

# Great Falls CONNECTION

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## Celebration Cancelled, Christmas Tree Lit in Great Falls

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Although other activities were cancelled due to anticipated rain, the newly planted tree was lit by Steve Borcharding, Bob Moore, Debbie Moore Chason and Mike Kearney on Sunday, Dec 1.

## Friends of Great Falls Library Hosts Book Sale

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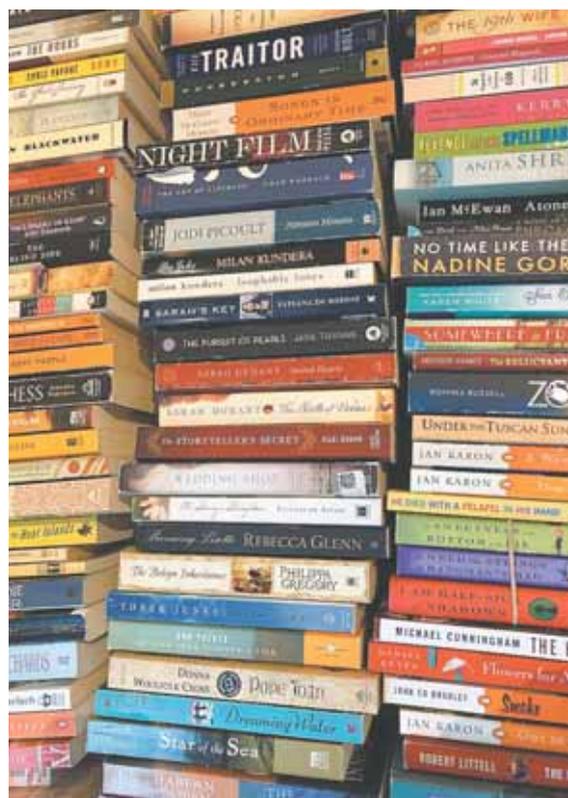
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A fun kind of difficulty is sorting through this many options when all hardbacks are only \$2.



A small glimpse of the numerous fiction books available at the sale.

## Friends of Great Falls Library Hosts Book Sale

BY OLIVIA ANELLO  
THE CONNECTION

Early on Saturday morning, book lovers of all ages lined up outside the Great Falls Library for the biannual Friends of the Great Falls Library Book Sale. Inside, hundreds of books of all genres lined the tables and shelves. Separating each area were signs indicating the genre of books on the table. The selection of classics was immense, such as “Wuthering Heights,” “Sherlock Holmes,” “The Arabian Nights,” and old edition Charles Dickens and Leo Tolstoy books. Also offered was an extensive collection of books on science, food, travel, fiction and nonfiction, as well as many young adult and children’s books and series.

The sale was in great attendance, as Lynn Mobley, President of the Friends of the Great Falls Library, shared that “with our 10 a.m. start time, there were 25 guests who visited and made purchases before 10:15 a.m.” A two-day event with a private pre-sale, a steady stream of individuals circulated the library over the weekend. The presale was open to members of Friends of the Great Falls Library and book vendors. On the first day of the public sale, guests could wander the shelves for reasonably priced reading material, audio books being the most expensive at only \$3. On the second day of the public sale, guests were allowed to fill a bag of books for \$5.

Each book in the sale was donated by the community of Great Falls, many of which were brand new or very gently used. Mobley admired how “people collect interesting things and we get to have such a diverse collection of books because of the generosity of people’s interests.”

A voracious reader herself, Mobley hopes that “some of these books wind up as presents for the holidays. Many are in new enough condition to be given as gifts.”

PHOTOS BY OLIVIA ANELLO/THE CONNECTION



Readers stop into the sale looking to find a new book.

The Friends of the Great Falls Library Book Sale raises money to fund library programming for children and adults, as well as landscaping not covered by the library’s normal operating budget from Fairfax County. “We’ll have all these books purchased by Saturday, and we’ll start collecting again on Monday morning to stock up for the sale in May,” Mobley said. The Library is currently accepting donations for the Spring 2020 Book Sale, happening on May 8 and 9. Donations such as books, audio books, magazines, DVD’s, vinyl records, and more can be made at the Great Falls Library.



