

# Vienna and Oakton CONNECTION

## HOME FOR THE HOLIDAYS

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From left: Bridgette Beach; Karl Wilkerson, an officer with CHO and Reston resident; Teresa Creighton, Vienna resident and baker; and her son Sam Creighton, 13, who is homeschooled; pictured at Vienna Committee for Helping Others' Christmas store at Vienna Presbyterian Church Saturday, Dec. 9.

# Helping Others in Vienna

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PHOTO BY COLIN STOECKER/THE CONNECTION  
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## WEEK IN VIENNA

### Women at the Helm to Speak at Vienna Library

The Vienna Area Branch of The American Association of University Women (AAUW) will host a free event, Women at the Helm, Saturday, Jan. 13, 2018 at Patrick Henry Library. Refreshments at 10 a.m. Program at 10:30. Vienna Mayor Laurie DiRocco and Town Council Members Carey Sienicki and Linda Colbert will share their

experiences of leading the Town of Vienna.

AAUW is the nation's leading voice promoting equity and education for women and girls. Founded in 1881, AAUW members examine and take positions on the fundamental issues of the day — educational, social, economic, and political. Visit [vienna.va.aauw.net/](http://vienna.va.aauw.net/).

### FAITH NOTES

*Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday at noon.*

**During Advent**, Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls, will present a series of three midweek Advent programs. The overarching theme of these evenings is "Peace for Our Time." Each evening's sub-theme will grow from a Reformation-era hymn. Each evening's program begins at 5:45 p.m. with supper followed by discussion, worship and the lighting of the Advent wreath. All are welcome. Visit [www.gflutheran.org](http://www.gflutheran.org) or call 703-759-6068.

❖ Thursday/Dec. 14 – Peace in politics, hymn: "Now to the Holy Spirit Let us Pray" (ELW 743)

❖ Thursday/Dec. 21 – Peace in ourselves, hymn: "From Heaven Above to Earth I Come" (ELW 268)

**Living Nativity and Christmas Concert.** Friday, Dec. 15, 6:30-8:30 p.m. at Redeemer Lutheran Church, 1545 Chain Bridge Road. Featuring the sounds of the season and the excitement of live animals in the creche. Call 703-909-3424 or email [kbwenk@gmail.com](mailto:kbwenk@gmail.com) for more.

**Christmas Services** at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Call 703-356-4902 or visit [www.stjohnsmclean.org](http://www.stjohnsmclean.org).

Sunday, Dec. 17

❖ 9 and 11 a.m. – Festival of Lessons and Carols.

Christmas Eve, Sunday, Dec. 24

❖ 4 p.m. – Family Service of Holy Eucharist with Christmas Music at 3:30 pm

❖ 7 p.m. – Holy Eucharist with Christmas Music at 6:30 pm

❖ 10 p.m. – Holy Eucharist with Christmas Music at 9:30 pm

Christmas Day, Monday, Dec. 25

❖ 10 a.m. – Holy Eucharist

**Passages DivorceCare.** For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

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10AM - 6PM  
12PM - 5PM**

## Federal Tax Reform, Bad for Fairfax?

**Supervisors split on effects of eliminating state and local tax deductions.**

BY KEN MOORE

**M**ost often, the Fairfax County Board of Supervisors appears unified. But last week, discussion about the pending tax reform measure in the U.S. Senate and House of Representatives sparked discord.

“My primary concern on the federal package is that we are emphasizing on page one opposition to federal tax reform and that is a position that I simply do not agree with,” said Braddock Supervisor John Cook.

The board adopted its updated and revised strategies and principles for the 115th Congress on Tuesday, Dec. 5, despite objections voiced by Cook and Springfield Supervisor Pat Herrity, the two Republicans on the 10-person board.

“The concept of reducing tax rates and eliminating deductions is one needed for the national economy and I am disappointed that despite my requests and Supervisor Herrity’s requests, the board is only looking at one side of the tax reform issue and that is the elimination of deductions, and not looking at the other side which is the economic growth potential that come with the other aspects of it,” Cook said.

**MAJOR TAX REFORM** packages have passed both the U.S. Senate and House of Representatives, and a reconciled bill is expected to affect almost every aspect of the economy. The measures differ, but both increase the standard deduction and eliminate or cap many itemized deductions, including the deduction for state and local taxes and the deduction for mortgage interest payments.

In Virginia, 1.5 million households claim \$16.5 billion in state and local tax deductions, according to U.S. Rep. Gerry Connolly (D-11). Connolly said in a release that 280,000 households claim this deduction in Fairfax County, for an average deduction of \$16,535.

“As a matter of fact, that [federal tax] bill was structured in a way, in my opinion, to explicitly discriminate against more urban localities across the country which do have higher assessed values,” said Lee Supervisor Jeff McKay, “and in a lot of cases higher tax rates because they believe morally that we must provide certain services for our population.”

Page 1 of the Board of Supervisors Strategies and Principles for the 115th Congress expresses concern about changes in tax policy:

“Because revenue options for localities in Virginia are extremely limited, the County

**“I’m failing to understand anyone who believes this tax bill was built and predicated on helping low income people.”**

— Lee Supervisor Jeff McKay



**“We are emphasizing on page one opposition to federal tax reform and that is a position that I simply do not agree with.”**

— Braddock Supervisor John Cook

**“Across the nation, local governments are going to suffer as a result of this tax package.”**

— Dranesville Supervisor John Foust



opposes actions that impact County revenue sources or programs, including eliminating or capping federal deductibility for state and local taxes, which are used to fund education, public safety, transportation, infrastructure and human services (current law allows taxpayers to deduct state and local taxes paid from their federally taxable income, preventing double taxation and allowing state and local governments to maintain authority over the tax structures supporting those services).”

**JOHN FOUST**, Dranesville District supervisor, found Cook’s opinion hard to take.

“I just have to say, I just cannot accept that the tax package that is before the federal government is anything but destructive to local government which is where things are actually getting done these days,” Foust said.

“To support elimination of the real estate tax deduction as a member of a Board of Supervisors, the local government, to me is just unbelievable,” he said. “We absolutely are going to suffer, not just our local government, but, across the nation, local governments are going to suffer as a result of this tax package. We have to do everything we can to stop this.”

Herrity countered, “You can’t talk about that piece of it while ignoring the fact you’re doubling the standard deduction and the value that brings especially to our low income residents.”

“I’m failing to understand anyone who believes this tax bill was built and predicated on helping low income people,” said McKay, chair of the Board’s legislative committee. “I’m surprised I’m hearing it here today.”

“Over 60 percent of our budget is built on revenue from real estate. To mess with or tinker with our largest source of revenue in any way that can have an effect on what people can sell their property for, what people can afford to buy and what their

bottom line is and how that bottom line affects the county’s revenue — to ignore that would be absurd,” McKay said. “It absolutely will have an effect and local governments across the country see that.”

