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Packed house to celebrate Jennifer Wexton's win in the 10th Congressional District.



Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

BY MICHAEL LEE POPE
THE CONNECTION

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a Congressional seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980.

For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen. John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone," said Republican consultant Dan Scandling, who served as Wolf's chief of staff. "Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation."

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican candidates for Senate in places like North Dakota and Missouri, it provided a burden for Comstock. Kavanaugh and Comstock had been friends since they served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to charge Comstock was guilty of an "unacceptable failure of leadership." In the closing days of the campaign, television ads branded the incumbent "Barbara Trumpstock."

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading



Jennifer Wexton

caravan of foreigners failed to resonate outside rural Virginia.

"Corey Stewart and Barbara Comstock followed President Trump's playbook. They stoked fear about immigrants. Both lost big," said Frank Sharry, founder and executive director of immigration-reform group America's Voice. "It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump."

KAINE CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a "vicious" campaign and delivered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking

supporters and volunteers that helped her win in the most expensive congressional race in Virginia.

Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, \$6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day. In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly

Results

U.S. SENATE

- ❖ Democrat Tim Kaine: 1.9 million votes, 57 percent
- ❖ Republican Corey Stewart: 1.4 million votes, 41 percent
- ❖ Libertarian Matt Waters: 62,000 votes, 2 percent

HOUSE DISTRICT 10

- ❖ Democrat Jennifer Wexton: 203,000 votes, 56 percent
- ❖ Republican Barbara Comstock: .. 158,000 votes, 44 percent

taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer

chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

With two other Democratic women challengers defeating incumbents in Virginia Congressional Districts, Virginia's Congressional delegation shifts from seven Republicans and four Democrats to seven Democrats and four Republicans.

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) announced her run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-fire series of special elections to install new members of the General Assembly ahead of the January session. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."

OPINION

We Need Answers

A year after McLean resident Bijan Ghaisar was shot and killed neither the Park Police nor the FBI has released a report on what happened.

BY SCOTT SUROVELL
STATE SENATOR (D-36)

On Nov. 17, 2017, coming home from work around 10 p.m., I saw police lights at the end of Alexandria Avenue where it intersects with Fort Hunt Road in the Mount Vernon area near my home. I assumed there was an accident.

The next morning, I learned that an accountant from McLean, Bijan Ghaisar, had been shot by two U.S. Park Police officers after he drove away after being rear-ended by an Uber driver on the George Washington Memorial Parkway near Slater's Lane. Very little about the Park Police's official story made sense to me the next morning.

About two weeks later, I sent a letter to the Federal Bureau of Investigation (FBI) asking a series of questions. I received a cursory response.

About two months after the incident, the Fairfax County Police Department (FCPD) released a dash cam video of the incident starting near Dyke Overlook on the George Washington Memorial Parkway. The video showed Ghaisar driving down the Parkway slightly over the speed limit trailed by two U.S. Park Police cruisers. Anyone who drives the Parkway knows that without adequate shoulders there are few places to pull over.

Mr. Ghaisar stopped his car on the hill up to Morningside Lane and the officers drew their guns and shouted commands. Ghaisar then drove away at a normal rate of speed. As he drove away, one officer slammed the butt of his pistol on Ghaisar's trunk in frustration while

shouting at him.

Ghaisar exited the Parkway after the stone bridge and turn west onto West Boulevard Drive and then left onto Alexandria Avenue. As Ghaisar approached a Fairfax County Police cruiser partially blocking Alexandria Avenue at Fort Hunt Road, Ghaisar slowed, stopped and then began to slowly move his car around the right side of the FCPD cruiser after the Park Police officers again drew their weapons.

The Park Police officers then suddenly fired nine shots into Ghaisar's vehicle striking him four times in the head. Thanks to a report issued by FCPD two weeks ago, we now know that the police found no weapon. We also know that the U.S. Park Police officers violated official chase and weapons policies.

While the U.S. Park Police took the positive step of referring the matter to the FBI for an independent investigation, neither the Park Police nor the FBI has released a report. Arlington County has not released the 911 tape. It is very troubling that as the one-year anniversary approaches, we still do not know the names of the officers who shot Ghaisar, their explanation for the shooting or whether any de-escalation measures were used.

Mr. Ghaisar leaves behind two grieving parents and a sister who still have no explanation for why their family member was killed, despite their numerous requests.

A community's faith in law enforcement requires transparency in officer-involved shootings. Recent cell phone, dash camera and body camera videos have shown the public how



Last week, one hundred Mount Vernon residents joined Bijan Ghaisar's family in a candlelight vigil at the shooting site. The Ghaisar Family is holding another vigil on the one-year anniversary of their son's death on Saturday, Nov. 17, at 6 p.m. at the Lincoln Memorial. More at www.facebook.com/wearebijan/

officers are often presented with difficult situations and are required to make split-second judgment calls that can be the difference between life and death and videos provide context. However, the video that we have seen shows that the Ghaisar situation presented zero threat to the police or public safety.

