Quarterback Promotes ‘Phones Down. Touchdown.’ Initiative

“I think the temptation is strong, and that’s why we need a positive campaign like ‘Phones Down. Touchdown.’ To be able to increase the peer pressure and make it clear that it’s not OK to drive distracted,” Washington Redskins quarterback Kirk Cousins said during a Q-and-A after the press conference in McLean.

‘Unguarded’ at Langley High

Preventing Underage Drinking During the Holidays

Wellbeing, Page 10
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Washington Redskins starting quarterback Kirk Cousins answers questions from the media during a press conference for the campaign’s kickoff on Nov. 29. Drivers who share the “Phones Down. Touchdown...” graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the 495 and 95 Express Lanes.

Quarterback Promotes ‘Phones Down. Touchdown.’ Initiative

Redskins’ quarterback urges region to put phones down while behind the wheel.

By Fallon Forbush

Washington Redskins starting quarterback Kirk Cousins kicked off the “Phones Down. Touchdown,” safe driving campaign in McLean to spread awareness of the dangers and consequences of using cellphones while driving.

“I’ve made a career out of playing offense playing quarterback,” Cousins said during the press conference. “When I’m behind the wheel, I drive defensively. I don’t text or look at my phone while driving because it’s dangerous. No text or phone is worth risking your life or the lives of others.”

Texting for just five seconds behind the wheel is like driving blindfolded across an entire football field, he said. “If I get sacked in a game, I can get back up and move onto the next play—for the entire football field, he said.

“I can assure you that if a Virginia state police trooper observes you texting while driving or determines that your texting caused a crash, then you will be cited,” he said.

Fairfax County has not been immune to the epidemic. “In 2016 year-to-date, [Fairfax County is] at 35,000 crashes approximately and 29 percent of those have been attributed to distracted driving,” Cpt. Bob Blakley, commander of the Fairfax Division of the Virginia State Police, said during the press conference. “It is a real problem and it is one that affects us every day.”

“Distracted driving has become an epidemic and one too many people are too willing to accept as the norm, and too many people are willing to be a part of the problem rather than be the solution,” he said.

“By the solution I mean ignore the phone, and that’s even hard for me to do I’ll admit, but I try to do it.”

If drivers fail to ignore their phones while driving, De Ford said that he and his officers will not be ignoring them.

“If I get sacked in a game, I can get back up and move onto the next play—for the entire football field,” Cousins said during the press conference.

“It’s a combination of aggressive enforcement’s not the answer to the problem. It’s a combination of aggressive enforcement but more importantly a huge education and awareness campaign. This is what will truly make the difference.”

That’s more than 10,000 car accidents so far this year due to distracted driving, and even more citations.

POLICE OFFICERS have issued more than 13,000 citations to drivers in the county for distracted driving, Blakley said. But Blakley said enforcement alone is not the answer to the problem.

“It’s a combination of aggressive enforcement but more importantly a huge education and awareness campaign,” he said. “This is what will truly make the difference.”

He encouraged the public to take the time to take the campaign’s pledge at www.phonedowntouchdown.com and to talk about their experiences with texting while driving.

The “Phones Down. Touchdown.” Campaign is sponsored by Transurban, which manages and develops toll road networks in the U.S. and Australia. The company, which hosted the press conference at its McLean office, operates the 495 and 95 Express Lanes in Northern Virginia.

According to Mike McGurk, a spokesperson for Transurban, drivers who share the “Phones Down. Touchdown.” graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the Express Lanes. A new winner will be selected every week throughout December and January.

By Fallon Forbush/The Connection

Photos by Fallon Forbush/The Connection

Photo courtesy of the Office of Supervisor Cook

McLean Connection  December 7-13, 2016  3

Do you think the campaign will make us safer?

Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police

“You don’t have to wear a uniform to see the dangers and too often deadly consequences of distracted driving on the highway, but we see it every day. This is caused by people who fail to do their jobs when they’re on the highway and that’s just simply driving a car while they’re behind the wheel... the Virginia State Police proudly supports this traffic safety initiative... This is a pledge to do the right thing.”

Del. Marcus Simon (D-53)

“I think that having a nice and easy-to-remember catch phrase will keep it front of mind. Having a celebrity will get the kids involved. My son will watch me looking at my phone [while driving] and it’s not safe.”

McLean Connection  December 7-13, 2016  3

Viewpoints

Supervisor John Cook (R-Braddock District), right, who is also the chair of the board’s Public Safety Committee, took the pledge to commit to keeping his Phones Down while behind the wheel. Cook, who attended the press conference with Kirk Cousins (left) is the author of the “Slow Down” campaign, which helps alert motorists to the dangers of speeding.
Chris Herren has been drug-free and alcohol-free since Aug. 1, 2008.