“I was going to be silent, but I think it is hard to do so,” said Catherine Hudgins, Hunter Mill District supervisor. “The tax package really sounds like something that is going to be very destructive in the long term.”

“Essentially this is taxing taxes, taxing tax revenues and doubling taxation,” said Chairman Sharon Bulova.

Cook did not budge.

“I have to disagree vehemently with the statement that the tax bill takes away from our local tax revenue. It’s absolutely false. It’s absolutely false,” said Cook.

Read Strategies and Principles for the 115th Congress here: [www.fairfaxcounty.gov/government/legislation/2018/adopted-federal-legislative-strategy-and-principles.pdf](http://www.fairfaxcounty.gov/government/legislation/2018/adopted-federal-legislative-strategy-and-principles.pdf)

### LEGISLATIVE PROGRAM WITH A SIDE OF OPTIMISM?

During the same board meeting on Dec. 5, supervisors formally adopted the 2018 Legislative Program for the General Assembly, with a note of optimism based on changes in the makeup of the House of Delegates because of last month’s elections.

Dan Storck, Mount Vernon District supervisor, said: “With recent elections we have the opportunity to change some of the dynamics, and some of the focus, and some of the results that we get from Richmond. That’s essential for this county, essential for the wellbeing of residents here and I would say particularly for schools.”

Jeff McKay, chair of the board’s legislative committee and Lee District supervisor reiterated the importance of schools as the county’s top priority, citing particular concerns about state failure to provide any funds for teacher raises in FY17, and very

limited funds in FY18.

“Our [state legislative] program features state support for education as its top priority, and urges the state to fully meet its responsibility to adequately fund K-12,” said McKay.

Virginia ranks 11th nationwide in per capita personal income, but 48th in state and local revenue as a percentage of personal income. Virginia ranks 38th nationwide in state per pupil funding. State K-12 spending per FCPS pupil was \$3,267 in FY 2016, while Fairfax County provided \$10,526.

**TRANSPORTATION IS** another priority.

“In this year’s program, we’ve also elevated our WMATA position into its own priority statement which encourages the General Assembly to support dedicated funding and governance reforms for Washington Metrorail.”

The region will have to work together to address Metro’s critical funding needs, McKay said.

On other transportation issues, McKay emphasized the importance of transportation funding that is fair to Northern Virginia.

The Human Services Issues paper, which accompanies the legislative program, includes three priorities, according to McKay. “The first is increased state resources for the Children’s Services Act. The second relates to increasing waiver rates and slots for those with developmental disabilities. And the third is state support for diversion services for nonviolent offenders experiencing mental health crises; this is in line with the county’s diversion first initiative.”

Herrity, Springfield District supervisor, was the lone vote against the legislative program this year. The program was adopted, including the Human Services issue paper, on Tuesday, Dec. 5.

Read the legislative priorities here: [www.fairfaxcounty.gov/government/legislation/2018/adopted-2018-legislative-program.pdf](http://www.fairfaxcounty.gov/government/legislation/2018/adopted-2018-legislative-program.pdf)

Read the human services issue paper here: [www.fairfaxcounty.gov/government/legislation/2018/adopted-2018-human-services-issue-paper.pdf](http://www.fairfaxcounty.gov/government/legislation/2018/adopted-2018-human-services-issue-paper.pdf)

### NEW BRIDGE OVER THE POTOMAC?

The Legislative Program asserts the importance of addressing capacity and congestion crossing the Potomac River.

“The American Legion Bridge, one of the most heavily used in the region, is also the most congested. .... Since the largest number of vehicles traversing the American Legion Bridge travel between Fairfax and Montgomery Counties, the chokepoint created by this bridge requires long-term solutions. ... The volume of commuters demonstrate that another crossing is essential to mobility in the area. ... It is vital that the capacity needs across the Potomac River be addressed, including at the American Legion Bridge and Rosslyn Tunnel, to alleviate the existing congestion.”

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Photo: Ruth Jusson



## NEWS

**From left: Bridgette Beach; Karl Wilkerson, an officer with CHO and Reston resident; Teresa Creighton, Vienna resident and baker; and her son Sam Creighton, 13, who is homeschooled; pictured at Vienna Committee for Helping Others' Christmas store at Vienna Presbyterian Church Saturday, Dec. 9.**

PHOTOS BY COLIN STOECKER/  
THE CONNECTION



## Helping Others at Vienna Presbyterian

BY COLIN STOECKER  
THE CONNECTION

**S**aturday, Dec. 9, marked the Vienna Committee for Helping Others' Christmas store at Vienna Presbyterian Church. Families in need came from all over to receive gifts donated by local people to ensure that everyone has a merry Christmas.

CHO is a volunteer-led organization that assists families in need in Vienna, Oakton, Dunn Loring, and Merrifield. They provide help with emergency finances, food aid, clothing, furniture, meals on wheels, and transportation for those requiring their services.

Teresa Creighton, a Vienna resident, chef and baker, and her son, Sam Creighton, 13, were one of the families who came to the church for gifts to help make their Christmas better.

"I told my children that Santa comes and brings children toys they had on their list and drops them at the church and parents come here to pick them up," said Creighton.

Currently she and her son are without a home for the holiday season as they were evicted from their previous place of residence, so programs sponsored by community organizations like CHO are crucial this time of the year.

"Christmas is financially hard. We take donations and save up," said Creighton.

But when saving isn't enough, it's up to organizations like CHO to ensure that families like the Creightons have a happy holiday season.

Karl Wilkerson, an officer with CHO was at the church Saturday to supervise the donations and talk to the recipients.

"We try to help everybody that we can help," said Wilkerson. "We get pages of people referred from the social service organizations in Fairfax county."

The Creighton family has been receiving assistance from CHO for the past two years. They have come to depend on these community outreach programs to help them get through a stressful time of the year.

"The joy of seeing my children unwrap the gifts from CHO is amazing and something that I look forward to. I didn't know the amount a parent could sacrifice," she said.

CHO also assisted the Creightons with their Thanksgiving holiday. They provided a chicken and turkey for their family.

Teresa Creighton prides herself in being a 1950s style from-scratch baker as well as an automotive wiz who can fix old cars. "I learned that from my dad and brother," she said.

