trance Lady” has produced over 100 YouTube videos on hypnosis, some of them self-help videos, some of them just fun recordings of a show she has done with wounded warriors. Some of her more interesting moments include: helping doctors perform surgery on a woman who was badly burned and needed a skin graft but could not have anesthesia because of an allergy. She hypnotized the woman using a CD that played her voice during the long operation. The patient never felt the pain, other than the pressure of the actual grafting. For other clients, she simply assists in an emotional release: a person can achieve much more once they have dismissed the self-limiting thought process or a habit of poor self-esteem.

Brock Harris said he saw Cameron as a kind of life coach. He had a stressful job in a family business and she would notice right away when he was stressed: she would anticipate issues, ask him how many times a week he was going to happy hour instead of the gym, then walk him through how to stop that. “It’s because of her that I have the life I have today,” he said. “I would never have been able to meet and have such a great relationship with my wife, or focus on my work in such a positive way. It sounds so simple, but by focusing on what is good, and learning how to breathe deeply, I can keep my Type A personality in balance. You have no idea how liberated I feel.” Did he ever have any doubts about hypnosis or whether it was really what changed him? “No,” Brock said, “because I see it working every day.”

To learn more, visit www.joannacameron.com.

McLean/Dolley Madison Office, Top Associates Recognized for October Sales

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

Callander can be reached in Weichert’s McLean/Dolley Madison office located at 1313 Dolley Madison Blvd., or call 703-760-8880 for more information.

Green also announced that sales associate Louise Molton of the McLean/Old Dominion office was individually recog-



J.D. Callander



Louise Molton

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Merry and Fit

BY MARILYN CAMPBELL
THE CONNECTION

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill.

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Year's Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is

an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

Before developing a schedule, there needs to be an acceptance by group members that the season will likely have an impact on

one's diet and ability to exercise, said Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow through a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when we offered nutrition seminars and then had a

potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge," said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling."

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's ok to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

Support groups help members maintain fitness during the season of indulgence.




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WEEK IN MCLEAN

Colonial Wassail at the Claude Moore Farm

The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean, is hosting Colonial Wassail on Sunday, Dec. 13, 1-4 p.m. In the dead of winter the Claude Moore Colonial Farm's apple trees need encouragement to bear well in the coming year. Gather in the Farm's orchard to wassail the trees with singing, dancing and chants to ensure a "howling crop." Enjoy hot spiced cider, sugar cakes, a roaring bonfire and 18th-century games. Great family and group holiday event.

Regular admission: Adults: \$3; children 3-12 and seniors: \$2; children under 3: complimentary admission. Free parking. Directions at www.1771.org. Weather permitting.

Meet the Artists at 1st Stage

1st Stage hosts the work of Dennis Crayon and Susan La Mont as the featured artists during the run of "Harvey," now on stage. Their work can be viewed in the front lobby gallery at 1st Stage until Dec. 20. Visual artists' work is displayed to correspond with each production in the season and enhances the theater-going experience.

Dennis Crayon is an award-winning artist who has shown his work in both New England and the Mid-Atlantic states. **Susan La Mont** has a BFA from Pratt Institute, a graduate degree in Illustration from Syracuse University and a doctorate in higher education.

Patrons of the theater and others can meet the artists at a wine and cheese reception on Dec. 5 from 5:30-7:30 p.m. That day will include "Harvey" performances at 2 and 8 p.m. General admission tickets for season productions are \$30. Senior (65+) tickets are \$26 and student/military tickets are \$15. Subscriptions and Flex Passes are available for savings of up to 30 percent off regular price tickets. Tickets, Subscriptions, and Flex Passes can be purchased online at www.1ststagetysons.org or by calling the box office at 703-854-1856.