PHOTOS COURTESY OF CELEBRATE GREAT FALLS FOUNDATION

Although other activities were cancelled due to anticipated rain, the newly planted tree was lit by Steve Borcharding, Bob Moore, Debbie Moore Chason and Mike Kearney on Sunday, Dec 1.

## Celebration Cancelled by Rain, Christmas Tree Lit in Great Falls

Celebrate Great Falls Foundation announced on Sunday, Dec. 1, that - with the mud, cold temperatures and strong possibility of active rain — they had to cancel Sunday evening’s Celebration of Lights.

This was the first cancellation in more than 25 years of one of the favorite community events. Great Falls has lit a village Christmas Tree every year since 1992 and this year was no exception. Although other activities were cancelled due to anticipated rain, the newly planted tree was lit by Steve Borcharding, Bob Moore, Debbie Moore Chason and Mike Kearney on Sunday, Dec 1.

The current tree is the third tree to serve as the community Christmas tree since the tradition was started by the Moore family for all to enjoy. It was replaced last week by Steve Borcharding and his company, SAB Lawn & Landscaping.

The tree lighting still took place at 5:30 p.m. Sunday and will remain lit until the end of December.

The Foundation wishes to express gratitude to all their volunteers and all sponsors who help Celebration of Lights to happen and especially to Steve Borcharding and SAB Lawn & Landscaping for finding, transporting, planting and lighting a new tree.

## Theresa Miller Exhibit at Great Falls Library

Theresa Miller will have a solo art exhibit “Oil and Watercolors by Theresa Miller” at The Great Falls Library, located at 9830 Georgetown Pike, Great Falls. The exhibition runs from Dec. 2, 2019 to Jan. 2, 2020. Miller will be exhibiting original floral still lifes, plein air paintings, watercolors and paintings done under the auspices of the Copyist Program at the National Gallery of Art. Contact the Great Falls Library for open hours. [theresamillerfinearts.com](http://theresamillerfinearts.com)



Autumn Bouquet with Pewter Pitcher, by Theresa Miller

# Getting Bills Ready for the 2020 State Legislature

BY SEN. SCOTT SUROVELL  
(D-36)

**T**he 2020 Virginia General Assembly will convene in about a month and legislators are now preparing bills to propose. Many constituents and advocacy groups are proposing legislation.

Two weeks ago, I reported on some of the bigger issues we are likely to tackle. In this column, I am covering a few of the bills that I will introduce. I will discuss more in future columns.

In the 2018 and 2019 sessions, we came very close to passing legislation prohibiting drivers from having a phone in their hand in a moving vehicle. In the last session, we approved legislation to prohibit this in construction zones, but the Speaker killed it by ruling Governor Ralph Northam's attempt to widen it to all highways not germane. It will pass this session.

I will propose several predatory lending reforms. Using Native American tribes as fronts, online lenders continue to make loans over the internet in Virginia at over 400 percent interest rates and requiring far off tribal arbitration for

disputes. Other states have enacted consumer protections, including steps to rein in interest rates, fees, collection practices and repeat loans.

I will introduce bills to curb firearm violence. The Unite the Right March in Charlottesville coupled with the four-armed men who appeared at the Alexandria Farmer's Market in September underscore the need for local governments to have the ability to prohibit firearms at permitted public events. Second, suicide is the leading cause of firearm death in Virginia. One of my bills will allow people to place themselves on a "do-not-sell" list for firearms so they cannot be sold a gun if they have a moment of weakness. Third, Virginia's Department of Game and Inland Fisheries is still allowing permittees to license duck blinds in counties and areas where duck hunting is illegal under local ordinances. I will introduce legislation to fix this along with Del. Paul Krizek (D-44).

I will introduce a bill to create a new Public Defender's Office for Prince William County and the cities of Manassas and Manassas Park. Virginia currently has 25 public defender offices, but

Virginia's second-largest jurisdiction does not. A public defender's office will professionalize defense representation, improve justice outcomes and cost taxpayers little more than funding private court-appointed counsel.

In the late 1990s, Virginia required the use of alternative sentencing analyses to inform judges when convicted defendants should be considered for non-prison sentences. Over time, judges have ignored these recommendations more than followed them. I will carry legislation requiring the state to assemble data on judicial use of this data and require probation officers to provide findings about the costs of various sentencing alternatives to the courts before a judge renders a final sentence in a case. This would hopefully encourage more informed decision-making and better outcomes.