For more about CHO visit, [cho-va.com/wordpress/](http://cho-va.com/wordpress/)

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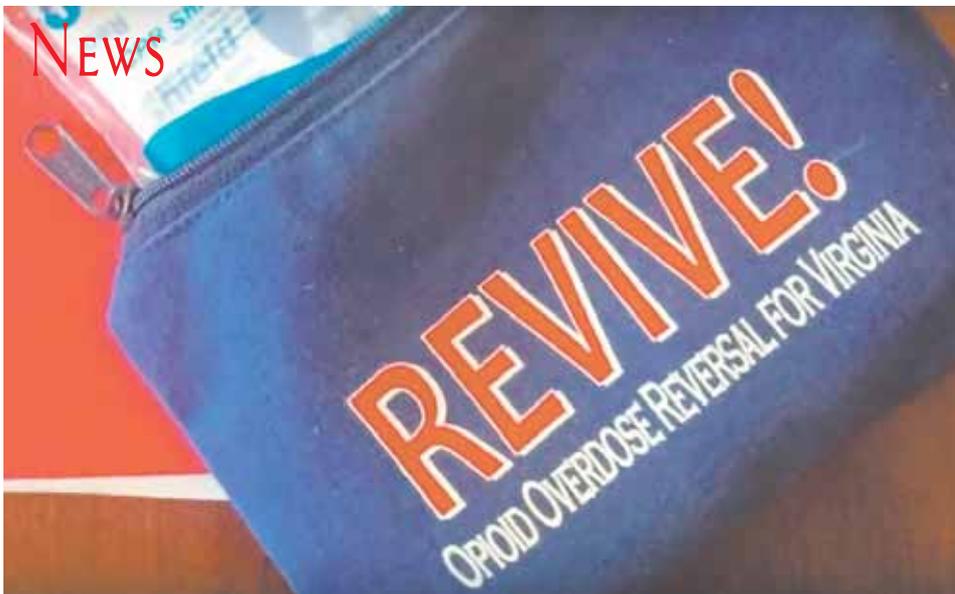
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**Sam Creighton, 13, who is homeschooled, pictured with a donated bicycle at Vienna Committee for Helping Others' Christmas store at Vienna Presbyterian Church Saturday, Dec. 9.**



**Teresa Creighton, Vienna resident and baker, speaks to Karl Wilkerson, an officer with CHO, and Reston resident about what it means to receive assistance at Vienna Committee for Helping Others' Christmas store at Vienna Presbyterian Church Saturday.**



A kit used to attempt to revive people who have succumbed to potential opioid overdose, used in training volunteers.

## Six Overdoses by Deadly Strain of Heroin

Police believe six overdose deaths last week, five from opioids in Alexandria, Fairfax Station, McLean, Clifton, and Fairfax, were caused by a deadly strain of heroin.

"In my 20 years in Narcotics, I have never seen anything like this," according to Second Lt. James Cox of the Organized Crime and Narcotics Division.

According to the Fairfax County Police Department, "Our detectives believe there are batches of heroin currently on our streets which could be laced with fentanyl and carfentanyl, synthetic opioids which can be lethal even in the smallest doses."

Police won't know conclusively until lab results are conducted and concluded.

"The opioid crisis is an epidemic affecting localities everywhere," according to Lee District Supervisor Jeff McKay.

"We need to work together to end this tragic addiction by helping those using and their families," he said.

Since the start of 2017, there have been 102 fatal overdoses in Fairfax County; 70 percent have already been confirmed to be opioid related, according to police.

Symptoms of opioid overdose include: loss of consciousness, nausea or vomiting, pinpoint pupils, snore-like gurgling sounds, low, shallow or erratic breathing, bluish, purple or ashen skin color, and fingernails turning blue or close to black.

"We don't want to see anyone else die. Please have a plan in place. You may remain anonymous," said Cox.

Police urge people to call 911 if someone has overdosed. Fairfax County Fire and Rescue personnel carry Narcan, a medicine that can reverse an overdose when used quickly and correctly.

Narcan is available without a prescription at local pharmacy stores in Virginia.



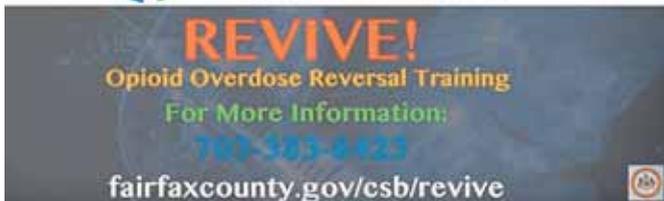
Fairfax County offers training on how to revive possible opioid overdose victims. Here a trainee learns how to administer nasal Naloxone, which almost instantly reverses the effects of an opioid overdose.

Free training on how to use Narcan is available through the Fairfax-Falls Church Community Services Board.

"If you or someone you know needs help to overcome drug dependence, please call the Community Services Board at Merrifield Center at 703-573-5679 to help find appropriate treatment and recovery services," according to police. "Walk-ins are also welcome Monday through Friday from 9 a.m. to 5 p.m."

See [www.fairfaxcounty.gov/csb/revive/](http://www.fairfaxcounty.gov/csb/revive/).

— KEN MOORE



Contact the Fairfax County Community Service Board at 703-573-5679 or visit [www.fairfaxcounty.gov/csb/revive](http://www.fairfaxcounty.gov/csb/revive) for information on helping families that are dealing with drug dependence and for information on trainings to revive possible opioid overdose victims.

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<p><b>Speaker:</b> <b>Mark Landrio, MD</b> Neurologic Associates</p>	<p>Event Code: TR450664 (1445577)</p>

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- [MSRSVP@ahmdirect.com](mailto:MSRSVP@ahmdirect.com)

\*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

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## HOME FOR THE HOLIDAYS



After years of searching unsuccessfully for a suitably-sized home on Lake Barcroft, the owners hired Sun Design's Roger Lataille to help them find property that could be adapted to their needs. Among other problems with the existing house, walls separating the kitchen, dining room and living room made the first-level seem boxy, dark and dated.

PHOTOS BY  
GREG HADLEY

## Long-Anticipated Home Remodel

Proves perfect for holiday entertaining.

BY JOHN BYRD

There's something quite satisfying about finally getting exactly what you want after years of anticipation, especially as the holidays roll around.

"I really saw this past Thanksgiving how well our re-designed home fulfills a whole host of plans," according to the couple, speaking of the completely re-furnished mid-century modern house on Lake Barcroft they recently occupied after extensive remodeling.

Looking back, the owners' far-reaching "wish list" was never assured. The couple had been looking for a lakeside house for years, but couldn't find anything suitable for a young family with two children just starting school.

Then last year the couple hired design consultant Roger Lataille of Sun Design Remodeling. The task: assess the rehabilitation possibilities of a circa 1950's mid-century modern actually situated on the lake.

Sun Design Remodeling had come with a considerable resume, having renovated some 30 Lake Barcroft residences. Still, at just over 2,000 square feet, the house under consideration seemed too small for the decades of occupancy that may lay ahead.