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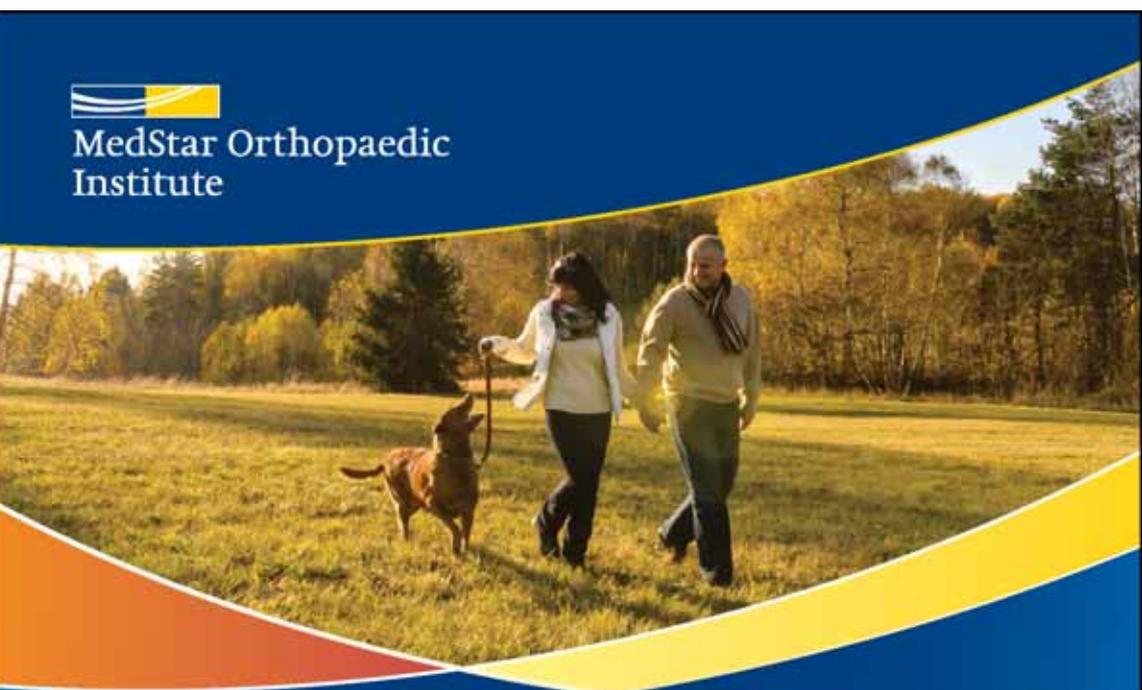
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CALENDAR

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

ONGOING

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

"Harvey." Check for show times. Nov. 12-Dec. 20. 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.1ststageTysons.org. 703-854-1856.

Great Falls Decorating Contest. Through Dec. 22. Bring out your lights, bows, tinsel, inflatables and everything festive to help light up the holidays in town. Submit pictures of your business, organization or neighborhood to info@celebrategreatfalls.org and then vote for your favorites on our website. Voting runs through Dec. 22. www.celebrategreatfalls.org.

53rd Annual James A. Bland Contest. Through Monday, Feb. 15. Vienna Lions Club invites elementary and high school vocalist and instrumentalists to present a song or piece for cash prizes. For information and application, contact Susan Stiles at sandcs89@yahoo.com or 703-938-1142.

Vienna Lions Club Christmas Tree Sales. Weekdays noon-8 p.m.; Saturdays & Sundays 10 a.m.-6 p.m. Through Dec. 17. Walgreen's lot, 225 Maple Ave East, Vienna. Help the Lions help the youth, vision- and hearing-impaired of our community. Fresh, live, beautiful Christmas trees, wreaths, roping, Virginia peanuts, extra-large coloring books all for sale at the best prices in Town.

Dennis Crayon and Susan La Mont Exhibit. Through Dec. 20. 1st Stage, 1524 Spring Hill Road, Tysons Corner. View the works of two accomplished artists while attending a performance of "Harvey." www.1ststageTysons.org. 703-854-1856.

Nutcracker Tea. 10 a.m. and 1 p.m. Dec. 12 and 19. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Delight in a contemporary twist on the beloved holiday classic by the South Riding Dance School while you enjoy afternoon tea, petite sandwiches and pastries. All children will go home with a nutcracker doll. \$79 per person. www.ritzcarlton.com/tysons. 703-748-4068.

Enchanted Forest Tea. 11 a.m. and 2 p.m. Dec. 6, 13, 20. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Watch a dazzling performance by the South Riding Dance School as the Snow Fairy strives to save the woodland ballerinas from the Icicle King, whom is trying to freeze over the forest. Enjoy afternoon tea, petite sandwiches and pastries. \$79 per person. www.ritzcarlton.com/tysons. 703-748-4068.

WEDNESDAY/DEC. 2

Eric Hutchinson. 8 p.m. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Singer/songwriter Eric Hutchinson takes the stage with radio favorites, including "Rock & Roll" and "Watching You Watch Him" and more and performs his foot-



PHOTO CONTRIBUTED

Langley High School's award-winning choirs, including the Madrigals and the Women's Chamber Choir, present a fun-filled, educational, Renaissance-style dining and musical event on Dec. 4 and 5.

Langley High Choral Department Presents Renaissance Feaste

The Langley High School Choral Department will present its annual Renaissance Feaste on Friday, Dec. 4, and Saturday, Dec. 5, at 7 p.m. at Capital Church, 10233 Leesburg Pike, Vienna. Tickets for adults are \$30 and student tickets are \$20.