Very disturbing is the complete lack of transparency by the federal government about what happened. Congressman Don Beyer has demanded answers.

If an officer had been shot, the public would have been briefed that night and charges would have been announced the next day. The Turkish Government has provided better transparency on the Khashoggi killing than our own government has right here in our community.

Last week, one hundred Mount Vernon residents and Bijan Ghaisar's family joined me in a candlelight vigil at the shooting site. The Ghaisar Family is holding another vigil on the one-year anniversary of their son's death on Saturday, Nov. 17, at 6 p.m. at the Lincoln Memorial. More at www.facebook.com/wearebijan/

Our community deserves answers and I intend to get them.

Please email me at scott@scottsuovell.org with your suggestions and feedback.

A Price of Sleep Deprivation

To the Editor:

For me, as a college student, the relevance of Marilyn Campbell's article ("A Good Night's Sleep": Connection, November 7-13, 2018) was strikingly impactful. I appreciate that you brought to light the ways sleep deprivation changes our everyday lives. It is crazy to think how something so simple can make such immense differences in our daily successes. This proves just how essential sleep is.

Tasks that are often prioritized above sleep are important, but maybe not as important as long-term health. Our achievement-focused culture likely leads to limited choices for not only students but everyone living a busy life. Our society puts so much pressure on success that when

it comes to choosing between going to bed early or finishing an essay due at midnight, physical health is dismissed.

It is fascinating, and frankly disappointing, to learn that this pattern of sleep deprivation occurs in several age groups. It would be ideal for sleep deprivation to be minimized at a young age. It is also interesting that the long term effects of sleep deprivation lead to difficulty in social interactions. It saddens me to think that simply losing some sleep can cause people to completely disconnect from society. Social interactions are crucial to maintaining good mental health, and being sleep deprived compromises that.

SEE SLEEP DEPRIVATION,
PAGE 11

A Bloodless Revolution

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

Thomas Jefferson's election as President of the United States is referred to as a "bloodless revolution" because in the major shifts of power in world history it occurred without the violence that marked previous changes in who controlled government. While electing a president has caused some consternation over time, the rule of law has been followed rather than having a resort to physical engagement determine the outcome.

While I and others had hoped for a giant blue tsunami wave to occur with the outcome of the 2018 mid-terms elections, a more apt description of the outcome might be that a wave of blue change came upon the land.

Leading that change was the first outcome announced by the media with the election of Democrat State Senator Jennifer Wexton to the U.S. House of Representatives defeating incumbent Republican Barbara Comstock by a landslide and flipped a district that had been Republican for nearly forty years. Not only did Congresswoman-elect Jennifer Wexton get an overwhelming share of the popular votes, but she assembled an army of volunteers like that seldom seen in elections. She won in the best tradition of the bloodless revolution with volunteers who carried her message door to door.

Downstate in Congressional District Seven an earlier voter revolution had swept the Republican

SEE PLUM, PAGE 10

Vienna & Oakton
CONNECTION

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PHOTOS CONTRIBUTED

Girl Scouts planted nearly 100 common milkweed and native flowering plants at Blake Lane Park to save monarchs.

Girl Scouts Save Monarchs

During the month of October, Girl Scouts planted several hundred common milkweed and nectar-producing native plants to create 11 monarch butterfly habitats on public and private land to help save monarch butterflies. These conservationists from Girl Scout Council of the Nation's Capital partnered with Fairfax County Park Authority's Invasive Management Area program at Blake Lane and Fred Crossfield Parks, and with Vale United Methodist Church, Waples Mill and Crossfield Elementary Schools, and several homeowners who offered sunny space to create a haven for common milkweed and butterfly-loving native plants. Daisy, Brownie, Junior and Cadette Girl Scouts from Service Unit 56-1 in Oakton and Oak Hill sincerely thank Fairfax County Park Authority and all the generous people who donated native plants, space in their yard, and their time for this project.

Cadette Girl Scout Katie Kritzler of Troop 780, Oakton, wrote the following about the experience:

On Tuesday, Oct. 2, 2018, local Girl Scouts and their parents met in the afternoon to make the world a better place. Inspired by the increasing loss of habitat and invasive

species plant growth in the Northern Virginia area, we planted a monarch habitat garden at Blake Lane Park. We planted common milkweed and various monarch-friendly flowering plants such as coreopsis, asters, goldenrods, and joe pye weed. These will provide a safe place for monarchs to lay eggs and eat before their long trip to Mexico for the winter.

Monarch butterflies and other pollinators, like bees, are vital to our ecosystem, and it is crucial that we provide resources for them.

We all got little dirty digging holes, planting seedlings and watering them to give them a fighting chance before the winter. My favorite of the work tasks was planting the little plants and gently replacing the soil around them. I can just imagine the butterflies finding this garden next year.