On the other hand, the waterside view was exceptional, and Sun Design Remodeling offered both an attractive design/build approach and a versatile creative team.

"They wanted a house that would work for them long into the future," Lataille recalls. "We saw our goal as not only adding usable new space, but enhancing a classic style."

The house "begged for a bold visual continuum," the designer said. For instance, the existing interior was formed around a "boxy" floor plan with an enclosed kitchen visually sequestered from the beautiful view, and a wall between the living room and dining room.

The contrast between the old plan and the emerging vision was a textbook case of how "space-use expectations have changed in the American home in the past 25 years" the designer said.

Perhaps not coincidentally, the couple had also



By removing unneeded walls, the remodeler introduced an "open" floor plan that emphasizes visual continuum and lake-side sightlines. Large format structural beams wrapped in walnut-stained pine present a vivid contrast to the white tongue-and-groove ceiling. The center island surface is waterfall Silestone. The modular track pendant lights over the dining table can be moved as needed.

gradually concluded that the traditional floorplans such as the one in the Arlington home the couple had previously owned wasted too much space. The front-facing living room was seldom used; ditto the formal dining room.

**TO ACCOMMODATE** master suite requirements, Lataille proposed adding a top level addition with a large master bath and walk-in closet. Truss joists calibrated to meet new load-bearing requirements reconcile the challenges of building on a beveled roof. With the location of the master suite now resolved, the second floor gains re-deployable floor space, gaining a washer/dryer closet off the hallway.

Meanwhile, the most compelling feature in the primary living area is a steel moment frame which replaces the old window wall, and provides the tensile strength needed to support the new master suite.

By highlighting the elemental drama of woodland and lake, expansive wall-to-wall glazing invites an interior design treatment that explores textural surfaces, period furniture design and contrasting lights and darks.

Overhead, large-format structural beams wrapped



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# HOME FOR THE HOLIDAYS

## Home Remodel

in walnut-stained pine present a vivid contrast to the white tongue-and-groove ceiling. Waterfall Silestone counter surfaces and hardwood flooring neutralize, while the mid-century accents of the stools, chairs and even a bright turquoise sectional in the living room present eye-catching intimations of a resurgent American style.

Morgan Hutchinson, Sun Design's specialty designer, said, "Finding a balance that respects a classic style and [the couple's] personal tastes was the real nature of the assignment. The design explores unique rustic elements along with a new generation of kitchen innovations. The goal was to make a statement that can last, yet be easily adapted."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in



PHOTO BY GREG HADLEY

**Sun Design Remodeling added a top-level master suite to a lakeside home designed in a classic mid-century modern architectural style, enabling new owners to obtain the square footage needed for their family of four. The 630-square-foot addition affords a "spot-on" view of the lake.**

McLean. Visit [www.SunDesignInc.com](http://www.SunDesignInc.com).

*John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.*

## A Kitchen for the Ages

**W**hen empty nesters Mike Rogan and Sue Shaffer decided to move out of the Arlington home where they had lived for 27 years, they embarked on a two-year search for a new abode. They were looking for a home where they could age in place and have space for live-in caretakers if needed.

They settled on a McLean home and hired Rill Architects to redesign it, creating an open floor plan that allowed for entertaining. The design team created a space that connects the kitchen to the family room, dining room, rear patio and garage.

The Rogans wanted the kitchen to have an island, multiple workstations, clean lines with Victorian detailing and enough space for multiple cooks.

The design team incorporated the Rogan's love of casual and modern. "The painted wood ceiling and traditional casing with an arched pass-



PHOTO BY MICHAEL K. WILKINSON

**This McLean kitchen by Rill Architects includes maplewood, furniture-style cabinets with brushed nickel hardware, classic millwork and granite countertops.**

through play off the more contemporary cabinets and glass tile backsplash, creating both a sleek and casual inviting space for family gathering and team cooking," said Jim Rill.

— MARILYN CAMPBELL

**CALENDAR**

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
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[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)

**CHRISTMAS AT TRINITY JOIN US FOR WORSHIP**

Dec. 17, 8:30 a.m.	Worship
Dec. 17, 10:30 a.m.	Lessons & Carols during worship
Dec. 20, 7 p.m.	Blue Christmas: Service of Hope
Dec. 24, 10:30 a.m.	One morning worship
Dec. 24, 5 p.m.	Christmas Eve Family Worship
Dec. 24, 8 & 10 p.m.	Christmas Eve Candlelight & Communion
Dec. 31, 8:30 a.m.	Worship
Dec. 31, 10:30 a.m.	Celtic-inspired worship

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1205 Dolley Madison Blvd. | McLean, VA 22101 | [umtrinity.org](http://umtrinity.org)

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# HOLIDAY ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Vienna-Wide Food Drive.** Through Dec. 31, bring food contributions to Vienna Town Hall - 127 Center St. S; Vienna Arts Society-115 Pleasant St. NW; Bikes@Vienna-128-A Church St. NW; Caffe Amouri-107 Church St., NE; Evolution Fitness- 216 Dominion Road, NE; Rexall Drug Store-150 Maple Ave. W; Drs. Covell, Stack and Henon- 120 Beulah Road, NE; Patrick Henry Library (co-sponsored by Supervisor Cathy Hudgins) and the Vienna Community Center. Girl Scout Troop 2684 will be helping NEVCA by picking up the food. Sponsored by Committee for Helping Others. Call 703-281-7614 for more.

**Textures Exhibit.** Through Jan. 7, various times at the Vienna Arts Center, 115 Pleasant St., NW. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more.

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**McLean Farmers Market,** Fridays, through Nov. 17, 2017; 8 a.m. to noon, 1659 Chain Bridge Road, McLean, Master Gardener Plant Clinic on site to answer questions about plants in your landscape

**Free Tai Chi.** Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org) for more.

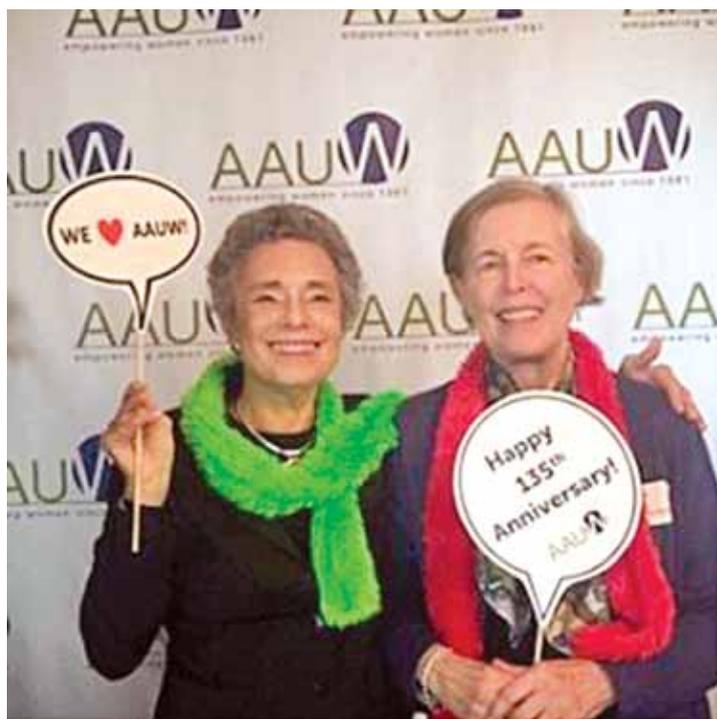
**The Freeman Store & Museum** Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. [Historicviennainc.org](http://Historicviennainc.org)