Unguarded’ at Langley High

Former NBA player talks to McLean about countywide drug problem.

By Fallon Forbush

Chris Herren’s dream came true at age 22 when he was scheduled to play his first game for the Boston Celtics, his hometown team. On game day, announcers said the words that he had always wanted to hear his entire life: He was introduced as the starting point guard.

“I grew up with that dream,” he said. “I pretended I was a Celtic in my driveway.”

But he has no recollection of the game or his name being announced as he walked out of the stadium’s tunnel. He was too high on OxyContin.

Herren’s life has been spent battling addictions to alcohol, cocaine, painkillers and heroin. Now that he is sober, he tours the country as a motivational speaker with his nonprofit organization, the Herren Project.

He visited Langley High School in McLean on Wednesday, Nov. 30, to speak to an auditorium full of students, parents, coaches and teachers.

The former NBA player for the Denver Nuggets and the Boston Celtics had a clear goal to present to the crowd.

HIS ADDICTION started at age 14 when he started drinking his father’s beer.

“I grew up in a household where my father liked Miller Lites more than he liked coming home,” he said. “Growing up as a child, I always knew in my heart that my father’s drinking was destroying my family.”

“I remember like it was yesterday, crying at night listening to my mom and dad fight. I remember praying he would come home right from work and not stop at the bar with friends,” he said.

By the time he was 18 years old, he tried cocaine with college roommates as a freshman at Boston College. He attributed it to peer pressure.

“I said to myself, ‘I’ll try this drug one time and I’ll never do it again.’ … I had no idea at 18 years old when I promised myself just one time that … it would take 14 years to walk away from.”

He lost his scholarship and was expelled from college for failing drug tests. But he was given a second chance at California State University, Fresno.

By 21, he was in rehab for his cocaine addiction. After 30 days of treatment, he finished his senior season and was the 33rd pick of the NBA draft for the Denver Nuggets. He was sober for that rookie season.

By 22, he tried OxyContin. One 40-milligram pill turned into 1,600 milligrams per day, a $2,500 a month habit.

By age 28, heroin “had him hostage” and he could no longer play basketball. For the next four years, his addiction ran his world.

“I was a street junkie,” he says. “You could find me hustling heroin on street corners in my hometown, breaking into houses, bouncing checks, scrapping metal, collecting cans—whatever it took.”

By the time he was 32 years old, he could no longer afford heroin.

“I fell in love with vodka because vodka—as some of you know—is amazing at helping you forget,” he says.

But as soon as he got his hands on heroin again, it resulted in his fourth overdose and near-death experience.

Herren’s story of addiction has been captured in the book, “Basketball Junkie” and the ESPN Films documentary, “Unguarded.”

Langley High School athletic coaches heard Herren’s story first hand when they attended Herren’s presentation at Riverside High School in Lansdowne in February.

Since then, the coaches worked to raise the funds to bring him to Fairfax County.

In the end, the Fairfax County Public Schools, the Wilbert Tucker Woodson High School, McLean High School and Langley High School parent teacher student associations and the McLean High School and Langley High School athletic departments pulled together to sponsor Herren’s visit.

Fairfax County’s Story

“Drug and alcohol is an issue at the high school level,” says Langley High School Basketball Coach Mike O’Brien. “I’m afraid it’s starting at an even earlier age.”

Langley High School Football Coach Brian Lambe agrees.

“It’s a problem that Langley and McLean is facing,” Lambe says. “Whether parents want to admit it or not, it’s a problem in the county and pretending it’s not a problem won’t fix it. Having a conversation and a dialogue will help.”

When O’Brien has suspicion that his students are struggling with substance abuse or suicidal thoughts, or if students confides in him that they are struggling with these issues, he tries to provide intervention by referring them to school counselors.

“I’m not adept with the issues, but I try to get the kids and parents involved,” he says.

He hopes Herren’s story resonates with his kids so that he can avoid the intervention altogether. “If we can get through to just one kid, it’s worth it to me.”

He also hopes students who are undergoing stressful situations and hardships will find other outlets after hearing about Herren’s painful struggles with substance abuse and addiction.

Alcohol is the most commonly used substance by Fairfax County youth, according to the 2015 Fairfax County Youth Survey of eighth, 10th and 12th grade students, which was published in the fall.

More than one-third of the students, nearly 36 percent, reported drinking alcohol at least once in their lifetime, and 16 percent reported drinking it in the month prior to the survey. Approximately 8 percent of the students reported binge drinking.

As students age, the rates of alcohol use increased, rising to over half of the 12th-grade students, nearly 57 percent, drinking alcohol at least once in their lifetime, and almost one-third, 32 percent, drinking it within the past month.