Other projects just like this one have been happening a lot recently in our local area and all of these are being done by Girl Scouts. We are trying to make the world a better place by saving the butterflies of the world. Anyone can make a difference in the world. Just plant some milkweed in a sunny place in your yard and soon you will have some butterflies.



Daisy, Brownie, Junior and Cadette Girl Scouts created a monarch habitat at Crossfield Elementary School.



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We hope our patients will have the opportunity to meet and be treated by Dr. Levinson sometime soon. They can be certain their eyes are in excellent hands.



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Santa HQ. Through Dec. 24, Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in our 'Help Through Holiday Giving' toy drive benefitting Second Story (formerly Alternative House). Visit www.santa-hq.com.

THURSDAY/NOV. 15

Tree Lighting. 6-8 p.m. Celebrate WASH-FM's Kick off to Christmas and the annual lighting of Tysons Corner Center's signature 51-foot Christmas Tree. The Tree Lighting Ceremony will be on the elevated outdoor Plaza and will be emceed by Lance Bass from *NSYNC. Visit www.tysonscornercenter.com/events.

SATURDAY/NOV. 17

Thanksgiving Car and Bike Show. 10 a.m.-3 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Rev those engines, bring some canned goods and come on out to the Thanksgiving Car and Bike Show, a benefit for hungry families and a nonprofit focused on men's health. Entry fee for those who wish to show

car or bike is \$20 (or \$15 plus five canned goods). Registration opens at 10 a.m.; judging begins at noon. www.GoodShepherdVA.com.

Tea Tasting Seminar. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Pairing Premium Teas and Cheeses – Wine isn't the only beverage that complements cheese. Learn pairing techniques with Certified Tea Specialist Chef Laurie Bell. Tea and cheese infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0601 and visit www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664 to register.

Opening Reception. 1-3 p.m. at The Gallery at The Church of the Good Shepherd (United Methodist), 2351 Hunter Road, Vienna. For artist Alice Nodine, a member of Good Shepherd. The "Peace Like a River" art exhibit features mixed media paintings; it will be up through Sunday, Dec. 16, with an artist reception and talk after church services on Sunday, Dec. 2. For exhibit hours and information, see www.GoodShepherdVA.com.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

OLGC Casino Night. 7-10 p.m. at Our Lady of Good Counsel, 8601 Wolftrap Road, Vienna. Join the Knights of Columbus and OLGC Men's Club for an evening of casino entertainment in DeSales Hall. Grand Prize of \$500. Proceeds benefit the Society of St.



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The picture is one of the HO gauge steam engines stopping at the Salisbury station. This is an award winning model of the real station in Salisbury, NC.

Open House

Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Saturday, Nov. 17, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit www.nvmr.org.

Vincent DePaul. Pre-purchase \$30, at the door \$45. Visit www.olgva.org/news-post/~post/casino-night.

SUNDAY/NOV. 18

Vienna Turkey Trot. 8 a.m. at Vienna Volunteer Fire Department, 400 Center St. South, Vienna. The James Madison High School Band will be hosting the 16th Annual Vienna Turkey Trot 5K/10K and Kids' Fun

Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join in the great run, music, fun prizes, refreshments after the race and the Finish Line Festival. Email turkeytrot@jmhsband.org. Visit the website www.viennaturkeytrot.org.

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry

pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

Organ Recital with Dr. Christopher Reynolds. 4-5 p.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Organ recital by Dr. Christopher Reynolds, Director of Music and Organist at St. Paul's Episcopal Church in Richmond. The program will include works by Bach, Buxtehude, Franck, Mendelssohn, and Willan. No tickets are required. Call 703-938-6521 or visit www.holycomforter.com.

THURSDAY/NOV. 22

Community Thanksgiving Dinner. Noon-2 p.m. at The Lewinsville Retirement Residence, 1515 Great Falls St., McLean. Community Thanksgiving Dinner hosted by Lewinsville Presbyterian Church. New and old friends are invited to the table. Young adults, including college and graduate students, singles, families, children and elderly who are far from home or without family are welcome, whether or not they are members of the church. Free (donations welcomed). RSVP to attend and/or volunteer/donate at www.lewinsville.org/event-items/thanksgiving. Call 703-356-7200 or visit www.lewinsville.org.

MONDAY/NOV. 26

Church Street Stroll. 6-9 p.m. on Church Street (in front of the Freeman Store), Vienna. Santa will ride down Church Street on a fire truck and greet children at the historic Freeman Store. Local music

SEE ENTERTAINMENT. PAGE 9

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Event teams young patients with designers and artists.

BY MARILYN CAMPBELL

Some of the area's most talented tastemakers are donating their time and creativity to benefit a local hospital. From feathers and yarn to seashells and tree branches, local interior designers and artists are creating holiday trees, mantel and table displays, wreaths, menorahs and artwork for the second annual Light Up the Season fundraising event for Children's National Medical Center on Dec. 16.