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

**Bingo Night.** Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

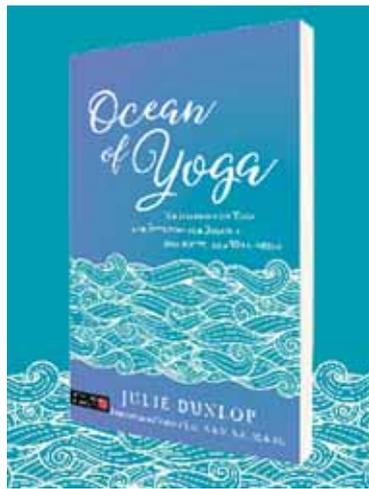
**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. [www.edimprovement.org](http://www.edimprovement.org). 571-213-3192.

**Fishing Rod Rentals** 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses.



## AAUW

**Women at the Helm event Saturday, Jan. 13, 10 a.m. at the Patrick Henry Library, 101 Maple Ave. E. Vienna Mayor Laurie DiRocco and Town Council Members Carey Sienicki and Linda Colbert will share their experiences of leading the Town of Vienna. For more information visit [vienna-va.aauw.net/](http://vienna-va.aauw.net/).**



## Yoga

**Former Vienna resident Julie Dunlop will be hosting a collaborative yoga workshop and discussing her book on Sunday, Dec. 17 from 1:30-3 p.m. at Body Grace Yoga, 215 Mill St., Vienna. Dunlop is a James Madison High School alumni, class of 1991. \$30. Visit [bodygrace.com/events/](http://bodygrace.com/events/) for more.**

[www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/)  
**Colvin Run Mill** open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

**Fundamentals of Watercolors.** Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit [www.greatfallsart.org](http://www.greatfallsart.org) for more.

**Evening Painting.** Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit [www.greatfallsart.org](http://www.greatfallsart.org) for more.

## SATURDAY/DEC. 16

**Breakfast With Santa.** 8 a.m.-noon at the Vienna Volunteer Fire

Department, 400 Center St. S., Vienna. Pancakes, sausage, bacon, juice and coffee. Visit [www.vvfd.org](http://www.vvfd.org) for more.

**Night In Bethlehem Performance.** 5-7 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Nativity scene with live animals. Visit [www.andrewchapelumc.org](http://www.andrewchapelumc.org) for more.

**Ryan Kinder in Concert.** 6:30-8:30 p.m. at Jammin Java, 227 Maple Ave. E. \$12-\$20. All ages. Visit [www.jaminjava.com](http://www.jaminjava.com) for more.

## SUNDAY/DEC. 17

**Breakfast Buffet.** 8 a.m.-noon, at Vienna American Legion Post 180, 330 Center St., N. Adults \$9, children 12 and under \$3. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, hash browns and more. Call 703-938-6580 for more.

**Meet the Yoga Author.** 1:30-3 p.m. at Body Grace Yoga, 215 Mill St., Vienna. Former Vienna resident Julie Dunlop will be hosting a collaborative yoga workshop. Dunlop is a James Madison High School alumni, class of 1991. \$30. Visit [bodygrace.com/events/](http://bodygrace.com/events/) for more.

**Christmas Caroling Sing-Along.** 3-5



PHOTO BY JOHN SHEARER

## Live Music

**Ryan Kinder is at Jammin' Java, 227 Maple Ave E., Vienna, 7 p.m. on Saturday, Dec. 16. Call 703-255-1566 or visit [www.leralynn.com](http://www.leralynn.com) for more.**



## Live Music

**On Friday, Feb. 3, its Lera Lynn in Concert 7 p.m. at Jammin' Java, 227 Maple Ave E., Vienna. Call 703-255-1566 or visit [www.leralynn.com](http://www.leralynn.com) for more.**

p.m. at Historic Pleasant Grove, 8641 Lewinsville Road, McLean. Songs followed by cookies and hot cider, at this historic site. Visit [www.HistoricPleasantGrove.org](http://www.HistoricPleasantGrove.org).

**Christmas Concert.** 4 p.m. at Vienna Presbyterian Church, 124 Park St. NE, Vienna. Glorious Sounds of Christmas, a Christmas celebration for the whole family led by the Vienna Presbyterian Sanctuary Choir, the Cathedral Brass, organ, piano, and noted soloists. Call 703-438-0718 for more.

**Living Nativity.** 5-6 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Come listen to the story, sing some carols, pet the animals, enjoy refreshments, and celebrate the holiday. Visit [www.greatfallsumc.org](http://www.greatfallsumc.org) or call 703-759-3705.

## MONDAY/DEC. 18

**McLean Class Sign-up.** Various times at MCC Class Programs Office, 6645 Old Dominion Drive. Winter session classes will begin the week of Jan. 21. While the center's Ingleside Avenue facility is being renovated, classes are being offered at three locations: the MCC Class Programs Office, 6645 Old Dominion Drive;

The Old Firehouse Teen Center, 1440 Chain Bridge Road; and the MCC Dance Program Studio, 1374 Chain Bridge Road. Visit [www.mcleancenter.org/](http://www.mcleancenter.org/) for more.