Langley High School's award-winning choirs, including the Madrigals and the Women's Chamber Choir, present this fun-filled, educational, Renaissance-style dining and musical event each December. The holiday celebration features jest-

ers, minstrels, costumed servers, and musicians in a festive "Greate Halle" environment. Modeled after a gathering of sixteenth-century nobility, the event offers period-appropriate entertainment and traditional madrigal songs such as "Deck the Halls," "Gloucestershire Was-sail," "Good King Wenceslas" and "Masters of this Hall."

For more information and to buy tickets for the Renaissance Feaste, visit www.langleychorus.com.

tapping brand of pop and rock. Tickets: \$22 advance; \$25 day of. For more information, visit <http://www.wolftrap.org/tickets/calendar/performance/1516barns/1202show15.aspx> or call 703-255-1900.

Nature Night. 5:30-9:30 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Visit with the naturalist and his reptile and amphibian friends. <http://winterwalkoflights.com>. 703-255-3631.

THURSDAY/DEC. 3

Holiday Homes Tour. 10 a.m. - 3 p.m. Lewinsville Road, McLean. The four homes are all large, elegant houses on half- to one-acre lots and are easily accessible from Lewinsville Road and other local arteries. Each house will be decorated with the holidays in mind and will highlight family life in McLean. www.mcleanwc.org.

Face Painting. 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Children will enjoy festive snowflakes, snowmen and other holiday face painting images. Free. <http://winterwalkoflights.com>. 703-255-3631.

Annual Champagne Tasting. 7:30-9 p.m. The Vineyard, 1445 Laughlin Ave., McLean. As always, there will be over 20 of our favorite sparkling wine and Champagnes available to try so you can find the perfect bottle for your New Year's celebration. \$30. RSVP at 703-288-2970 or info@thevineyardva.com.

THURSDAY-SATURDAY/DEC. 3-5

"She Kills Monsters." 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. TheatreMcLean, the recently renamed award-winning theatre department at McLean High School, launches its new season by entering into the fantasy role playing realm of Qui Nguyen's "She Kills Monsters." This show marks the first production directed by new theatre faculty members Chip Rome and Phillip Reid. \$12-\$15. Mature audiences. visit <https://sites.google.com/site/theatremclean/>.

FRIDAY/DEC. 4

An Acoustic Evening with Over the Rhine. 8

p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Founded Over the Rhine in 1991, music of the duo singers Linford Detweiler and Karin Bergquist is marked by literary influences by Lewis, Dylan Thomas, and T.S. Eliot. Detweiler and Bergquist released albums and have performed with Bob Dylan, Ani DiFranco and others. Tickets: \$25-\$28. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

Happy Holidays from Rocknoceros. 10:30 a.m. Jammin' Java, 227 Maple Ave. East, Vienna. Happy Holidays from Rocknoceros is a musical "Norman Rockwell" that captures the essence of the procession of holidays that punctuate each year with a festive exclamation point. \$5. www.jamminjava.com.

FRIDAY-SATURDAY/DEC. 4-5

Annual Renaissance Feaste. 7 p.m. Capital Church, 10233 Leesburg Pike, Vienna. Journey back to Merrie Olde England for a festive evening of Renaissance-style dining and musical entertainment. Enter the Greate Halle for a spectacular holiday celebration featuring costumed servers, jesters, minstrels, musicians and the Langley Madrigals. Reservations required. Go to <http://www.langleychorus.com/monthly-calendar/> to find out how to reserve your spot.

FRIDAYS/DEC. 4 & 18

VBA Lead Share Breakfast. 7:30-9 a.m. American Legion, Post 180, 320 Center St, Vienna. Fee for breakfast required. Any questions, contact Linda Christ at Linda@LindaAChrist.com.

SATURDAY/DEC. 5

Holiday Open House. 1-4 p.m. Brightview, 10200 Colvin Run Road, Great Falls. Join the Brightview Great Falls community in ringing in the Winter Season! Enjoy the decorations, music, refreshments and good cheer.

Wolf Trap Holiday Sing-A-Long. 4 p.m. Filene Center, Wolf Trap, 1645 Trap Road, Vienna. This annual musical celebration hosts a performance by the United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with choir and vocal groups from the metropolitan Washington area. Bring a candle and join the tradition of exiting the Filene Center with a candlelight procession during the last verse of "Silent Night." Free admission. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

Artist's Reception, Public Welcome. 3-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Former Corcoran docent Ralph Dashner describes the printmaking techniques that led to his 23-piece exhibit, "Truth and Beauty: Fine Art Prints in the Digital Age." The exhibit will be on display through December. Free. DashnerFineArts@gmail.com.

Artist Reception. 5:30-7:30 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. View the works of two accomplished artists while attending a performance of "Harvey." www.1ststageTysons.org. 703-854-1856.