Designers were paired with children who are patients at Children's. Throughout the creative process, the artistic creations unfolded as the patient-designer relationships grew. "Our design was inspired by the warmth of the holiday season, the onset of winter, and the magical imagination of 7-year-old Johnny our patient ...," said Jeff Akseizer of Akseizer Design Group in Alexandria. "In our interview with him, his mind exploded with all the colors, textures, and characters he loves to see at the holiday season, his favorite being the Grinch."

Akseizer is creating a holiday tree with designer Jamie Brown, also with Akseizer Design Group. "Johnny is a true inspiration," said Brown. "He plays wheelchair basketball and sled hockey. We took much of the spirit from our interview with him and plugged it into our creative minds to come up with something that would surely wow."

The holiday decor will be created to reflect the personality and spirit of each child. "My patient artist, Savannah, inspired my wreath design for this year's event," said designer Mary Biletnikoff. "She is a sweet, 6-year-old girl who loves to draw, make snow angels and snowmen ... she celebrates Christmas and loves Christmas lights," she said. "My wreath is named 'Savannah the Snow Girl' and is a modern day take on the traditional snowman. I chose this theme because girls need to grow up knowing that they are strong, kind, smart and creative just like my patient artist."

"My patient partner loves fun, color and sparkle, so we created a vibrant wreath that reflects her personality," said Wendy Danziger of Danziger Design in Bethesda.

From traditional colors to hues that stretch the imagination, ideas for creating festive designs will abound at year's event, says Biletnikoff. "I hope that visitors will be inspired to incorporate some fun and lightheartedness in their own home," she said. "If you are decorating for the holidays, I want people to consider elements that make them smile and maybe even chuckle. Design is about incorporating what you like, not what you think you should have."

"When decorating for the holidays, let your imagination take over and don't be afraid to combine elements that may at first seem unlikely companions," said Sarah Hayes of Sarah Hayes Design, who created a console table display with her 17-year-old patient. "And, as Caoilinn and I would both agree, the more twinkle lights, the merrier."

"Also, make decorations together with and for your children so they can be a part of the fun," added Biletnikoff.

Offering hints at what awaits those who visit the

displays, Ashley Greer of Atelier Ashley Flowers in Alexandria said, "I have teamed up with a sweet ... patient to create a classic, woodlands-inspired holiday tree ... Along with my crew of talented volunteers, we've designed dozens of handmade wreaths that will adorn the tree along with beautiful glass and felt ornaments ... This tree will bring our theme — Over the River and Through the Woods — to life."

"We're inspired by our É patient partner who loves horses, unicorns, magic, pink, and purple," added Rachel and Charles Gang of Helen Olivia Flowers, also in Alexandria. "She lives in the country with her family so being outdoors is a part of her life. We're incorporating nature, plants, and pastel colors into our enchanted design."

Metallic animals, feathers and other natural elements are what designer Marika Meyer of Marika Meyer Interiors and Marika Meyer Textiles in Bethesda is using to create a safari-themed tree. "We'll incorporate some my Marika Meyer Textiles to create the garland and tree skirt using a custom colorway," she said. "It will be a festive and fun way to celebrate the holidays."

Other designers participating in Light Up the Season who are in the area include Lauren and David Liess of Lauren Liess in Great Falls, Wendy Danziger of Danziger Design in Potomac, and Sascha Roth of Urban Country in Bethesda.

All of the holiday trees, mantelpieces, wreaths, menorahs and artwork on display will be available for purchase. Proceeds benefit Children's National. Light Up The Season will be on Sunday, Dec. 16, from 12-4 p.m. at Four Seasons Hotel Washington, D.C. Family activities include holiday cookie decorating, ornament making, musical performances and visits from Santa. Tickets for the event are \$50 per child 16 and under, \$85 per adult for the family and \$250 per family of four (two adults and two children 16 and under).

For more information, including how to purchase tickets and how to be a sponsor, go to childrensnational.org/lightuptheseason or email lightuptheseasondc@gmail.com.



PHOTO COURTESY OF MARY BILETNIKOFF

A mixture of dark red and white flowers along with holiday greenery and black and white ribbon are elements that designer Mary Biletnikoff will use to create a wreath for Light Up the Season.



PHOTO COURTESY OF MARIKA MEYERS

Marika Meyer Textiles will be used to create the garland and tree skirt for a holiday tree that Meyer is designing for Light Up the Season.

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'Real Work of Advocacy Begins Again'

Annual SALT conference celebrates 2018 achievements, outlines 2019 priorities.

BY ANDREA WORKER
THE CONNECTION

The elections are behind us. Now it's time for the real work of advocacy to start again," said Social Action Linking Together (SALT) founder John Horejsi as he welcomed the attendees to the SALT Fall advocacy conference at Virginia International University in Fairfax on Saturday, Nov. 10.