Marijuana was the second most commonly used substance by Fairfax County youth, with almost one in five, 19 percent, reporting that they have used it at least once
Langley Crew Athletes Committed to Row in College

Langley High School Varsity rower Erin Pierce commits to row for Division I Southern Methodist University in Dallas, Texas. Pierce will attend SMU on a full athletic scholarship.

Jenna Rosen has committed to the University of Southern California’s women’s rowing team as a coxswain starting in the fall of 2017. Both athletes signed their Letters of Intent in a ceremony at Langley High School on Nov. 10.

Pierce was in the 2015 Virginia State Champion J8+, placing 10th at the Scholastic Rowing Association of America’s National Championship Regatta. In the off-season, she rows for Resilient Rowing Club out of Occoquan, Va., competing in nationally recognized regattas such as the Head of the Charles and USRowing Club Nationals. She is excited to begin her studies in Biology and Russian at SMU, and can’t wait to be a member of the Mustang Rowing Team.

Rosen has had success at the high school and club level, coxing her high school JR8+ to a win at the VA State Championships, and twice to semifinals at the SRAA National and Stotesbury Regattas. With the highly competitive TBC Racing club team, Rosen has won 2 Silver medals at Club Nationals, and multiple wins at regional regattas. She also coxed her TBC Racing boats to 2nd and 3rd place finishes at the Canadian Henley Regatta, and this fall she coxed the women’s 1st 8+ at the Head of the Charles. Rosen is a member of the National Honor Society and has been recognized as a National Merit Commended Scholar.

Rosen is very excited to join the Women of Troy.
Virginia is represented by Democrats in all five statewide offices, has voted for a Democratic president three times, yet the Virginia House of Delegates has 66 Republicans and 34 Democrats.

This week, the U.S. Supreme Court heard arguments on the legality and constitutionality of the last redistricting of Virginia House of Delegates’ districts. The court’s decision could be monumental for all Virginia voters.

If I could fix one thing to make our government work better at every level, I would re-form redistricting. Partisan redistricting abuse has been around since the beginning of American democracy. The term “gerrymander” originates from an 1812 attempt to draw districts favoring Massachusetts Gov. Elbridge Gerry. To be clear, both parties do it, but in the last two decades, gerry-mandering has become especially powerful for a few reasons.

First, America is more partisan. Due to multiple and growing sources of information available in today’s world, voters are able to self-select their news sources and are exposed to fewer alternative perspectives. This has driven up partisan identification and led to fewer voters who are willing to split their votes between political parties.

Second, and more importantly, computer-enabled mapping software has made it possible to draw districts that are finely crafted. When redistricting was done with index cards, it was impossible to draw districts that are finely crafted.

There are two solutions to this problem. First, the legislature could give up redistricting power and transfer it to a bipartisan or non-partisan commission. In that case, legislators should not pick their voters. I have always supported nonpartisan redistricting and the Virginia State Senate has passed it several times, but it always dies in the hyper-gerrymandered House of Delegates. A legislative solution is highly unlikely.

The real opportunity to remedy this situation lies in the courts. Some courts have thrown out hyper-gerrymandered seats using Voting Rights Act provisions. While valuable, this law is not a comprehensive tool because it is limited to preventing racial discrimination and does not address other problems with partisan redistricting. A Wisconsin federal court recently used an analysis based on the 1st and 14th Amendments to invalidate partisan redistricting by focusing on “wasted votes,” but did not recommend a remedy.

Courts can often better resolve issues that legislatures cannot. For example, in 1962, numerous legislatures, including Virginia’s, refused to redraw districts recognizing the booming suburban populations. The U.S. Supreme Court required Virginia and other states to draw districts based on actual population by adopting the “one man, one vote” rule of the Baker v. Carr case.

Today, it is similarly time for the courts to restore democracy to our country and our commonwealth. Hopefully, they will use the Virginia House of Delegates case argued this week to restore democracy to America.

It is an honor to serve as your state senator. If you have any feedback, you can always contact me at scott@scottswurovell.org.
The Container Store Launches Annual Holiday Hugs Program

The Container Store continues its annual, nationwide signature giving program, Holiday Hugs. In each of their Washington, DC-area stores, they are partnering with Children’s National Health System to collect and deliver new, unwrapped gifts to their young patients who are spending the holidays away from home.

Customers can participate in the Holiday Hugs program by dropping off new, unwrapped books, small toys and games, toiletries, gift cards and kid-friendly stocking stuffers in collection bins at the Washington, DC, Arlington, Reston, Tysons Corner and Rockville locations between now and Dec. 18.

Employees from the Washington, DC-area stores will then volunteer their time to package the donated gifts into custom Holiday Hugs Sacks and deliver them to Children’s National Health System the week of Dec. 19.

“Every holiday season, The Container Store embraces the spirit of giving by helping those in need in our local communities,” said Melissa Reiff, Chief Executive Officer of The Container Store. “Our Holiday Hugs program is an easy way to bring joy to young patients and their families through this gesture of love from everyone associated with The Container Store.”