SEE CALENDAR, PAGE 11

Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE:</p> <p>Saturday Vigil: 5:30 PM Sunday: 7:30, 9:00, and 11:00 AM 1:30 PM Spanish Liturgy</p>	<p>DAILY EUCHARIST:</p> <p>Weekdays Monday-Friday, 8:30 AM Saturday, 8:30 AM</p>
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THE CONNECTION
NEWSPAPERS

CALENDAR

FROM PAGE 10

SATURDAY-SUNDAY/DEC. 5-6

Great Falls HolidayFest. 10 a.m.-5 p.m. Sunday, 10 a.m.-6:30 p.m. Great Falls Grange and the Old Schoolhouse, 9818 Georgetown Pike, Great Falls. Shopping, art, food, lights, crafts. Noon-4 p.m. Santa will be at the Old Schoolhouse for pictures. On Sunday, 4:30-6:30 p.m. will be the **Celebration of Lights**, which will have hot cider and cocoa, Yule log, choral groups, petting zoo, pony rides, live nativity scene and the arrival of Santa and Mrs. Claus by antique fire truck. Town Christmas tree will be lit. Free. www.GreatFallsStudios.com.

MONDAY/DEC. 7

Lowland Hum. 7:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. Indie-folk duo Lowland Hum have released their self-titled sophomore album. They were also recently featured on NPR's All Songs Considered, where the song "Olivia" was premiered. \$12. www.jamminjava.com.

Bouncing Babies. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join for an early literacy enhanced storytime featuring rhymes, stories and songs. Birth-12 months with adult. 703-356-0770.

TUESDAY/DEC. 8

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. December title is "The House on Mango Street" by Sandra Cisneros. Adults/older adults are welcome. 703-356-0770.

Cas Haley (with Collin Houser). 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. Cas has teamed up with Jimmy Buffet's label Mailboat Records to release his new album More Music More Family. The album celebrates his return to music after an injury induced hiatus and explores the importance of family and positivity. \$12. <http://jamminjava.com/event/944953-cas-haley-vienna/>.

THURSDAY/DEC. 10

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Each month we will read a book and participate in activities and crafts related to the story. You do not need to read the title in advance to participate. Grades Kindergarten-2. 703-356-0770.

FRIDAY/DEC. 11

Mayor and Town Council's Holiday Reception. 4-6 p.m. Town Hall, 127 Center Street, South, Vienna. Everyone is invited to celebrate the holidays with the Vienna Town Council at the Annual Holiday Reception at Town Hall. Free. 703-255-6304.

VBA Holiday Lunch. 11:30 a.m.-1:30 p.m. American Legion, Post 180, 330 Center St. N, Vienna. Come join for lunch and Good old-fashion holiday sing-a-long! Fees: \$20 VBA members and if RSVP by Dec 9; \$25 future members if RSVP by Dec. 9. Reservations highly recommended. 571-550-2483.

SATURDAY/DEC. 12

Traditional Holiday Tale, "A Christmas Carol." 1 and 4 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Perhaps the best loved holiday story of all time, Theatre IV's adaptation of Charles Dickens' classic is particularly suited to children. \$10, \$15. <http://mcleancenter.org/alden-theatre>. 703-790-0123.

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SPORTS

Langley Girls' Basketball in Search of Championships

Saxons graduated one starter from team that won 21 games.

BY JON ROETMAN
THE CONNECTION

Langley girls' basketball coach Amanda Baker said her team exceeded expectations last season after the Saxons won 21 games, reached the Conference 6 tournament final and advanced to the region quarterfinals.

This year, Langley has its sights set on bringing home some hardware.

"Our primary goal this year," Baker wrote in an email, "is to position ourselves to compete for championships this postseason."

Langley hasn't won a conference/district championship since 1988.

Langley graduated just one starter from a team that won 17 of its first 18 games last year, including a victory against eventual region runner-up Madison. The Saxons split their two regular-season meetings with the Warhawks before losing to Madison 32-28 in the conference championship game.

Defense was Langley's calling card last year. The Saxons allowed an average of 36 points per contest, and held opponents to 40 or fewer points in 16 of 26 games.

"Defense will always be a huge focus of the program," Baker said. "We have spent a lot of time already on making sure our defensive principles are sound. We expect that we will continue to improve on it each week and play with a great deal of pride all season."

While defense remains a focus for Langley, the Saxons are also looking to improve at the offensive end. Senior guard Paige Galiani led the team in scoring as a junior, averaging 16 points per game while knocking down 60 3-pointers and shooting 80 percent from the free-throw line. Galiani's 19 points accounted for more than half of Langley's offensive production during the Saxons' season-ending 47-37 loss to West Springfield in the regional tournament.