SALT is a faith-based network of organizations and individuals who join forces on a number of social issues, "trying to bring the social and economic justice teachings of their faith to bear on public policy and legislation, especially at the local and state levels." The non-partisan group ("We focus on issues, not candidates") formed some 20 years ago with a core of eight socially-conscious people and has grown over the years to a base of about 1,300.

Keynote speaker John "Jack" Calhoun, author of several books about social justice and engagement, brought considerable humor to his presentation, "Finding Hope and Joy in the Broken Places: Keepin' on, Keepin' on," despite the often sobering stories and statistics that he has faced in his work and that he recounts.

"Jesus liked a party," he joked. "We need to find joy and fun in what we are about."

CALHOUN, a senior consultant with the U.S. Department of Justice and Development Service Group, Inc., for National Forum on Youth Violence Prevention has spent a lifetime working inside and out of government institutions to "improve the lives of those who live on society's edges, fragile families and the neighborhoods from which they come" focusing heavily on vulnerable children and adolescents.

"We need to name and claim our kids," said Calhoun, who helped write the landmark Child Welfare and Adoption Act of 1980, or "other negative influencers like gangs will do so."

Calhoun offered several tips on successful engagement, including "Policy Walking" and "Programs, Policy and the Personal" as the three essential elements for a template for "really getting something accomplished. It starts with walking, not fixing or talking."

Bringing the work needed to be done to the local level was Virginia Del. Ken Plum (D-36), introduced by Horejsi as the longest serving delegate in the Virginia Legislature and "an advocate for social justice and civic engagement since day one." Plum was joined on the dais by Karrie Delaney (D-67) who completed her first term this year.

Plum's illuminating presentation was aptly titled the "Uncommonwealth of Virginia." To understand the work that needs to be done and how best to achieve it, says Plum, it is first necessary to understand the economic gaps and disparity in opportuni-



The panel, representing faith-based social justice organizations and Virginia's elected officials, address the attendees at the annual conference of Social Action Linking Together.

ties that exist between the regions of the Commonwealth.

"We are a state of extremes," said the delegate, with Northern Virginia being among the nation's wealthiest in personal income and property value, while the South and the Southwest regions rank "the actual poorest, lower than the state of Mississippi in these economic indicators."

Plum acknowledged that there are many who resent the portion of their tax dollars being used to support other areas of the state, often hearing that "our money should be used to improve our schools, our services," but he makes the case that not only is it the morally right thing to do to help our neighbors in need, but it makes sense that "we all do well when everyone does so."

The changing demographics and shifts in population need to inform how we develop programs and allocate funds and "how we will improve the lives of all Virginians."

THE AUDIENCE was also treated to a snapshot of the daily doings of the "Nuns on a Bus" and their recently completed 2018 tour, which took them from Santa Monica, California, across the nation to the Trump resort Mar-a-Lago in Florida.

"A fitting place to do an ending drive-by" said Sister Quincy Howard who was one of the bus "riders," since the main objective of this year's bus trip was "firstly to learn and listen, secondly to educate and inform on the impacts of the 2017 Republican Tax Cuts and Job Acts."

The nuns organized or attended more than 50 events in 21 states from Oct. 7 until Nov. 2. They met with local lawmakers, attended Town Halls, and joined in rallies around the country, trying to show just how much, or little, different groups would benefit from the tax cuts. According to their

PHOTOS BY ANDREA WORKER/THE CONNECTION



Sister Quincy Howard tag-teamed with Sister Mary Ellen Lacy to provide the highlights of their recently completed participation in the "Nuns on a Bus" tour across America, from Oct. 7 - Nov. 2, starting in Santa Monica, Calif., and ending up with a "fitting drive-by at Mar-a-Lago," the President's frequently visited resort in Florida.

organization, NETWORK, Advocates for Justice, Inspired by Catholic Sisters, the wealthiest and corporations would be the real recipients of any positive effect from the tax laws, while the less fortunate and the struggling middle classes would actually "take steps backwards from the days of the Reagan tax cuts" because of threats to the programs that many of them depend on, like Social Security, SNAP and CHIP programs, Medicare and Medicaid, and "even infrastructure and emergency recovery resources."

Sister Mary Ellen Lacy, who was Sister Howard's "bus mate," detailed events on the tour, describing some of the "touching and inspiring site visits" the group made, where "we saw the direct, positive outcomes of people helping each other." Lacy said they were particularly impressed by programs that employed a holistic approach, rather than focusing on just one piece of the puzzle.

"We saw programs that were more collaborative, less competitive," so that she says they achieved a greater outcome in the goal of bringing "dignity and economic mobility" to people and families.

"We voted. We won," said Lacy, breaking for a moment with the non-partisan model when she urged the audience to "now support and educate and work with" these new lawmakers and representatives.

SALT made great strides towards the goals they set at last year's conference. Having advocated for years for the expansion of Medicaid in Virginia, the group was ecstatic when Gov. Northam signed the new state budget that will bring health care coverage to up to 400,000 Virginians starting Jan. 1, 2019. Enrollment is going on now.