For more information about the Holiday Hugs program, visit standfor.containerstore.com/holidayhugs.
Tai Chi Beginners’ Practice

Weekly Storytime

Aerobic Dance Workout Mondays

Winter Walk of Lights at Vienna Volunteer Fire Department

Gently-used bikes are accepted on Nov. 26, 10 a.m. to 2 p.m. at two locations: Vienna Presbyterian Church – Mill Street parking lot and Antioch Christian Church – Mill Street. Tickets sold for $10. Bicycles will be renewed as a courtesy by local bike shops.

Winter Walk of Lights at Meadowlark Botanical Gardens open every day beginning on Friday, Nov. 18, 2016, through Jan. 8, 2017. Open Thanksgiving, Christmas and New Year’s, too. The walk of lights runs daily from 5:30 – 10 p.m. Last tickets sold at 9:30 p.m. This family-friendly event under the stars of Mid-Winter, a wonderful experience for all ages. Tickets are $15 in advance, $20 at the gate. Tickets are available online: https://www.meadowlark.com/events/winter-walk-of-lights


Weekly Storytime: Wednesday and Saturday 11 a.m. – 12 p.m. 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.


THURSDAY/DEC. 8

Fancy Nancy at Alden Theatre

'Fancy Nancy’ at Alden Theatre

Fancy Nancy's Splendiferous Christmas' performed by Vital Theatre at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Performance: Sunday, Dec. 11, 2016 at 1 p.m. Tickets: $15/$10 for MCC tax district residents. Call: 703-790-0123 or visit www.mcl欧阳http://www.mcc.org/Calendar/

Note: Length of performance is approximately 60 minutes. Best for children 4 +

Fancy Nancy and Joanie@vvfd.org

Friday, December 7-13, 2016 www.ConnectionNewspapers.com
Hip-hop legend Chuck D will be the featured speaker at the McLean Community Center’s (MCC) annual Dr. Martin Luther King, Jr. Day Celebration. The celebration will be held at 2 p.m. on Sunday, Jan. 15, in The Alden Theatre. Tickets are $20 for the general public; $10, for MCC tax district residents. The theatre is located at 1234 Ingleside Avenue.

Best known as leader and co-founder of the legendary rap group, Public Enemy, Chuck D (Carlton Douglas Ridenhour) redefined rap music and hip-hop culture with the release of the band’s explosive debut album, “Yo Bum Rush the Show,” in 1987. Now a political activist, publisher and producer, Chuck D co-hosted “Unfiltered” on Air America Radio, testified before Congress in support of peer-to-peer MP3 sharing and was involved in a 2004 rap political convention. Most recently, he has appeared on national news programs providing commentary on the “Black Lives Matter” movement and the 2016 presidential campaigns. One of Ebony magazine’s “Ten Most Influential Black Americans,” Rolling Stone’s “50 Most Important Performers in Rock & Roll History” and a member of the Rock and Roll Hall of Fame, Chuck D is a go-to voice for insight on technology, politics, rap and soul music, and race in America. Few artists have such a sophisticated knowledge and understanding of the intersection of popular culture and politics, as Chuck D will demonstrate by his speech, “Rap, Race, Reality.”

Tickets are on sale now. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

Animal Rescue hosts an adoption event from noon to 4 p.m. at the Tysons Corner PetSmart, 8204 Leesburg Pike, Vienna. There will be puppies and kittens waiting for their “forever homes.” Make this holiday season the beginning of their “forevers” in your home.

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Join us for a week of holiday cheer & festive activities the entire family can enjoy.

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Chuck D will be the featured speaker at the McLean Community Center’s (MCC) annual Dr. Martin Luther King, Jr. Day Celebration.

Chuck D in a 2005 photo.

Chuck D in a 2005 photo.

Photo by Walter Leaphart

Pet Adoption Event. Wolf Trap

www.ConnectionNewspapers.com
Preventing Underage Drinking During the Holidays

Experts suggest holding honest conversations.

By Marilyn Campbell
The Connection

A child’s inquisitiveness about alcohol is a sign that it’s time for a parent to begin a dialogue about the dangers and consequences of underage consumption, says Linda R. Cote-Reilly, a developmental psychologist, certified family life educator and professor at Marymount University in Arlington. It is best to start the conversation long before the child might be in a situation where they partake in underage drinking.

“Children often observe parents and other adults consuming, and that they might legally consume themselves later in life, the issue can be confusing. While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, says Amy L. Best, professor and chair, Department of Sociology and Anthropology, George Mason University. “On the other hand, parents also need to lay the groundwork for their children to consume alcohol responsibly in early adulthood.”