Virginia's civil justice system should also be modernized. Virginia and Mississippi are the only states in America that do not allow class action lawsuits. Virginia also still adheres to ancient doctrines that punish largely innocent collision victims, and we have not adjusted Virginia's auto insurance minimum policy limits since the

1970s when medical care cost a fraction of today's cost and the average car cost 25 percent of today's vehicles. This allows wrongdoers to escape responsibility and leaves innocent collision victims holding the bag for their own injuries.

Virginia's three boards governing mental health professionals issued regulations prohibiting therapies that attempt to change one's sexual orientation, known as "conversion therapy." We need to put that prohibition into law to ensure that it will not be reversed. I will introduce that bill.

For the last four sessions, I have introduced legislation to address the lack of available driving permits for many of my immigrant constituents.

Since 2014, Maryland and the District of Columbia have allowed driving permits to anyone who can show that they pay taxes, pass a driving test and pay fees. My bill has died in committee by one vote each year. I am hopeful the new majority will mean a better outcome.

Please email me at [scott@scottsurowell.org](mailto:scott@scottsurowell.org) if you have any questions or feedback

## Will Democrats Deliver Real Change?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

**O**n Nov. 5, the Democrats captured majorities in both houses of Virginia's General Assembly after a long period of Republicans' having their way with public policy in the Commonwealth. Now, let's see what the Dems do. Because Gov. Ralph Northam is also a Democrat and because the composition of the Party now is very different—both more diverse and more progressive—from the Democrats of old it seems reasonable to expect a major shift in a more progressive direction. In fact, there is a lot of talk among the new legislators about many overdue actions including addressing gaping income inequality, gun violence, basic health care, expansion of pre-school education, gerrymandering and voting rights—in addition to actually ratifying the E.R.A!

Some specific measures are being discussed, but we are starting to hear voices of some long-time incumbents counselling us not to expect too much too soon. Be realistic! We might expect bills introduced to raise the hopelessly outdated \$7.25 minimum wage with gradual increases actually

passing. But, there have also been reports that repeal of Virginia's so-called "right to work" law is unlikely even to be submitted and certainly will not pass if it were to surface. Corporations and their chambers of commerce still hold sway with too many legislators including a junior local state senator and other longer serving members. Many of us believe that the "right to work" law which stifles creation of unions is a major factor in income inequality, severely tilting the playing field against working men and women. Sadly, it appears that the new majorities may lack the spine to remember who got them elected and to confront "right to work." hence unlikely to take a real bite out of income inequality in Virginia.

I am assured that ERA ratification is a real priority on the agenda. Also, there may be more willingness to address gun violence, which in Virginia is remarkable. For example, universal background checks and a ban on large capacity magazines and bump stocks are already being discussed and deemed likely to pass. In Vir-



INDEPENDENT PROGRESSIVE

ginia, this one falls under the category of I'll believe it when I see the Governor's signature on the actual pieces of legislation. Banning assault weapons much less buying back those already in circulation, while crucial to reducing the killings, are definitely a bridge too far for the new majority,

Increased funding for pre-school education and expanded health insurance coverage have strong backing and may make it through the legislative minefields as long as no noticeable increases in taxes are required to implement them! One prominent local legislator suggests tax increases are unlikely in the first General Assembly session. This would suggest that it may be feasible in the subsequent GA. Really?!? A tax increase in the second year of the delegates' term as they face election? No way! Will not happen. For me, the biggest shock, and a tie for biggest disappointment along with the bleak outlook for "right to work" repeal, is what I've seen in the Post and gotten talking to a state senator that the constitutional amendment reforming redistricting (a dagger

to the heart of gerrymandering) is in jeopardy. The amendment passed the outgoing legislature and was presumed a slam dunk in the 2020 session, thus meeting the Virginia requirement of a second passage to effect an amendment to the constitution, is in jeopardy. Sen. Dick Saslaw, long time Senate Minority Leader and now returned to his old Majority Leader status, is a big fan of gerrymandering and anxious to avenge what Republicans did to Democrats for many years. Saslaw, who unfortunately barely beat rising star Yasmine Taeb in a primary, and others may scuttle the excellent compromise amendment that would create a commission to draw maps consisting of 8 citizens and 8 legislators, evenly divided by party and requiring a supermajority of both sides to approve a new map. This requires a genuine consensus and is regarded as one of the strongest redistricting reforms undertaken to date in the U.S. If Saslaw and friends succeed in killing the amendment, maps reflecting the new 2020 census will be gerrymandered as before except that the Democrats, not Republicans, will dictate the outcomes. Reform would be delayed until at least the 2030 census.