Horejsi was also excited that he had been invited to attend the signing of the bill, sponsored by Del. Patrick Hope and Sen. Barbara Favola to "End School Lunch Shaming."

Also in the "celebrate" column are bills to allow video visitations without replacing in-person family visits for prison inmates, and the Kinship Guardian Program, which allows guardians like grandparents to become registered Foster Parents, giving the children in their care "some six times more benefits," said Horejsi, than they could receive otherwise.

ON THE AGENDA for the 2019 Virginia Legislative agenda:

- ❖ More improvements to TANF (Temporary Assistance for Needy Families), including a TANF scholarship pilot program to "give these young people a chance to become successfully employed."

- ❖ Supporting the Governor's mission to make Earned Income Tax Credits refundable for lower and moderate-income working families.

- ❖ Limiting and ending solitary confinement of the incarcerated. Speaker Gay Gardner with Interfaith Action for Human Rights is working to present a bill demanding transparency and accountability and real measurement by the Virginia Department of Corrections. "There are fewer inmates in solitary confinement today," she said, but with no measurement, and simply changing the name of this action to "restrictive housing," Gardner says that this is an advocacy that must continue and needs more attention.

- ❖ Continuing to oppose Block Grants for all human services programs, as grants are shown to typically shrink in funding over the years.

The issues discussed at the conference and on the SALT radar can be complex. The group welcomes questions and comments and any opportunity to educate and assist, providing factual, non-partisan information on their website at www.s-a-l-t.org or by contacting SALT coordinator and founder John Horejsi at jhorejsi@coxnet.

ENTERTAINMENT

FROM PAGE 6

groups will perform throughout the evening. Mayor Laurie DiRocco will light the Holiday Tree and there will be marshmallow roasting to add to the festive atmosphere. Visit historic sites such as the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church) and Vienna Presbyterian's Old Chapel. Call Historic Vienna at 703-938-5187 or visit historicviennainc.org.

Model Railroaders Open House. 6-9 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration

days, including Viva! Vienna and the Vienna Holiday Stroll. Free. Call 703-938-5157 or visit www.nvmr.org.

WEDNESDAY/NOV. 28

"Rock To Resist By" Benefit Show. 7-10 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Join "resistance rock" band M4TR, Innovation Station Music, 350 Fairfax, Climate Reality Project NoVA, Network NoVA, Our Revolution Northern Virginia and many more non-profits and activist groups. This event is part concert, part album release party, part civic action rally, part networking event. Tickets are \$15 at the door or by in advance on Ticketfly at

www.ticketfly.com/event/1778042-m4trs-rock-resist-by-vienna/.

THURSDAY-FRIDAY/NOV. 29-30

Tiny Tots Concerts. Thursday, 10 a.m. and 7 p.m. ("jammy-friendly show"); Friday, 10 a.m. at James Madison High School, 2500 James Madison Drive, Vienna. The JMHS Band Program presents a concert celebration featuring a wide spectrum of seasonal music. Costumed performers include old friends and surprise guests. The audience can sing, clap and dance along with the band. Advance purchase recommended. \$9 per person at james-madison-band.ticketleap.com/tinytots2018/. Email tinytots@jmhsband.org.




Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

<p>Wednesday, November 28, 2018 at 5:30 p.m.* NOVA District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030</p>	<p>Thursday, November 29, 2018 at 4 p.m.* Fredericksburg District Office Auditorium 86 Deacon Road Fredericksburg, VA 22405</p>
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Fall meeting materials will be available at: <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

*Please note that these dates have been changed from previous listings.

<p>If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov.</p>	<p>You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov.</p>
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Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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Saturday, Nov. 17, 6 p.m.
The Old Firehouse, 1440 Chain Bridge Rd.
\$19/\$14 MCC district residents

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Family Fun Bingo
Friday, Nov. 30, 7-9 p.m.
The Old Firehouse, 1440 Chain Bridge Rd.
\$10/\$5 MCC district residents

Proceed to Improv!



Unruly Theatre Project
Friday, Nov. 30, 7 p.m.
Caffe Amouri
107 Church St. SE, Vienna
Free admission



Happy Thanksgiving!
Thanksgiving Day Holiday



MCC and The Old Firehouse will be closed Thursday, Nov. 22 and Friday, Nov. 23.



The McLean Community Center
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Home of the Alden Theatre
www.aldentheatre.org
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CAPPIES REVIEW

**From left — Madeline
Moran, Hannah Khan,
Alexandra Wai and Peter
Heller in the Flint Hill
School performance of
'Pride and Prejudice.'**

PHOTO BY
RAYMOND CUEVO



First Impressions and Second Chance

**Flint Hill School presents
'Pride and Prejudice.'**

BY ELENA AUCLAIR
TEEN THEATRE COMPANY

It's a simple story: boy meets girl. But when this rude boy tries proposing to the proud girl, he's refused. He tries again after many trials between them, and is finally accepted! In any other author's hands, this plot would be trite. But Jane Austen's "Pride and Prejudice" is an enduring story showing how first impressions aren't all that they seem. Adapted for the stage by Paula K. Parker, Flint Hill School's production of "Pride and Prejudice" included chemistry in all its relationships, and was filled with actors' unique takes on familiar roles.