"We expect Paige to have her best season this year as a senior," Baker wrote. "She put in a tremendous amount of time this offseason working on new ways to score and on how to be an even more effective playmaker. Paige has really stepped up her leadership role this year, being more vocal and being a huge source of energy that the team feeds off of."

Several Saxons appear ready to pick up the scoring slack, including sophomore point guard Jordyn Callaghan, who enters her second varsity season.

"Jordyn has always been a steady ball handler and distributor," Baker wrote, "but this year we will be looking for her to be more aggressive in looking for her own scor-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Paige Galiani was the Langley girls' basketball team's leading scorer last season.

ing opportunities.

Junior guard/forward Ariana Aulisi and senior guard Lizzy Shamloo are also expected to be key contributors.

"Ariana Aulisi and Lizzy Shamloo are both positioned to have really strong seasons this

"Our primary goal this year is to position ourselves to compete for championships this postseason."

— Langley girls' basketball coach Amanda Baker via email

year," Baker wrote. "Ari, entering her junior season, is a matchup nightmare and Lizzy is playing her best basketball at the start of her senior season. Both players look very confident and will round out a balanced scoring attack."

Galiani, Callaghan, Aulisi, Shamloo and senior center Stephanie Sipple compose the projected starting five.

"We lost several role players who brought energy to the floor and off the bench," Galiani wrote in an email. "However, I believe that the skill has improved all around as many players were training hard in the offseason. In order to be better than last year we need players to step up to fill those motivating roles. ..."

Langley opened the season on Tuesday against Osbourn, after The Connection's deadline. The Saxons will travel to face Edison at 7:15 p.m. on Thursday, Dec. 3.

Madison Moves Forward Without Graduated Koshuta

Warhawks turn focus to talented guards, up-tempo style.

BY JON ROETMAN
THE CONNECTION

During her high school career, Kelly Koshuta was 6 feet, 2 inches of low-post dominance.

As a senior, she averaged a double-double and earned first-team all-state honors while leading the Madison girls' basketball team to the Conference 6 championship, a region runner-up finish and a trip to the state tournament. She finished with 33 points and 19 rebounds during a region semifinal victory over Chantilly, at one point scoring 19 straight points for the Warhawks. She totaled 32 points and 11 rebounds in an overtime loss to Cosby in the state semifinals.

Koshuta graduated in 2015 and is now a freshman on the Virginia Tech women's basketball team. How do the Warhawks deal with the loss of their go-to scorer?

"I think we're still trying to figure that one out," head coach Kirsten Stone said.

While Madison no longer has Koshuta, the Warhawks do have a group of talented and experienced guards that can excel in a more



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Senior guard Alexis Hermes, seen during last season's state tournament, is one of Madison's top returning players.

up-tempo style of play. Seniors Aidan McWeeney and Alexis Hermes, and junior Morgan Simpson were key contributors last season and figure to have Madison once again competing for the conference championship.

"We're going to run more of a guard of-

"Losing Kelly is losing 20 points per game and 12 rebounds and how do you make up for that? But losing Kelly [also means] we can run and gun and press a little bit."

— Madison girls' basketball coach Kirsten Stone

fense and five-out and try to put some pressure on some people," Stone said. "... Losing Kelly is losing 20 points per game and 12 rebounds and how do you make up for that? But losing Kelly [also means] we can run and gun and press a little bit."

McWeeney enters her fourth varsity season. Stone referred to McWeeney as "my stability."

"Aidan's a great leader and player," teammate Hermes wrote in an email. "It's been a pleasure playing alongside her these past four years and I hope to make the most of this last one."

Hermes led the Warhawks with 13 points in their region final loss to Oakton last season,

and scored 10 points in the state semifinals.

"Alexis and I have been playing basketball together through Vienna since fifth grade," McWeeney wrote in an email. "She is a great teammate and a good friend. Her quickness and strong ability to attack and finish at the basket make her a very dynamic player and very important to our team."

Simpson transferred from Bishop O'Connell to Madison last season and enters her second season with the Warhawks.

"Morgan will lead on the court, Aidan tends to lead off the court," Stone said. "Alexis is a lead-by-example [player]. I think they all have their role on the team."

Junior guard Megan Miskell and senior forward Megan Torres are also expected to start.

Madison opened the season on Tuesday against Oakton in a rematch of last season's 6A North region championship game, after The Connection's deadline. The Warhawks will host Osbourn at 7 p.m. on Friday, Dec. 4 and will travel to face Wakefield at 7 p.m. on Monday, Dec. 7.

"We're all quick and have versatile skills on offense," Hermes wrote. "Nearly all of us are able to guard different types of players on defense. People will probably be doubtful of us this season since we lost our leading scorer, so we'll need to work harder than ever to show them we're just as capable this year."