# 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.

## Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway, Fairfax, VA 22035

Dec. 10 Committee Meetings  
 ♦ 9:30 a.m. - Health, Housing and Human Services Committee

♦ 11 a.m. - Development Process Committee

♦ 1:30 p.m. - Transportation Committee

♦ 3 p.m. - General Assembly Annual Reception and Work Session

### NOW THRU DEC. 18

#### Active Aging Wellness Exercise

**Class.** 11 a.m. to 12 p.m. At Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. An eight week exercise class to improve strength, balance and mobility for older adults sponsored by Shepherd's Center of Oakton-Vienna. Cost is \$40 for 8 week session – payable to Sun Fitness LLC. To register, contact Casey Tarr, [eileentarr1@verizon.net](mailto:eileentarr1@verizon.net) or 703-821-6838.

### TUESDAY/DEC. 10

**Potluck Holiday Party.** 12 noon. At

Vienna Community Center, 120 Cherry Street, SE, Vienna. Presented by NARFE (National Active and Retired Federal Employees Association) Chapter 1116. Includes an installation of officers by Dr. Constance Bails, President, Virginia Federation of NARFE (VFN) – Members and guests welcome. RSVP to 703-281-5123.

### WEDNESDAY/DEC. 11

#### Fairfax County Park Authority

**Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

### SUNDAY/JAN. 5

#### Road to Richmond Legislative

**Brunch.** 11 a.m. to 1 p.m. At Westwood Country Club, 800 Maple Ave., East, Vienna. You're invited to join the annual Road to Richmond Legislative Brunch where the General Assembly leadership will discuss the upcoming legislative session. This time will be especially significant because Democrats will be in the majority.

### JAN. 7 AND 9

#### Students and Volunteers Wanted.

7 to 8:30 p.m. At St. Mark's Catholic Church, 9972 Vale Road, Vienna. Students and volunteers are needed for the St. Mark's Catholic Church

SEE BULLETIN, PAGE 11

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## WELLBEING

# Maintaining Peace on Earth (and at Home)

**Preserving your family's wellbeing during the holidays.**



PHOTO BY MARILYN CAMPBELL

**The merriment of the holidays can disrupt a family's sense of wellbeing.**

BY MARILYN CAMPBELL  
 THE CONNECTION

**F**or many, December will be filled with sugar-laden holiday parties, lengthy-shopping trips and long lines for a chance to sit on Santa's lap. For families that thrive on routine, holiday merriment can lead to schedule disruptions that throw a family's rhythm into disarray. Maintaining the wellbeing of both parents and children during the season takes a bit of advanced planning.

"Children, just like adults, need both energetic time and rest time embedded throughout the day," said psychologist Carolyn Lorente, Ph.D. of Northern Virginia Community College and Belle Point Wellness Center. "During the holidays, this natural rhythm can easily get disrupted."

Keep the holidays in the proper perspective and remember that the season is for a finite period of time and one's normal routine will be restored, says therapist Carol Barnaby, LCSW-C "The biggest stress that people often have is feeling that they are being judged by others if their children are having a hard time. I tell my patients to focus on the things that they can control and remember, other people have once been in their shoes."

Providing opportunities for an emotional outlet can help with mood stabilization. "Make sure that [children] have enough outdoor play paired with quiet down time throughout their day," said Lorente. "Model for them how to find a quiet space to retreat to when things start to heat up."

When parents are able to exhibit a sense of tranquility during a period of chaos, children often mimic this emotional response. "Remain calm and stay patient," added Joanne Bagshaw, PhD Professor of Psychology Montgomery College. "Emotions are contagious, and your ability to remain calm under pressure is great role modeling for young children and can help prevent strong emotions from escalating."