The story tells of the Bennet family: five unmarried daughters, a matchmaking mother, and a put-upon father. When Mr. Darcy and his friend, both rich, eligible young men, move next door, Mrs. Bennet foresees marriages in the future. But Mr. Darcy is proud, and the Bennet's second daughter, Elizabeth, is prejudiced. A romance between the two seems impossible.

Flint Hill's production of "Pride and Prejudice" was steeped in the tradition of Austen's novel. The costumed stage crew smoothly conducted transitions between scenes. Actors consistently stayed in character, including those in the background, and a standout the entire play was the Bennet household. Family members played off of each other in distinct ways, and each character was a fully fleshed out person with an unmistakable personality and manner.

Two scenes in the second act truly represented the growing attraction between Elizabeth (Alexandra Wai) and Mr. Darcy (George Moacdieh). The first

scene was the opening of the second act. With two spotlights trained on them, Wai and Moacdieh stood on opposite ends of the stage, taking turns narrating a letter from Mr. Darcy to Elizabeth describing a past misunderstanding. The subtlety of Wai and Moacdieh's growing emotions stood out on the bare stage, distinctly changing their character arcs for the second act. The second scene was at Pemberley, Mr. Darcy's estate. Elizabeth visited the house with her aunt and uncle, thinking that Mr. Darcy was away, and when he returned suddenly, Wai's flustered manner and confused feelings interacted well with the genteel and now welcoming Moacdieh.

Another relationship presented well was Mr. and Mrs. Bennet's, with a close connection seemingly developed over 25 years of marriage. Mr. Bennet (Thomas Norberg) brought to the role of the father a polished speaking style that could rise to high emotion when needed. Mrs. Bennet (Hannah Khan) had consistent energy in the role of annoying mother, balancing the restrained Norberg. A standout performance was Caroline Bingley (Ansley Bryan) who had chemistry with all the characters that she interacted with, even in the background. Although transitions were sometimes as long as the scenes, changes were conducted in a smooth manner. Some actors spoke quickly, making them hard to understand, but all actors were consistent and unique characters.

This production of "Pride and Prejudice" had a distinct way of changing scenes. The back lit stage would put costumed crew members in silhouette, making the movement of numerous props fun to watch. The many scene changes were handled well, with clean movements and no fuss.

Although it seems to be a simple story, Flint Hill School's "Pride and Prejudice" showed audiences that disagreeable first impressions could be removed by a second chance. And that's a message that still applies today.

Plum

FROM PAGE 4

House Majority leader out of office in a primary and replaced him with a true-blue Tea Party candidate. That candidate went on to win the general election only to find himself defeated this year by a first-time Democratic candidate Abigail Spanberger. The incumbent Republican Dave Brat has spent most of the campaign seeming to dodge any engagement with Spanberger who would challenge his right-wing economic theories that had left most people shaking their heads to understand him.

Joining Wexton and Spanberger as winning Democratic candidates

was Elaine Luria who won in District Two in the Virginia Beach area against former Navy Seal and incumbent Scott Taylor. In a district that has a strong military presence, Luria was able to flip the district from red to blue.

At the end of the evening of vote counting, Democrats that had been outnumbered in Virginia's congressional delegation seven to four found themselves in a majority of seven to four. A state that was once considered red has Democrats not only in all of its statewide offices but now as seven of its congressional representatives. A congressional delegation that had only one woman ended with three.

In the U.S. Senate, former Governor of Virginia Tim Kaine who represents Virginia along with Sen. Mark Warner in the United States Senate easily defeated a strong Trump advocate Corey Stewart by landslide numbers. The next step for Democratic gain comes with the state elections in 2019. With the State Senate and the House of Delegates being controlled by a single vote in each, it is reasonable to expect that the blue wave will continue throughout the state.

The shift in power in the U.S. House of Representatives was a bloodless revolution with a major shift in power. Looking ahead, the Senate seats up for election in 2020 could bring the tipping point.

BULLETIN BOARD

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

HOLIDAY DONATIONS

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit PenFed.org. PenFed branch locations collecting donation items include:

- Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
- Kingstowne – 5775 Barclay Drive, Alexandria
- Pentagon City – 701 S. 12th St., Arlington
- Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
- National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield
- Tysons Corner – 7940 Jones Branch Dr., McLean

Food for Fines. Through Nov. 30, Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

WEDNESDAY/NOV. 14

Grants Workshop for Artists. 11:30 a.m.-1 p.m. at Tysons-Pimmit Library, 7585 Leesburg Pike, Falls Church. ARTSFAIRFAX will host a free workshop on how to apply for Artist Grants which support and encourage Fairfax County's artists in all disciplines. Artist Grants recognize professional working artists' achievements and their demonstrated history of accomplishments and they promote artists' continued pursuit of their creative work. RSVP by Monday, Nov. 12 to grants@artsfairfax.org.