## WEDNESDAY/DEC. 20

**Timeline Arcade and Ice Cream.** 8 a.m.-6 p.m.-noon at The Old Firehouse, 1440 Chain Bridge Road, McLean. Play old-school video games and then eat ice cream. \$55/45 for McLean Community Center district residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## THURSDAY/DEC. 21

**Bowling and Movie.** 8 a.m.-6 p.m.-noon at The Old Firehouse, 1440 Chain Bridge Road, McLean. \$65/55 for McLean residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## TUESDAY/DEC. 26

**Beatrix Potter Tea.** noon-1:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about the famous author. Nibble on cupcakes and sip fruit punch or tea while hearing stories about the bunny family of her creation. Meet a live white tale rabbit and learn what wild bunnies do in the winter. Make a bunny of your own to take home. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## WEDNESDAY/DEC. 27

**Dave and Buster's arcade.** 8 a.m.-6 p.m.-noon at The Old Firehouse, 1440 Chain Bridge Road, McLean. Lunch and a \$25 game card with unlimited arcade game play are included. \$70/60 for McLean residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## THURSDAY/DEC. 28

**tubing/Ice Skating Trip.** 8 a.m.-6 p.m.-noon at The Old Firehouse, 1440 Chain Bridge Road, McLean. Chill out racing down hills on the tubes or gliding on skates. During the day, there is a pizza party. Admission for tubing or ice skating and lunch are included in the fee. \$55/45 for McLean residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## FRIDAY/DEC. 29

**Movie Double Feature.** 8 a.m.-6 p.m.-noon at The Old Firehouse, 1440 Chain Bridge Road, McLean. Road trip to AMC for two movies. Movie tickets and lunch are included in the fee. \$55/45 for McLean residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## SATURDAY/JAN. 13

**Women at the Helm.** 10 a.m. at the Patrick Henry Library, 101 Maple Ave. E. Vienna Mayor Laurie DiRocco and Town Council Members Carey Sienicki and Linda Colbert will share their experiences of leading the Town of Vienna. Visit [vienna-va.aauw.net/](http://vienna-va.aauw.net/).

## WEDNESDAY/JAN. 17

**Art Workshop.** 10 a.m.-4 p.m. at the Vienna Arts Center, 115 Pleasant St. Artist Jacqueline Saunders is hosting a one day workshop. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more.

## FRIDAY/FEB. 3

**Lera Lynn in Concert.** 7 p.m. at Jammin' Java, 227 Maple Ave E, Vienna. Call 703-255-1566 or visit [www.leralynn.com](http://www.leralynn.com) for more.

## SPORTS

In a tight, three-set final, VYI's middle school travel volleyball team, coached by Rob Garrett and Rob Mooney, beat the Vienna Elite U14 Club team to win the NVTL county championship.



PHOTO CONTRIBUTED

# Vienna Youth Volleyball Wins County Championship

VYI volleyball completes a perfect season with a run through the end of season tournament.

The Vienna Youth middle school girls volleyball team completed an undefeated season this fall by winning the Northern Virginia Travel Volleyball League championship. VYI finished the regular season with a match record of 7-0, and a set record of 31-4 (5 sets per match). In the league tournament, VYI won 3 straight matches (2-0, 2-0, 2-1) to claim the league championship.

In a tight final against a highly rated local club team, VYI split the first two sets, building up to a winner take all third. VYI was down 4 points late in the third set, and came roaring back behind their passing and defense, digging several hard spikes and

putting up a huge block to seal the win.

"Our girls never gave up, even when we were way down in the third, and every single player contributed to the win," said head coach Rob Garrett. "We always focus on the fundamentals in practice – serving, passing, proper footwork and eliminating mistakes. That's how we were able to stay in the match against such a powerful club team."

VYI will hold advanced player clinics and tryouts this winter for the spring travel season. There will also be player development clinics for the spring house league. For more information on VYI Volleyball, go to [vyivolleyball.org](http://vyivolleyball.org).

## Oakton Swims to 2-0 with Wins Against Langley

Oakton Swim/Dive has had another successful week for the 2017-2018 season. The boys' and girls' teams walked away with victories of 187 points to 128 points for the boys and 186 points to 126 points for the girls at Spring Hill Recreation Center.

Last week, Oakton started the season with a bang. The boys earned eight region cuts, three of them also state cuts, and the girls had 10 region cuts, two also being state-qualifying swims. Junior Daniel Gyenis, sophomore Leaya Ma, and freshman Anthony Grimm, and the 200 medley relays earned state cuts at Cub Run against Westfield.

Despite the absence of 12 swimmers, usually top scorers, for club team invitational meets, the Cougars showed their depth and didn't skip a beat. On the boys' side, junior Albert Xu and senior Devin Gardner were double winners in both of their individual events, 200 and 500 freestyle for Xu and 50 and 100 freestyle for Gardner, leading the way to first place wins for all four freestyle events. Junior Sam Walters had a 5-second drop from his lifetime best in the 200 freestyle, in addition to his third place swim. Freshman Carl Blakney earned third place in the 100 butterfly with an impressive time drop as well. The boys finally ended the meet with first, second, and third place finishes in the 400 freestyle relay.

As for the girls, sophomore Lily Chireix earned her first victory on the board at her second meet. Oakton was able to take home victories in the 200



PHOTO CONTRIBUTED

**Oakton senior Lindsey Katsaros swimming the 100 butterfly.**

medley, 200 freestyle, and 400 freestyle relays over the Saxons. Juniors Alexis Chua, who swam the 200 and 500 freestyle, and Evelyn Pickett, who swam the 50 freestyle and 100 butterfly, filled in for missing teammates and earned first place for both of their individual events. Freshman Lindsey Kotarski dropped lifetime bests in both the 200 freestyle and 100 breaststroke to contribute to the 60-point win over Langley.

With the return of their 12 swimmers, Oakton is hoping to have yet another successful meet before winter break begins.

Due to the cancellation of all FCPS activities, Oakton Swim/Dive will no longer be swimming in the Concorde Invitational. The Cougars will next be going to Audrey Moore Recreation Center to swim in a tri-meet with Thomas Jefferson High School and Mount Vernon High School at 6 p.m. on Friday, Dec. 15.



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## Here's What's Happening at MCC

### Winter-Spring 2018 Session Class & Activity Registration



MCC District Residents—  
Register Now!

Begins Monday, Dec. 18  
for all others

Registration Office  
6645 Old Dominion Dr.

### The Old Firehouse Winter Break Trips

Monday, Dec. 18-Friday, Dec. 29  
8 a.m.–6 p.m.

Destinations/prices vary

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Barter Players presents



**"Aesop's Fables"**  
by Catherine Bush  
with music by Ben Mackel

Saturday, Jan. 6, 11 a.m.

and

**"The Call of the Wild"**

Adapted from Jack London  
by Catherine Bush

Saturday, Jan. 6, 3 p.m.



Churchill Road Elementary School  
7100 Churchill Rd.

\$15 per show/\$10 MCC district residents

### McLean Traveler National Gallery of Art - Washington, D.C.

Thursday, Jan. 11

9:30 a.m.–3:30 p.m.

\$55/\$50 MCC district residents

Sponsored by The Alden  
**Dr. Martin Luther King Jr.  
Day Celebration**



**William Rhoden:  
"Activist Athletes"**

Sunday, Jan. 14, 2 p.m.

The Old Firehouse  
1440 Chain Bridge Rd.