When in new and unfamiliar social settings, some children need more time than others to adjust to the social demands, says Lorente. "Know your child," she said. "Some will make these transitions quite easily

while many will find this challenging. Remember that our first job is to teach. And children learn best by watching how we handle the stressors of the season."

In fact, reflecting on a child's temperament can serve as a guide for parents as they navigate the impact of a disrupted schedule. "This is a time to go with what you know about your child," said psychologist Stacie Isenberg Psy. D. "Some kids can push bedtime and sugar every so often, with little to no negative effects. If this describes your child, stay later than usual and enjoy the special occasion. If this is not your child, you and your child are likely to become miserable by pushing the limits that night and very likely the next day or maybe two,"

Returning to normalcy as often as possible can preserve a family's wellbeing during the holiday season, suggests Jerome Short, Ph.D., professor of psychology at George Mason University. "Maintain household routines leading up to holiday events, such as regular meal, play, and bed times for children," he said. "Plenty of sleep, including naps, helps children with their attention spans, mood regulation, and self-control of their behaviors,"

"Put limits around bedtime and sugar consumption that match your child's physiological and emotional abilities and you'll all have the best experience," added Isenberg.

Nutrition plays a role in mood and behavior especially during the holidays. "Keep some protein heavy snacks handy, like cheese sticks, or nuts if your child doesn't have allergies," said Bagshaw. "Snacks filled with protein can help stabilize blood sugar, and young children's moods."

Explaining to a child what they can expect at holiday event can mitigate meltdowns. "Make a plan with your partner and set realistic expectations on how long you will stay at events," said Barnaby. "This is often the best thing couples can do to manage stress and frustration that leads to conflict. Take turns in managing the children so that each of you can have some fun."

Past issues of

# THE CONNECTION

NEWSPAPERS

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<http://connectionarchives.com/PDF>

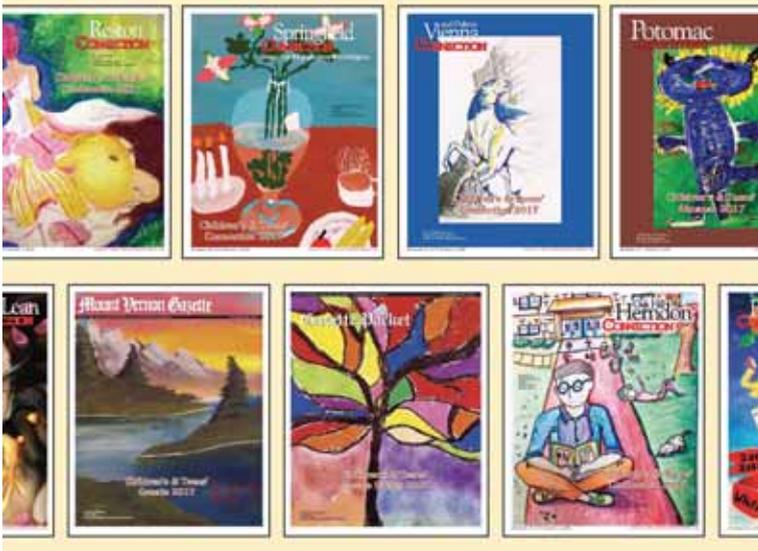
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# CALENDAR

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

## ONGOING

**2019 White House Ornaments.** The 2019 White House Ornaments are available from the Assistance League of Northern Virginia. White House Ornaments are wonderful for gift giving. This year's White House Ornament is a "whirlybird" honoring Dwight D. Eisenhower, 34th president of the United States. To purchase, contact Cindy Burgess at [burgessgl@verizon.net](mailto:burgessgl@verizon.net). Cost per ornament is \$22. Proceeds support ALNV's local children's programs. Visit the website: [www.alnv.org](http://www.alnv.org).

**Great Falls Farmers Market.** Year-round, 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)

**Oakton Farmers Market.** Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit [community-foodworks.org](http://community-foodworks.org).