Alzheimer's Awareness. 1:30-3 p.m. At Patrick Henry Library, 101 Maple Ave E, Vienna. Free. A speaker from Integrated Neurology Services will present a program about Alzheimer's disease. Learn about the early signs and symptoms, statistics, the genetic component, environmental factors, exercise, as well as ongoing research. Call 703-938-0405; visit the website: librarycalendar.fairfaxcounty.gov/event/4267425

THURSDAY/NOV. 15

Public Information Meeting. 7 p.m. at Cooper Middle School, 977 Balls Hill Road, McLean. The Fairfax County Department of Transportation (FCDOT) will hold the next public information meeting on the Balls Hill Road and Old Dominion Drive intersection project. The project will realign the existing skewed intersection configuration and provide improved traffic signal operations. Bicycle and pedestrian facilities also are planned. Visit the project page at www.fairfaxcounty.gov/transportation/projects/balls-hill-road.

Sleep Deprivation

FROM PAGE 4

Although the snowball effect of sleep deprivation worsening physical and mental health is not intentional in our society, it is highly problematic. It makes me wonder if there's a way to change this social norm to improve our society's values and people's overall well-being. Addressing the significance of this issue, especially for students, is so important. I hope that one day, everyone will value physical health and tangible achievements equally.

Thank you for sharing this much needed information with our community.

Cayla Davis
McLean

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Airing of a Grievance



By KENNETH B. LOURIE

Now that I'm back to every-three-week-chemotherapy infusions, getting through the "holiday" season becomes very tricky. One week delay due to unacceptable lab results can have a cascade effect on one's ability to spread any cheer.

And given that I'm scheduled to be infused rather aggressively, a direct result of tumor growth indicated on my most recent CT scan, delaying an infusion to accommodate my non-chemotherapy schedule seems like a non starter. After all, we're trying to keep me alive here.

Therefore, it seems counter-intuitive almost to push my treatment ahead one or two weeks just so I can enjoy a Thanksgiving turkey.

In the scheme of things, enjoying a meal pales in comparison to enjoying a life. And shrinking and/or stabilizing tumors trumps mashed potatoes and gravy. Missing a festive occasion/not being able to taste/eat anything is much less important than beating back my sworn enemy: cancer.

However, considering the unpredictability of my actually-receiving-chemotherapy on the two scheduled infusion dates before Christmas: 11/16/18 and 12/7/18, and the effect of rescheduling one or the other by one or two weeks, depending on lab results, gives pre-holiday chemotherapy infusions a bad name and an even worse connotation.

The patient (in this context, me), is either damned if you do (side effects) and/or damned if you don't (tumor growth, potentially). I need way more than a Festivus miracle.

To invoke Tiny Tim, I need to tiptoe through the tulips, so to speak; to have my chemotherapy infusions allow me to eat/satiate my meals, travel when necessary without having to double-back for chemotherapy (yes, my infusion center is open on Friday, Nov. 23, as well as the day before Christmas and the day after, with their schedule repeating itself for New Year's) and navigate an already challenging five-week turn of events. To be capped off by a Jan. 2 CT scan followed up by a Jan. 11 face-to-face appointment with my oncologist to discuss the results of the January scan.

I can hardly wait. Although I have to, and of course, think about the what-if constantly.

Nearly two months of scheduling twists and turns impacting one's quality of life during the most stressful time of the year: Thanksgiving through New Year's followed by learning one's fate: stay the course or as Yogi Berra said: "Come to the fork in the road and take it." And if I do take it (Immunotherapy), it won't simply be the road less traveled, it will be the road never traveled - by me. Although many other cancer patients have blazed the trail, the prospect of yours truly blazing the next trail (line) scares me, hopefully not to death.

It might not be so bad - and extremely personal, if my best friend's wife hadn't succumbed to her lung cancer within a year or so after being prescribed one of the drugs that my oncologist and I have discussed if my next scan continues to show tumor growth.

I get so emotional at the mere mention of the drug that I can't even pronounce it through my tears. So my oncologist knows my preference and he's content to respect my wishes especially considering that according to his experiences, the drugs are fairly similar in their effect/success.

And since mind definitely matters, keeping me in a positive frame of mind is the goal. But I'm getting way ahead of myself here; it's only November. This discussion won't occur for almost nine weeks, Jan. 11, 2019.

The only problem is, the next nine weeks present challenges unlike any similar period during the year. Throw in a few lab tests, a couple of chemotherapy infusions, a diagnostic scan and a few weeks to wait for all of it to shake out and what you're left with is your life hanging in the balance and death rearing its ugly head.

"Cancer sucks" - especially during the holidays.

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

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