Homes Tour

FROM PAGE 3

Sharper family. The collection is an excellent representation of everyday life of a Northern Virginia agrarian community.

THERE ARE TWO OPPORTUNITIES to tour Historic Pleasant Grove this holiday season. On Thursday, Dec. 3, the Church will be open from 9:30 a.m. to 3:30 p.m. as part of the McLean Woman's Club's 49th Annual Holiday Homes Tour and Boutique. The 2015 Tour features four grand homes in three west McLean neighborhoods: the McLean Hundred, Woodside Estates and Millwood. The Boutique will feature a variety of gifts, beverages, baked goods,

tour tickets and a silent auction. All proceeds of the tour and Boutique will go to local charities and nonprofits. The Annual Historic Pleasant Grove Church Christmas Carol Sing is planned for Sunday, Dec. 6, at 3 p.m.

Tickets for the tour are on sale for \$25 at Mesmerelda's in the Salona Village Shops and other local vendors. For more information: call 703-556-0197 or visit www.mcleanwc.org. For more information about the Friends of Historic Pleasant Grove Church please visit www.historicpleasantgrove.org.

❖ *The historical information for this blog is directly attributable to Friends of Pleasant Grove brochure and various old McLean Connection and McLean Patch newspaper articles.*

FAITH NOTES

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

Celebrate Advent and Christmas at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Weekly worship is Sundays at 8:30 and 10:30 a.m.; Wednesdays at noon. Holiday events include:

Sunday, Dec. 13, Children's Musical, 10:30 a.m. service.

Sunday, Dec. 20, Lessons and Carols, 10:30 a.m. service.

Thursday, Dec. 24, Christmas Eve, 5 p.m. family service; 8 p.m., Candlelight and Communion; 11 a.m., Candlelight and Communion. www.imtrinity.org.

Chancel Choir, children and youth of the Great Falls United Methodist Church invite you to join them for worship as they offer "Welcome to Our World," a musical for Christmas written by Claire Cloninger and Robert Sterling on Sunday, Dec. 13 at 10 a.m. The musical includes traditional carols, newer praise songs and original material.

Robert R. "Mitch" Mitchell, Director of Music Ministries at Great Falls UMC, former U.S. Army Bandsman, and local area Piano teacher/freelance Musician will be conducting the choir and narrators. Church keyboardist Thomas Pandolfi will be accompanying the musical. Great Falls United Methodist Church is located at 10100 Georgetown Pike, right next to the Fire Station in the center of the village. All are welcome.



Transform 66 Inside and Outside the Beltway Projects Public Meeting

**Tuesday, December 8, 2015
6:00 – 8:00 p.m.**

George Mason High School Cafetorium
7124 Leesburg Pike, Falls Church, VA 22043

You are invited to share your input on the Transform 66 Inside and Outside the Beltway projects during a public meeting held by the Commonwealth Transportation Board (CTB). The public will have the opportunity to provide formal comments to CTB members or to the court reporter.

Individuals offering public comment will be asked to limit their remarks to not more than three minutes. Organizations or associations may be asked to select one individual to speak for the group. All attendees will have the opportunity to provide their comments to the court reporter.

If you cannot attend the meeting, you may provide your comments at any time online at Transform66.org, by email to Transform66@VDOT.Virginia.gov, or by mail to the VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030 (Attention: Amanda Baxter for Transform 66 Inside the Beltway or Susan Shaw, P.E., for Transform 66 Outside the Beltway).

About the Transform 66 Projects:

I-66 Inside the Beltway involves converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that benefit the toll users of I-66.

I-66 Outside the Beltway involves building two express lanes and three regular lanes in each direction, new bus service and other multimodal improvements such as new and expanded park and ride lots along I-66 between U.S. Route 15 in Haymarket and I-495.

The Commonwealth of Virginia ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

Transform 66 Inside the Beltway

State Project Number: 0066-96A-358, P101 UPC: 107371

Transform 66 Outside the Beltway

State Project Number: 0066-96A-297, P101
Federal Project: NH-066-1(300) UPC: 105500
UPC: 105500

Fairfax Water

INDUSTRIAL PROPERTY NEEDED

We are seeking expressions of interest from owners of industrial-zoned property located in Fairfax County between the City of Falls Church and the City of Fairfax, or within either City, who are or may be interested in selling their property. The desired property must have several specific attributes and features to meet Fairfax Water's needs. At a minimum, however, any property must meet at least the following criteria:

- 1) Have I-5 or I-6 zoning in Fairfax County or the equivalent zoning in the City of Fairfax or Falls Church
- 2) Be at least 3 to 4 acres in size. If the parcel(s) have split zoning, at least 3 to 4 contiguous acres, must be zoned I-5 or I-6 or an equivalent zoning.