## Christmas and Holidays

### NOW THRU DEC. 22

**Holiday Art Market.** Noon to 6 p.m. At 101 Church Street, NW, Vienna. The Vienna Arts Society presents hundreds of original artworks as well as hand-crafted gift items; to include jewelry, silk scarves, pottery, fused glass and more. Free. Market hours are Thursdays - Sundays from noon - 6 p.m. In addition, doors will open during the annual Vienna Church Street Stroll, 5- 9 p.m., Monday, Dec. 2, when the street fills with hundreds celebrating Santa's arrival in town. Visit the website: [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

### NOW THRU DEC. 24

**HGTV's Santa HQ.** At Tysons Corner Center, 1961 Chain Bridge Road, McLean. Kids can explore the wonder of Santa in the digital age with HGTV's Santa HQ at Tysons Corner Center! This holiday, check out the interactive Elf Academy at Santa HQ. You can try on the latest elf looks with Santa's Magic Mirror, create your very own Elf-ID Card and scan yourself on the Naughty or Nice O'Meter. Plus, new this year, spend less time in line and more time on holiday fun with a Fast Pass. Prices and times vary. Visit the website: [www.tysonscornercenter.com/SantaHQ](http://www.tysonscornercenter.com/SantaHQ)

### NOW THRU DEC. 24

**ACS Gift Wrapping.** 11 a.m. to 8 p.m. At Tysons Corner Center, 1961 Chain Bridge Road, McLean. The American Cancer Society volunteers will be offering holiday gift wrapping, located next to Santa Claus Headquarters in the mall, Fashion Court, Level 1. Donations to help fight cancer are welcome. Free. All donations for the gift wrapping go to fight cancer from all angles with the American Cancer Society. Email: [shiri.rozenberg@cancer.org](mailto:shiri.rozenberg@cancer.org) or visit the website: [www.cancer.org](http://www.cancer.org).

### THURSDAY/DEC. 5

**53<sup>rd</sup> Annual McLean Holiday Homes Tour.** Hours of tour: 9:30 a.m. to 3:30 p.m. Tour four large, festively decorated homes in McLean's Ballantrae Farm and Langley Forest. Lunch, jewelry and holiday boutique, baked goods at Trinity United Methodist Church, McLean. Cost: \$30 before Dec. 5<sup>th</sup> and \$35 after at Mesmeralda's, in McLean; Karin's Florist, in Vienna, and Great Dogs of Great Falls; also on website, [www.mcleanwomansclub.org](http://www.mcleanwomansclub.org) and at church. Call 703-556-0197.

### DEC. 5-23

**MBC Christmas Drive-Through Light Show.** 7:15-9:30 p.m. At McLean Bible Church, 8925 Leesburg Pike, Vienna. The public is invited to drive through the spectacular Drive-Through Light Show set up around the McLean Bible Church Tysons building. Experience the story of



"Frosty" will be performed on Saturday, Dec. 14 at 1 and 4 p.m. at The Alden Theater in McLean.

## "Frosty" at The Alden Theater

### SATURDAY/DEC. 14

"Frosty." 1 p.m. and 4 p.m. At The Alden Theater, 1234 Ingleside Ave., McLean. The Alden, a division of the McLean Community Center (MCC), presents the family friendly holiday musical "Frosty" for two performances. A young orphan named Billy discovers magic in a stolen hat. When he places the hat on a snowman's head, that snowman comes to life! The audience will join Billy and Frosty on a New York City adventure filled with thrills and chills as the two discover that the real magic of Christmas is love. Tickets are \$15 for the general public and \$10 for MCC district residents. Visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123, TTY: 711.

Christmas with your family from the comfort of your vehicle. Free Visit the website: [mcleanbible.org/christmas](http://mcleanbible.org/christmas)

### DEC. 5 AND 6

**Tiny Tots Concerts.** Dec. 5 at 10 a.m. and 7 p.m. ("Jammy Friendly"); and Dec. 6 at 10 a.m. At James Madison High School, 2500 James Madison Drive, Vienna. The James Madison High School Band Program presents an exciting concert celebration featuring a wide spectrum of seasonal music. Costumed performers include old friends and some very special surprise guests. Sing, clap and dance along with the band as you are introduced to the wonderful world of music and symphonic instruments. Advance purchase is recommended to ensure admission. Tickets are \$9 per person and may be purchased online at <https://www.jmhsband.org>. Admission is free for babies in arms (under age 1). Walk-in tickets may be purchased in the lobby by check, cash or credit card 30 minutes prior to the show for \$10 per person if the concert has not sold out. Visit the website: [www.jmhsband.org](http://www.jmhsband.org).