Unfortunately, straight alcohol bans do little to protect young people as they move out from under the yoke of parental supervision. For students transitioning to college, it is very important they have the tools and resources to manage situations where binge drinking is more common.

Engaging in a straightforward discussion that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best. “I think parents do well when they engage in honest and reasoned discussions with their children about alcohol and that these conversations be ongoing, informal and structured so their children can feel comfortable talking about what they are observing around them,” she said.

Research suggests that when parents focus on rules and discipline, adolescents tend to be more likely to engage in surreptitious drinking and succumb to peer pressure, agreed Shannon N. Davis, associate professor of sociology at George Mason University. “Instead, [discuss it] as something that is forbidden might actually be enhancing its desirability, says Davis.

For students transitioning to college, it is a hard thing, and it is a hard thing for parents just listen and then can share their own observations, as well as the strategies they used to navigate the complex world of adolescent and adult drinking.”

It is important that parents set clear boundaries. “I also think parents do well when they set clear guidelines and follow them,” said Best. “It is important that teens have the means to forge a sense of self that is separate from their parents. That is the fundamental developmental project of adolescence. When teens have productive means to forge a sense of self independence of parent(s), alcohol holds less appeal.”

It also holds less appeal to confident teens. “Most importantly, parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying ‘no’ to any circumstance where they are uncomfortable or pressured by their friends,” said Davis. “Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear.”

The holidays and the resulting increase in celebrations and parties create opportunities for underage drinking.

Photos by Marilyn Campbell

Free Holiday Cab Rides Offered to Prevent Drunk Driving

Holiday SoberRide® program will operate between 10 p.m. and 6 a.m. each evening between Friday, Dec. 16, 2016 and Sunday, Jan. 1, 2017 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During the evening hours, between Dec. 16 and Jan. 1, Washington metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to $30 fare), safe way home. (AT&T wireless users can dial 9-WRAP for the same service.)

More information about WRAP’s SoberRide initiative can be found at www.soberride.com.
McLean WinterFest Parade Celebrates Eighth Run

By Fallon Forbush  The Connection

More than 60 groups marched down the mile-long parade route for the WinterFest Parade in McLean on Sunday, Dec. 4.

“It’s been around for a long time,” says Maureen Scholz a seven-year member of the parade’s steering committee. It used to be a homecoming parade back in the 1970s and ’80s before it fizzled out, she says. It was resurrected eight years ago by the Greater McLean Chamber of Commerce and has been run by the steering committee for the last seven years.

“We wanted to bring awareness that McLean is a home town and to basically show off,” she says. Trish Butler has been involved in the parade for the last eight years and has been leading the steering committee.

“She pours her heart and soul into this event every year,” Scholz says of Butler. Butler gives credit for the parade’s resurrection to two retired volunteer firefighters: Clyde Clark of the McLean Volunteer Fire Department and Homer Johns of the Great Falls Volunteer Fire Department.

“Firefighters have always marched in parades, but there just wasn’t a venue for them to do that in McLean,” Butler says. Like Reston and other surrounding communities that have holiday parades, Clark and Johns “wanted to create community spirit here,” she says.

The McLean High School Marching Highlanders finish the parade route.

The first parade eight years ago had 50 units and this year boasted more than 60.

“We tend to get repeats marching in the parade,” Scholz says. “It’s become an exciting event that people are waiting for each year.” Though downtown McLean is the focus, groups come from all over Fairfax County to participate, including Falls Church, Reston, Great Falls, Herndon and Vienna.

Last year, more than 800 people watched the parade. This year’s count is still being finalized, but Scholz anticipates that around 600 people attended. She attributes the anticipated dip to Sunday’s chilly weather.

The cold did not stop elementary students from taking part in the parade.

Santa Claus rode on top of the McLean Volunteer Fire Department’s fire truck.

Photos by Kent Arnold
WinterFest Celebrated in McLean

Performing at the Langley Shopping Center, says Scholz, who runs the pre-parade entertainment each year while her husband and son set up the stage equipment. Children from the Westgate Elementary School in Falls Church and the Spring Hill Elementary and Kent Gardens Elementary schools in McLean performed an hour before the parade began.

“There’s an old couple that come out every year and put their chairs right up front,” she says. “It’s a nice feeling to be a part of a hometown tradition.”

Food trucks were parked on Old Chain Bridge Road on the parade route to feed parade goers. Trucks included Mama’s Donut Bites, which specializes in hot mini donuts; the Crepe Love Truck, an extension of Crêpe Amour, a creperie and café brand in Vienna; and Doug the Food Dude, a caterer and food truck serving the Northern Virginia Metro area.

An annual tradition for the parade’s organizers is to give some money that they raise back to the community. They do this by donating to Share, Inc., a nonprofit that provides emergency assistance to those in need in McLean, Pimmit Hills and nearby areas of Northern Virginia.