\$20/\$10 MCC district residents



The McLean Community Center

[www.mcleancenter.org](http://www.mcleancenter.org)

Home of the Alden Theatre

[www.aldentheatre.org](http://www.aldentheatre.org)



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**Legals**

**ABC LICENSE**

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**NEWS**



**Vienna Choral Society to Perform in Annandale**

Artistic and music director Mike Horanski and accompanist Melvin Goodwyn help the Vienna Choral Society warm-up for their first concert "Surround Sound" Oct. 21 in the circular sanctuary of Vienna Baptist Church. They perform again Saturday, Dec. 16 at 4:30 p.m. with a holiday performance of "Sounds of the Season: Rutter's Gloria" in the Annandale United Methodist Church at 6935 Columbia Pike. Guest artists for the VCS 30<sup>th</sup> season program are the Oakton High School singers and orchestra, Robinson High School band and the Northern Virginia Youth Winds. Admission is \$25 for adults. Discounts apply to seniors and teenagers, who pay \$20 each. Kids 14 years and younger get in free with a paying ticket holder. Tickets are available online at [www.viennachoralsociety.org](http://www.viennachoralsociety.org).

PHOTO BY MARTI MOORE/THE SCONNECTION



Madrigals and select singers from the James Madison High School chorus and chamber orchestra help the Vienna Choral Society end their first concert Oct. 21 on a positive note with a cheerful Harry Belafonte and Robert Freedman song "Turn the World Around."

**Church of the Good Shepherd to Hold Four Christmas Eve Services**

The Church of the Good Shepherd, a United Methodist Church in Vienna, will celebrate Christmas Eve with four worship services on Sunday, Dec. 24. The community is invited to all services at the church, located at 2351 Hunter Mill Road. The church will hold its regular worship service at 10:15 a.m. At 5 p.m. will be the Children's Christmas Eve Service that includes a giant felt board. As children come in, pieces of the Nativity

story will be distributed for children to place on the felt board, said pastor Eric Song. Communion and candlelight Christmas Eve services will be held at 7 and 10 p.m. (child care provided for the 7 p.m. service). The Church of the Good Shepherd has been celebrating its 50<sup>th</sup> anniversary in 2017. For more information, visit [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com) or [www.Facebook.com/GoodShepherdVienna](http://www.Facebook.com/GoodShepherdVienna).

# BULLETIN

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SOBER-RIDE FOR WINTER HOLIDAYS

**Free Sober Rides.** The annual Holiday SoberRider program will operate 8 p.m.-4 a.m. each night from Friday, Dec. 15, 2017-Monday, Jan. 1, 2018. Area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter the code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's weekly Holiday SoberRide promo codes will be posted at 2:00 pm on Dec. 15, Dec. 23 and Dec. 31 on [www.SoberRide.com](http://www.SoberRide.com).

## THURSDAY/DEC. 21

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. Shepherd's Center of Oakton-Vienna Caregivers Support Group is held the first and third Thursdays of every month, year round. Call 703-821-6838 or email [jtarr5@verizon.net](mailto:jtarr5@verizon.net) for more.

## TUESDAY/JAN. 9

**English as a Second Language Classes.** 7-8 p.m. at St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Come help 150+ adult learners master the English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. Call 703-980-9380, email [stmarksesl@gmail.com](mailto:stmarksesl@gmail.com), or visit [www.stmarksesl.org](http://www.stmarksesl.org).

## THURSDAY/JAN. 11

**English as a Second Language Classes.** 7-8 p.m. at St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Come help 150+ adult learners master the English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. Call 703-980-9380, email [stmarksesl@gmail.com](mailto:stmarksesl@gmail.com), or visit [www.stmarksesl.org](http://www.stmarksesl.org).

## SUPPORT GROUPS

**Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group** takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Haven of Northern Virginia Support Group.** 703-941-7000, [www.havenofnova.org](http://www.havenofnova.org) or [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

**Virginia Chronic Pain Support Group** Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

## VOLUNTEERS NEEDED

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Shepherd's Center of McLean-Arlington-Falls Church**, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at [info@scmafc.org](mailto:info@scmafc.org). The Center's website is [www.scmafc.org](http://www.scmafc.org).

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## As Good As It Gets



By KENNETH B. LOURIE

Five weeks of blissful ignorance. (Speak for yourself. I am.) No 24-hour urine collection. No pre-chemotherapy lab work. No chemotherapy infusion. No CT scan. No follow-up appointment with my oncologist – or any other doctor for that matter. No brain MRI. No fasting. No emailing. No prescription-drug refilling. No vitals. No weight check. No taste/eating side effects. No anything. Other than pretending and presuming that all is not wrong in my “whirled” (my underlying diagnosis), life is for the living, and I’m living proof, random though it may be, that an incredibly grim/surreal prognosis: “13 months to two years,” was not all it was cracked up to be.

Forgive me if I unleash my pent-up inner demons. As a cancer patient, there’s just so much to worry about; daily, weekly, monthly and always, that when you get a break/brake in the action, it becomes a moment in time to celebrate and cherish.

Good things may come in small packages, but great things come in five-week intervals. And though the minor deficits I have as a result of nearly nine years of chemotherapy have not dissipated; in the scheme of things, in the midst of two-fortnights-and-a-half of “uncumbrances,” to quote my late father, I am “untethered,” to once again quote my father. This time however, quoting the late, great Sid Caesar for a skit he performed (involving “an elephant,” my father always said) on “The Show of Shows” back in the early 50s.

And so for the next month and change, I am almost normal (or a reasonable facsimile thereof); other than following my daily anti-cancer, non-Western routine which I have long ago assimilated into my dos and don’ts, that is. A routine which, though it can always be enhanced, is a direct result of the advice I’ve received from my certified Holistic Health Coach. And despite the fact that I may not exactly be on the straight and narrow – more like the squiggly and wiggly, I certainly am not on the path I was when my cancer cells activated after I slid into my first PET scan back in early February 2009, and “lit it up like a Christmas tree,” according to my thoracic surgeon. An indication/confirmation which led to a surgical biopsy a week or so later which then led to the last nine years of my life.

Still, it’s been a life worth living and one for which I have few regrets. I have lived so far beyond my original prognosis, it’s not even funny; it’s ridiculous. Sure, I’m doing more of the right things than I ever did, but hardly am I the poster boy for “see what happens when you ... .” If I’m the poster boy for anything, it’s more likely “how to maintain and even increase your weight while being treated for stage IV, non-small cell lung cancer.”