### SATURDAY/DEC. 7

**Breakfast with Santa.** 8-11 a.m. At Tysons Corner Center, Food Court on 3, McLean. Take part in holiday festivities provided by Tysons Corner Center, entertainment by Those Funny Little People (featured on America's Got Talent), a balloon artist, holiday crafts, retailer activations from b8ta, LL Bean, Roots, and more, free breakfast and time with the Man in Red. The breakfast will be emceed by Tommy McFly and Kelly Collis from The Tommy Show. Event details and RSVP.

**Breakfast With Santa.** 8:30-10:30 a.m. At St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Make memories with a picture with Santa and avoid the malls. Free community event open to all to benefit Housing Up and Samaritan Ministry. Suggested donation is a new, unwrapped toy. Free. Email: [Annabeebacon@gmail.com](mailto:Annabeebacon@gmail.com) or call 571-235-6349.

### SATURDAY-SUNDAY/DEC. 7-8

**Holiday Fest Art Show and Sale.** 10 a.m. to 5 p.m. At The Arts of Great Falls, 756 Walker Road, Great Falls. At Two Locations: 1) The Grange and Old Schoolhouse, 9818 Georgetown Pike, Great Falls; and 2) The Artists' Atelier in Great Falls Village Center, 756 Walker Rd., Great Falls. The First Friday Art Walk will be



Kings, Shepherds and a camel join the nativity scene at Andrew Chapel United Methodist Church's annual Christmas event, "A Night in Bethlehem."

## Night in Bethlehem

### SATURDAY/DEC. 14

**Night in Bethlehem.** 5-7 p.m. At Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Wander with your family through the outdoor city marketplace and discover what life was like when Jesus was born. Create unique keepsakes and interact with local shopkeepers who'll share the Christmas story. And, visit Mary, Joseph and all the Camel, Donkey, Sheep and Goats in The Stable — and hear about the miracle of Jesus' birth and how he came to save us. Free. Call 703-759-3509.

held Dec 6, from 6-8 p.m. at The Artists' Loft, Atelier & Arts of Great Falls Gallery, 756 & 766 Walker Rd in Great Falls. Visit the website: [www.greatfallsart.org](http://www.greatfallsart.org).

### SUNDAY/DEC. 8

**Sensory Santa.** 8-10 a.m. At Tysons Corner Center, Level 1, Fashion Court, McLean. Tysons Corner Center is pleased to partner with Cherry

Hill photography and Autism Speaks to welcome children with special needs for a low impact, time with Santa. The mall will open its doors early, exclusively for families and give them private time with the Big Man in Red.

**Santa Visits.** 12 - 2 p.m. At Freeman Store and Museum, 131 Church Street, NE, Vienna. Presented by the Historic Vienna, Inc., The jolly ol' elf will listen to children's holiday wishes in the decorated parlor next to the Christmas tree. Free admission; no reservations necessary. Questions? Call 703-938-5187, email [historicviennava@gmail.com](mailto:historicviennava@gmail.com), or visit [historicviennainc.org](http://historicviennainc.org).

**Christmas Concert.** 6 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. "Waiting for the Messiah" — a blend of the Christmas Section of Handel's Messiah with Advent and Christmastime favorites. Also features Artists: Lewinsville's vocal and bell choirs, featuring orchestra. Visit <https://www.lewinsville.org/concerts/> or call the church office during business hours 703-356-7200.

### THURSDAY/DEC. 12

**Holiday Storytime PJ Party.** 6-8 p.m. At Tysons Corner Center, Level 1, Fashion Court, McLean. Wear your PJs for a fun, holiday-themed event where they read through some holiday classics and enjoy hot chocolate, other sweet treats, and fun-filled activations with special entertainment provided by Dee Vinchey Entertainment and retailer activations. Visit [www.tysonscornercenter.com/SantaHQ](http://www.tysonscornercenter.com/SantaHQ).