“We feel that Share is the best way to give it back,” says Scholz.

Last year, the steering committee presented the Share with a $1,500 check. Organizers plan on giving the organization another check in January.

The steering committee will start to organize next year’s festivities in August.

“We’re always looking for volunteers to help plan the parade and are always looking for groups to support it financially,” says Butler.

A video and photo slideshow of the parade will be posted on the parade’s website at www.mcleanwinterfest.org.
Addiction Is Not ‘Somewhere Else’

in their lifetime, and 10 percent using it in the past month.
Rates of use also increased by grade level, rising to 36 percent of 12th-grade students reporting lifetime use, and 20 percent indicating use in the past month.

Fairfax County youth reported lower rates of use than those seen nationally for many of the investigated substances, according to the survey. Overall rates of use of alcohol, marijuana, inhalants and all forms of tobacco were lower than the national rates.

However, Fairfax County youth were slightly more likely than their peers nationally to report past month LSD, cocaine, methamphetamine and heroin use.

Alison Senold, who volunteered with the Langley High School Parent Teacher Student Association to organize the Herren event, says substance abuse among county teens is more of an issue than parents realize.

“I think families tend to look around McLean and Langley and Woodson districts and they go, ‘These are really nice neighborhoods. We don’t have a problem with drugs and alcohol. We send our kids to the best schools in the country.’ Yeah, they are the best schools in the country, but that doesn’t mean kids aren’t still confronted with those decisions around drug and alcohol use on a regular basis. And they still need the tools to make good decisions as they go through adolescence.”

Herren confirmed her theory.

“I’m going to be honest with you,” he said. “The wealthier the community, the worse the problem—by far.”

Senold, who is the parent of two high school boys, says she has ongoing conversations with her kids about the topic.

“They hear the conversations that go on and are aware of the parties that get thrown and they know what their friends are doing, and it takes a lot of talking and support as a parent to guide them through those decisions,” she says. “It’s not a one and done thing. You can’t just check the box.”

Lucy Caldwell, spokesperson for the Fairfax-Falls Church Community Services Board, a public agency that helps people with mental illness and substance use disorders, says this parental support system is what Herren was urging parents to provide.

“(Herren’s) message was targeting parents to not look the other way, to pay attention and know what’s going on with their child and that it’s not just a beer,” Caldwell says. “It’s not about a beer or pot, but it’s about why, and that’s absolutely part of the issue.”

Caldwell was on site manning a resource table for the CSB during the event and was available to answer any questions about addiction and mental illness.

“Sadly, it’s not just about the beer. Many people do end up becoming addicted,” she says. “His message was very clear and very strong and sometimes that was very clear and very strong and sometimes that makes people uncomfortable.”

In her line of work, she has seen that most everyone with heroin or opioid dependency started by abusing marijuana or alcohol at a younger age.

“They don’t need to understand worst day, they need to understand first day,” Herren told parents in response to an audience question.

“I find it awfully sad when a young child loses the ability to be themselves 24-7,” he said. “When all of a sudden, a child needs a substance to get through the day; that’s not good. That’s sad.”

He told the crowd that the main point of his story was not just about drugs and alcohol.

“It’s more about self-esteem and self-worth,” he said. “It’s about confidence and feeling comfortable. It’s about recognizing when your anxiety is high and your self-esteem is low. But nobody talks about this.”

There were some tears in the audience as his talk stirred up painful emotions for some who have experience with the struggles of addiction.

As Herren walked off the stage, he let out a loud sigh of relief that reliving his troubled past was over.

What impression did his story have on you?

McLean High School sophomore Imani McCormick, 15

“I think it was an influential and powerful speech. I’ve always been against substance abuse. It made me hate it a bit more.”

Langley High School sophomore Hanaan Mumtaz, 15

“It was very powerful and something this community needs to hear. I know a lot of people that get themselves into these circumstances. Every party here will offer you drugs or alcohol, but parents won’t discourage it.”

Gregg Monday

“It was a powerful speech. I watched the ESPN special on him. I had to do a lot of self-reflecting about what kind of parent I was [when his adult children were younger].”

Matt Haley

“I don’t think it changed my perception of substance abuse as much as it changed the conversation I need to have with my daughter [sophomore at Langley High School]. If you don’t focus on the beginning, the end result could happen. The first yellow pill … the initial choice to just try it.”

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Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington, Virginia 22205
Parish Office: 703-528-6276
PARISH WEBSITE: www.stannchurch.org

To highlight your Faith Community, call Karen at 703-778-9422

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to fight their disease. In many cases, cancer will prevent the cancer from taking over your own business and do so in a manner that is far beyond your expectations. And the stronger and healthier that you become, the more you can enjoy life. I'm thrilled to live with any of it, 'live' being the operative word. Just as The United Negro College Fund is someone who has a terminal form of cancer (non-small cell lung cancer, stage IV), not a cold, so it's not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honey moon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February, the end result is not so bad, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I call terminal, actually. I'm thrilled to live with any of it, ‘live’ being the operative word.