Not that I won’t savor the moments ahead, but I am mindful, which led to the substance of this column, of what happens after this semi-party is over: Jan. 2, 2018 – 24-hour urine collection; Jan. 3, 2018 – pre-chemotherapy lab work; Jan. 5, 2018 – chemotherapy infusion; Jan. 17, 2018 – CT scan; and finally, Jan. 26, 2018 – follow-up appointment with my oncologist to discuss the results of my scan, and then maybe another emotional honeymoon or, God forbid, a nightmare that diagnosis to date has rarely raised its ugly head.

That possibility roams my head, constantly; compartmentalized – yes; “in the vault” – yes, but unfortunately, “the cancer,” (as “Forrest, Forrest Gump” said) still in my body and, medically speaking, not yet something one can flush out with treatment. But there’s always hope.

In the past few years, the FDA has approved half-a-dozen new lung cancer drugs, more than during the preceding decade. I don’t think medical professionals would say they have lung cancer on the run; they might say however, they have it on the trot. Which is good for me because I can’t run, but I can trot.

# OPINION

## Save Healthcare for Children Right Now

If U.S. Senate fails to act soon, 69,000 children and pregnant women in Virginia, more than 8 million nationally, will lose health coverage.

The Children's Health Insurance Program, CHIP, provides health coverage to low-income, children with family incomes too high to qualify for Medicaid, up to 200 percent of the federal poverty level in Virginia, up to \$49,200 for a family of four. In Virginia, coverage under CHIP is called Family Access to Medical Insurance Security (FAMIS) and covers more than 69,000 children and pregnant women. More than 8.4 million children are covered nationally under CHIP.

Ironically, families with children covered under FAMIS (note that the S stands for "security") will receive letters this week letting them know that their medical insurance security ends in January unless the U.S. Senate acts to reauthorize (fund) CHIP by the end of the year. The House of Representatives passed a bill to reauthorize CHIP in November, funding it mostly through cuts to programs in the Affordable Care Act.

The letter to Virginia FAMIS participants reads:

"We are sending you this letter because these people in your family are enrolled in FAMIS or FAMIS MOMS:

"FAMIS and FAMIS MOMS are paid for by state and federal funds through the Children's Health Insurance Program known as CHIP. For

20 years CHIP has had the strong support of Congress and has been renewed many times. We are hopeful that Congress will once again provide the funding to continue this program. However, because Congress has not acted yet, we need to let you know that there is a chance the FAMIS programs may have to shut down.

"If Congress does not act soon, the FAMIS programs will end on Jan. 31, 2018."

Having tens of thousands of uninsured children is bad health policy for every Virginian. It's better for all children in school to have all children be able to access health care, both preventative care and care when they are sick.

According to a recent publication in the New England Journal of Medicine:

"The body of evidence summarized here indicates that coverage expansions significantly increase patients' access to care and use of preventive care, primary care, chronic illness treatment, medications, and surgery. These increases appear to produce significant, multifaceted, and nuanced benefits to health.

"Some benefits may manifest in earlier detection of disease, some in better medication adherence and management of chronic conditions, and some in the psychological well-being born of knowing one can afford care when one gets sick. ... Some of these changes will ultimately help tens of thousands of people live longer lives.

"Conversely, the data suggest that policies reducing coverage will produce significant harms to health, particularly among people with lower incomes and chronic conditions."

Also, having health coverage leads to greater financial security, and that helps the economy. "There is abundant evidence that having health insurance improves financial security," according to the same study.

Virginia's U.S. Senators Mark Warner and Tim Kaine have repeatedly called for a vote to reauthorize CHIP.

Yesterday, they said, "Today is a scary day for a lot of families in Virginia, and it was completely preventable. We asked Senator McConnell multiple times to help us support the 66,000 children and 1,100 pregnant women in Virginia who receive their health care through the CHIP program, but Republican leadership still hasn't brought it forward for a vote. There is a bipartisan bill on the table, and it's critical that we pass it before Congress leaves for the holidays so we can give some peace of mind to Virginia parents who are worried about whether their children will have health insurance in the new year."

We wish everyone peace of mind in the New Year.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### COMMENTARY

## A Matter of Perspective

BY JEAN JIANOS

In Washington, D.C. it is common to see a tourist posing for a photo, trying to create the illusion that they are holding one of the monuments in the palm of their hand. A similar kind of photo was prominently displayed as a party gag at a birthday party for a friend. The man celebrating his birthday was shown in the photo talking with his hands. In the background of the photo was a bikini-clad friend, creating the illusion that he was cupping her breast in his hand, in effect groping her. Hilarious, right?

The man being roasted by his friends acted sheepishly, but he was not really embarrassed. After all, he was depicted as being in control and the dominant figure in the photo.

The female friend who was also present at the party was mortified and left the room angry and close to tears. Overreacting, right? No sense of humor.

Perhaps another person would have

laughed it off in an attempt to regain equal footing with all the other party guests, but then none of us would have recognized this for what it was — one of "those situations."

She purposely had not been consulted about the use of the photo because it was suspected she would object to her body being used as the brunt of a sexist joke. Her friends, a group of men and women, thought she shouldn't mind too much because she looked good in her bikini, but that was not our decision to make.

In that moment when the photo was revealed she went from being a peer to a prop. We were using someone else's body for our own entertainment and satisfaction at the expense of their dignity. We had put that other person in a position where they couldn't object before the fact and would feel bullied into not objecting after the fact. There is a right and a wrong. The only matter of perspective is whether we see it.

Jean Jianos is a local freelance writer.

### LETTERS

## Armed as For a War Zone

To the Editor:

I have followed the gun control correspondence with dismay. I hope nobody is under the misapprehension that a few tweaks like better gun purchase checks, closing some loopholes and clamping down on some fast fire gadgetry — all in themselves desirable — will somehow make a significant difference to America's national disgrace. While every gun death reduced is good, we are still not even in the right ballpark in dealing with the scale of the problem.

The reason Britain has negligible gun deaths compared to America is that gun ownership is very low, about 7 percent of America's figure, and guns are heavily regulated. As a result, there is no arms race between potential attacker and attacked and no arms race between criminal and police.

Most of the recent gun control proposals have been, frankly, marginal fiddling and a sop to our consciences. If en-

acted, they would barely inconvenience the NRA.

Without drastic reduction in the number of guns — by say 80 percent — alongside very tight gun type and use restrictions, we will continue to live in a country where deer get far better protection than humans and where daily slaughter of children and adults is normal.

Wringing our hands and pretending, almost weekly, that we are still trying to understand the reasons for this global anomaly — gun deaths at 45 times the UK — may make us feel better but it falls way short of solving the problem. If the number of guns is not drastically reduced then we had better just hunker down and get used to another century of this madness.

But please, let's not wring our hands and ask why it happens. We know the answer to that. Per hundred people, we have twice the number of guns in Yemen! We are armed as for a war zone.

Ridley Nelson  
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Vienna & Oakton  
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