Fairfax Water will consider expressions of interest from multiple owners of contiguous properties meeting these criteria and totaling at least 3 to 4 acres, however all owners must express interest in selling.

If you are an owner of property meeting these criteria, please send the following information to Fairfax Water, to the attention of Ms. Jamie Hedges, Director, Planning and Engineering by **December 29, 2015**.

Information for submitting an expression of interest:

- Name(s) of property owner(s)
- Contact information for property owner(s)
- Signed statement of interest of property owner(s)
- Parcel identification number(s)
- Street address of property(ies)
- Jurisdiction (Fairfax County, City of Falls Church, or City of Fairfax) in which the property is located
- Current zoning and parcel size
- Identification of any existing land use restrictions (e.g. special exceptions, proffers, utility easements, floodplain, etc.)

PLEASE SUBMIT EXPRESSIONS OF INTEREST BY DECEMBER 29, 2015, TO:

Jamie Bain Hedges, P.E.
Director, Planning and Engineering
Fairfax Water
8570 Executive Park Avenue
Fairfax, VA 22031

FOR MORE INFORMATION, VISIT:

WWW.FAIRFAXWATER.ORG/ABOUT_US/PROPERTY.HTM

Or email to: jhedges@fairfaxwater.org

Slippery Hope



By KENNETH B. LOURIE

As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement – or fluid increase – changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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 The Burke Connection
 The Fairfax Connection
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Zone 3: The Alexandria Gazette Packet
 The Mount Vernon Gazette

Zone 4: Centre View North
 Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
 The Vienna/Oakton Connection
 The McLean Connection
 The Great Falls Connection

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

Courthouse Road, Suite 130, Vienna. Join us each month to plan for the Job Shadow Program, Chamber Stars, and other educational programs. Registration required at <http://business.tysonschamber.org/events/details/youth-education-committee-meeting-12-09-2015-2957>.

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-William Van Horne

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DC RICHMOND
Passenger Rail Improvement Alternatives Presented

Join the Virginia Department of Rail and Public Transportation (DRPT) Dec. 8, 9, or 10, from 5:00 to 7:30 p.m. for public meetings where you can offer your input on reasonable alternatives to improve intercity passenger rail between Washington, D.C. and Richmond, VA. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. All comments received by Friday, Jan. 8, 2016 will be considered in the alternatives review process. For more information, meeting locations, and comment forms, visit: www.DC2RVArail.com.

DRPT
Virginia Department of Rail and Public Transportation

THROUGH SATURDAY/DEC. 12.

Wish List Project. Take a look at the wish lists and take this opportunity to spread some cheer this December. Wish List Angels directly help families in area shelters, alternative housing and children in foster care. Make wishes come true by signing up to sponsor a child's wish. Find out how at <http://wishlistangels.com/>.

THURSDAY/DEC. 3

McLean Children's Academy Registration Open House. 9:45-11:30 a.m. 6900 Elm St., McLean. This is for registration for 2015/16 School Year as well as for next Fall, 2016/17. Please bring your child and come tour the school. www.childrensacademy.com. 703-734-2353.

SATURDAY/DEC. 5

Recycling at Northside Property Yard. 8 a.m.-2 p.m. Northside Property Yard, 600 Mill Street NE, Vienna. Drop off used motor oil, antifreeze and car batteries. 703-255-6300.

BASIS Independent McLean PreK-5th Grade Curriculum Session. 9:30-10:30 a.m.

Sheraton Tysons Hotel 8661 Leesburg Pike, Vienna. BASIS Independent McLean is a PreK-12 school opening in Tysons Corner in Fall 2016. The Curriculum Session will provide an in-depth look into our curriculum for Preschool-5th grade. Students are welcome to attend. Registration required at <http://mclean.basisindependent.com/signup/info-session-sign-up>.

BASIS Independent McLean 6-12th Grade Curriculum Session. 11 a.m.-noon.

Sheraton Tysons Hotel, 8661 Leesburg Pike, Vienna. BASIS Independent McLean is a PreK-12 school opening in Tysons Corner in Fall 2016. The Curriculum Session will provide an in-depth look into our curriculum for 6th-12th grades. Students are welcome to attend. Registration required at <http://mclean.basisindependent.com/signup/info-session-sign-up>.

MONDAY/ DEC. 7

Town Council Work Session. 8-10:30 p.m. Town Hall Council Chambers, 127 Center Street South, Vienna. Town Council work sessions are open to the public and citizens are encouraged to attend. 703-255-6300. <http://www.viennava.gov/index.aspx?nid=371>.

GFCA Land Use and Zoning Committee Meeting. 7:30 p.m.

Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Discussion of several land use issues. The primary purpose of the meeting is to consider the rezoning application for a portion of the former Hill's Nursery.