At this juncture, nearly eight years post initial symptoms (New Year’s Day 2009), mostly I can handle what happens to me, so far any way I can. Even if this happens to others: death, disease, disability, dementia, I feel their pain, sort of, and suffer emotionally. It’s not as if it takes all their anxiety, but in a way, the weight of it does affect me. And sometimes, I get weepy over it. As I’ve written before, and heard many times as well in the cancer world, nothing can be kept with others and not close enough that I have any anxiety about the food and emotional issues that will inevitably occur. I am between a rock and a hard place, and I mean that in an aptly way. I am under no pressure, but no illusions either, oddly enough. I am sailing smooth and riding high, mindful of my reality, but appreciative of the relative — and comparatively calm with which this interval affects.

Not that I can be normal (not a cancer “diagnose”) but this is close to normal as it gets — for me. After all, I do have a “terminal” form of cancer (non-small cell lung cancer, stage IV), not a cold, so it’s not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honeymoon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February, the end result is not so bad, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I call terminal, actually. I’m thrilled to live with any of it, ‘live’ being the operative word.

In 1980 he married the former Anne Hancock of Bluefield, West Virginia. They moved to Virginia in 1988 where they raised their sons, Benjamin, born in 1982. Joe was a true family man, reflecting his Italian heritage, and spent many years as a Boy Scout leader with Troop 152 in Vienna.

In 2011 Joe and Anne moved to Shepherdstown where he made many close friends and truly enjoyed the beauty of the area. He volunteered with the Good Shepherd Caregivers and was a member of Shepherdstown Presbyterian Church. He was a friend to all animals, loved to travel, and never met a cookie he did not like.

A celebration of life will be held at the Shepherdstown Presbyterian Church in Shepherdstown, WV on December 17 at 2:00PM. In lieu of flowers memorial contributions may be made to the Shepherdstown Presbyterian Church, the Good Shepherd Caregivers of Shepherdstown, WV; or the Sons of Italy Foundation.

**Obituary**

Joseph Gerald Teresa, age 75, died suddenly at home on November 22.

He leaves his wife of 36 years, Anne (Hancock) Teresa, their son Benjamin Teresa, daughter-in-law Erica Sims, and grand- daughter of Richmond, Virginia, a nephew Carl William, of Frederick, Maryland, and his mother-in-law, Eugenia Joanne Hancock of the home.

Born and raised in Monrovia, California, Joe was the son of Carl and Frances (Bonghit) Teresa.

From his early years on the loved and excelled at mathematics. He obtained a B.S. in Biology and a M.S. in Mathematics, and received a National Science Foundation Fellowship to the University of Michigan, where he obtained a Ph.D. in Education.

He left behind his wife of 36 years, Anne (Hancock) Teresa, their son Benjamin, daughter-in-law Erica Sims, and granddaughter of Richmond, Virginia, a nephew Carl William, of Frederick, Maryland, and his mother-in-law, Eugenia Joanne Hancock of the home.
House Doctors of McLean Celebrates One Year Anniversary

When Richard Marzan opened House Doctors in the fall of 2015, it was because he saw an opportunity to meet two needs: he wanted to begin a new career after retiring from the Army and the community needed a trustworthy, professional handyman service. Now Marzan and his team celebrate the one-year anniversary of House Doctors of McLean.

“The first year of a new business is always a building year and we’ve done that. Now with a solid foundation, we are moving forward with plenty of lessons learned and a bright future. We exceeded all expectations and we’re receiving strong community support — I’m very excited about year two,” Marzan said.

House Doctors of McLean offers professional handyman services in Dunn Loring, Falls Church, Great Falls, McLean, Arlington, Oakton, Tysons and Vienna as well as the surrounding areas.

Marzan, a retired Lieutenant Colonel, served in the United States Army for more than 27 years. He is a ROTC Distinguished Graduate and a 1995 graduate of the Armor Officer Basic Course at Fort Knox, Ky. Marzan earned his Bachelor’s degree in Industrial Management from the Polytechnic University of Puerto Rico and his Master’s degree in Administration from Central Michigan University. He is also a graduate from the Captains Career Course and the United States Army Command and General Staff College.

“Tiled and marble, electrical, landscaping, improvements, roofing, siding and gutters, handymen services, we do it all. We’re here to serve the community,” Marzan said. “Our staff is dedicated to providing professional services at competitive rates. We offer free estimates for all services.”