TUESDAY/DEC. 8

Rotary Club Meeting. Noon-1:15 p.m. Fellowship Hall of the Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Carrie Hessler-Radelet, director of the Peace Corps, will address the club at its meeting on Tuesday, December 8, 2015. Hessler-Radelet will speak briefly about the history of the Peace Corps and more extensively about the Peace Corps current activities. Free. www.mcleanrotary.org.

WEDNESDAY/DEC. 9

Planning Commission. 8-10 p.m. Town Hall, 127 Center Street, South Vienna. 703-255-6341.

TUESDAYS/DEC. 8, 15, 22

TIPS I: Lead Sharing & Networking at Fleming's. 12:15-1:30 p.m. Fleming's Prime Steakhouse and Wine Bar, 1960A Chain Bridge Road, McLean. Free to join, \$16 for lunch. Contact Peter Himmelberger, Travel Cruise and Tour, 703-496-4125 or pimmelberger@travelcruiseandtour.com.

WEDNESDAY/DEC. 9

Youth and Education Committee Meeting. 9:30-10:30 a.m. LearningRx, 8321 Old

THURSDAY/DEC. 10

Town/Business Liaison Commission. 7 p.m. Town Hall, 127 Center Street, South, Vienna. 703-255-6341.

New and Prospective Member Orientation. 11:30 a.m.-1 p.m.

Tyson's Chamber of Commerce, 7925 Jones Branch Drive Suite LL210, Tysons. If you are a new Chamber member or are considering joining the Chamber, or have been a member and want to learn all the new and exciting things we're doing, this will be time well spent, guaranteed! Join for a catered lunch by Silver Spoon Catering as you learn more about the Chamber and how to make the most of your membership through the various events, committees, member to member benefits and marketing opportunities. Registration required at <http://business.tysonschamber.org/events/details/new-and-prospective-member-orientation-12-10-2015-2901>.

SATURDAY/DEC. 12

Understanding the Tax Code. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Phil Gaudiano, CPA presents a program on tax updates that highlights any recent changes to the tax law. Covered topics will include the Affordable Care Act, repair & maintenance regulations, business expense deductions, and various credits. Adults/older adults are welcome. 703-356-0770.

MONDAY/DEC. 14

Town Council Meeting. 8-10:30 p.m. Town Council Chambers, 127 Center Street South, Vienna. All Town Council meetings are open to the public and individuals are invited to attend and provide their input. 703-255-6300.

TUESDAY/DEC. 15

Emerging Leaders Council Meeting. 8:30 a.m.-9:30 a.m. 7925 Jones Branch Drive Conference Room, Tysons. Want to create instrumental partnerships, be viewed as a leader and become a voice in the boardroom? Join for the council meeting. Any question, contact at sbrown@tysonschamber.org.

WEDNESDAY/DEC. 16

Women's Leadership Council. 9:30-10:30 a.m. 7925 Jones Branch Drive Suite TBD, Tysons. join us for a one hour informational/planning meeting about upcoming events sponsored by Women's Leadership Council. Any question, contact Carla Doyle at 443-909-8665.

THURSDAY/DEC. 17

Community Enhancement Commission. 7:30 p.m. Town Hall, 127 Center Street, South Vienna. 703-255-6360.

MONDAY/DEC. 21

Alden Theatre Usher Event. 5:30-6:30 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Want to be a part of the arts? Learn how you can become an usher at The Alden. www.mcleancenter.org. 703-790-0123.

ONGOING

Blanket and Children's Winter Coat Drive. Nov 7-Dec. 5. Region-wide effort to help more than 4 million refugees fleeing from Syria and Iraq due to ISIL and civil war violence. Gently used blankets and children's winter coats will be collected at various locations throughout Northern Virginia and will be shipped to refugees who have fled to Turkey. www.helpsyrianrefugees.us

Food Drive for CHO. Places vary. Please help CHO to help others in our area. All food contributions greatly appreciated. CHO is making plans for the holidays. Please bring new unwrapped gifts for children and teens to Vienna Presbyterian Church, 124 Park St., NE, Vienna, on Dec. 11 between 9 a.m. and noon. Questions? Contact at cho@cho-va.com.



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 Featuring 7BR and 6.5 baths, this GORGEOUS property includes sparkling hardwood floors; state-of-the-art technology for light, heating & sound controls; perfect living & formal dining room spaces with plantation shutters; easy-flow open concept floorplan; DREAM gourmet island kitchen w/ granite/stainless steel plus breakfast area; walkout to outdoor deck; main level BR suite-great for au-pair or in-laws; fabulous owner's suite with breathtaking luxury bath; huge walkout lower level with media room, bedroom and full bath!



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 (703)801-4771 (Cell)
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