To find out more about House Doctors of McLean or for an estimate on your project, call 703-639-0391, email HD535@HouseDoctors.com or visit http://www.houseDoctors.com/handyman-mclean/.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar. The deadline for submissions is noon on Friday.

THROUGH DEC. 18

The Container Store Annual Holiday Hugs Program in Partnership with Children’s National Health System Collections are going on now through December 18th and gifts will be delivered to the hospital the week of December 19th. The Container Store is thrilled to continue its annual, nationwide signature giving program, Holiday Hugs. In each of our Washington, DC-area stores, we are partnering with Children’s National Health System to collect and deliver new, unwrapped gifts to their young patients who are spending the holidays in the hospital.

Customers can participate in the Holiday Hugs program by dropping off new, unwrapped books, small toys, unique items, toiletries, gift cards and kid-friendly stocking stuffers to collection bins at our Washington, DC, Arlington, VA, Reston, Tysons Corner and Rockville locations.

WEDNESDAY / DEC. 7

Decluttering Seminar. The Retiree Real Estate Education Association announces free public service seminar for December, 2016, on Decluttering (McLean High School, 7 p.m.). The seminar is a part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free, in the evenings at County public schools. Retiree-RealEstate.org.

FRIDAY / DEC. 9

Bring New Unwrapped Toys to Vienna Presbyterian Church 9:30 - noon, for distribution by CHO. Customers can participate in the holiday season. Some of their stories were difficult to hear – the father of a new in the Army who there was no room for the holidays, the mother fighting cancer, the teenage girl who survived mental and physical abuse working on the hospital. Customers can participate in the holiday season. Some of their stories were difficult to hear – the father of a new in the Army who there was no room for the holidays, the mother fighting cancer, the teenage girl who survived mental and physical abuse working on the hospital.

TUESDAY / DEC. 13

Aging in Place Seminars. The Retiree Real Estate Education Association announces free public service seminar for December, 2016, on Aging in Place (Falls Church H.S., 7 p.m.). The seminar is a part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free, in the evenings at County public schools. Retiree-RealEstate.org.

ONGOING

17th Annual Wish List Angels Project Wish List Angels directly helps families in local elementary schools, area shelters, alternative housing and children in foster care. Your generosity and support will perpetuate the essence of the holiday season. New this year – The Wish List Project has partnered with Buzz Aldrin, Herndon and Hutcherson elementary schools when we learned that there were some students struggling to make ends meet including basic needs. In conjunction with the school guidance counselors and social workers, we happily added individuals to our Wish List Project to help spread some holiday cheer. Some of their stories were difficult to hear – the father of a new in the Army who there was no room for the holidays, the mother fighting cancer, the teenage girl who survived mental and physical abuse working on her college degree in psychology to help others. The list is on and once again, we reach out to our Wish List Angels to work their magic this holiday season.

Last year our community generously granted wishes to over 400 individuals in our community during the holiday season. Please look at the wish lists and take this opportunity to spread some cheer this December. FlyerWishList2016.pdf

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JD SOLD MORE HOMES last year in 22101 than any other agent! (Per MRIS)

2024 Madrillon Springs Ct., Vienna $689,000
ELEGANTLY updated townhome with 3BR/2 full BA + 2 half BA in the heart of Vienna. Formal living room with bright, natural daylight and open concept floorplan leads you into separate dining room with chair railing, chandelier with medallion and French door walkout to the deck. Kitchen with quartz counters, stainless steel appliances and plenty of prep space, UL has 3 BR including master suite with updated bath and huge walk-in closet.

6410 Tone Drive, Bethesda, MD $934,000
MAGNIFICENT contemporary home with 5BR/3 full BA + 1 half BA in the most convenient location! Gorgeous floorplan with floor-to-ceiling windows throughout the luxury space. Bright, natural daylight fills the kitchen to highlight the updated granite counters, stainless steel appliances, attached island and separate dining room space. Formal living room completed with window-lined walls. Walkout to upper and lower deck. Lower level with huge rec room.

1821 Westmoreland St., McLean $1,299,000
Magnificent Stanley Martin Arts & Crafts custom home featuring 5BR/4.5 BA on a lovely lot. Quality finishes throughout with an open and flowing floorplan. Gourmet kitchen with island space, bar seating, eat-in dining area and separate formal dining room. Family room with perfect ambience and walkout to slate patio and huge backyard. Master suite with sitting area and luxury spa bath. 4 BR on upper level. Kent Gardens, Longfellow and McLean schools!

6005 Copely Lane
McLean 22101
$1,199,000

2004 Friendship Lane
Falls Church 22043
FOR RENT $3,500/month

1620 Forest Lane
McLean 22101
$1,548,000

6212 Loch Raven Drive
McLean 22101
$825,000

704 Live Oak Dr.
McLean 22101
$1,495,000

Over 70 homes sold so far this year!