## Events in Alexandria

### FRIDAY-SATURDAY/DEC. 6-7

**The Scottish Christmas Walk Weekend.** At various Old Town Alexandria locations. The Campaigna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campaigna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campaignacenter.org/scottishwalkweekend>

### SATURDAY/DEC. 7

**Boat Parade of Lights.** Parade begins at 5:30 p.m.; Docksides festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit [AlexandriaVA.com/boatparade](http://AlexandriaVA.com/boatparade) Schedule in Old Town (2 to 8 p.m.)

- ❖ Holiday music and giveaways from 97.1 WASH-FM
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)
- ❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

## Calendar

### THURSDAY/DEC. 5

**Plant Seed Swap.** 7:30 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. The Town of Vienna's Conservation and Sustainability Commission will host a native plant seed swap. The seed swap will be preceded by an educational talk from local amateur botanist Jay Lechtman. Lechtman has experience propagating rare and often endangered carnivorous plants and has written a number of articles on botanical topics in both local and international publications, including Grandiflora MidAtlantic Gardening Magazine. If you have native plant seeds to swap, please bring them. Regardless of whether you can bring seeds or not, there will be plenty to share.

## PEOPLE

# Langley High Senior Experiences Royal Ballet Summer School

**Emilie Gregory, 17, of Great Falls looks forward to holiday performances in Northern Virginia.**

**A** native of Great Falls, Emilie Gregory, 17, shares her experience about Royal Ballet where she spent part of her summer improving her technique and artistry.

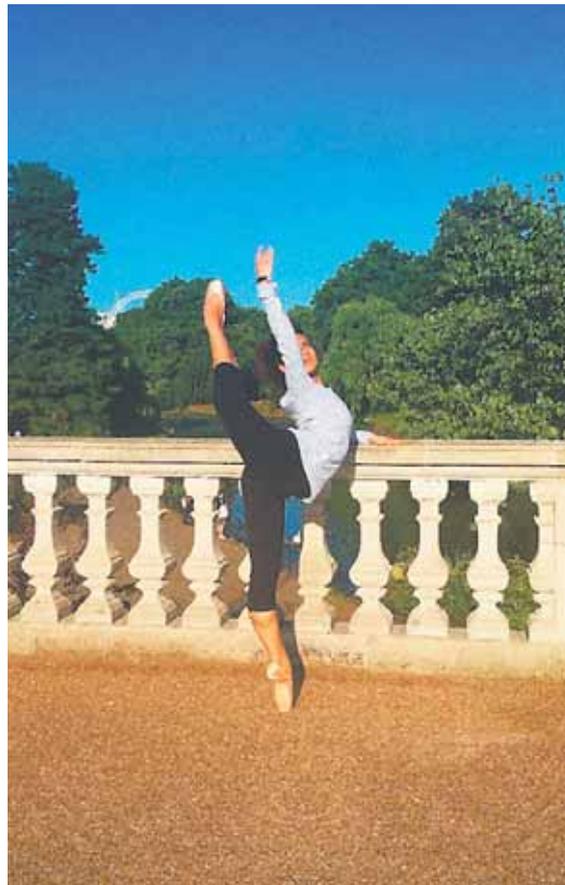
"Summer break 2019 had barely begun and it was already time to pack all my ballet gear, especially my pointe shoes, and head to London. While most of my friends enjoyed time at the beach, or attended music festivals, or in some cases worked, I spent mine training at the Royal Ballet School," said Emilie, as she explains how Royal Ballet intensive courses are a special opportunity for dancers to experience the highest standards of coaching from faculty members.

The Upper School, designated for dancers aged 16 to 20 years old, is centrally located in Covent Garden, a vibrant section in London's West End where tourists and Londoners can enjoy theater performances or a show at the Opera House. The School is linked by the Bridge of Aspiration, a structure which twists high above the building and provides the dancers of the Royal Ballet School with a direct link to the Royal Opera House. "As you make your way to the School upper floor you're greeted by a statue of Margot Fonteyn, who spent her entire career as a dancer with the Royal Ballet. You're also captivated by the myriad exhibits of Dame Ninette de Valois, the Irish-born dancer, choreographer, teacher, and director who founded The Royal Ballet School," Emilie observed.

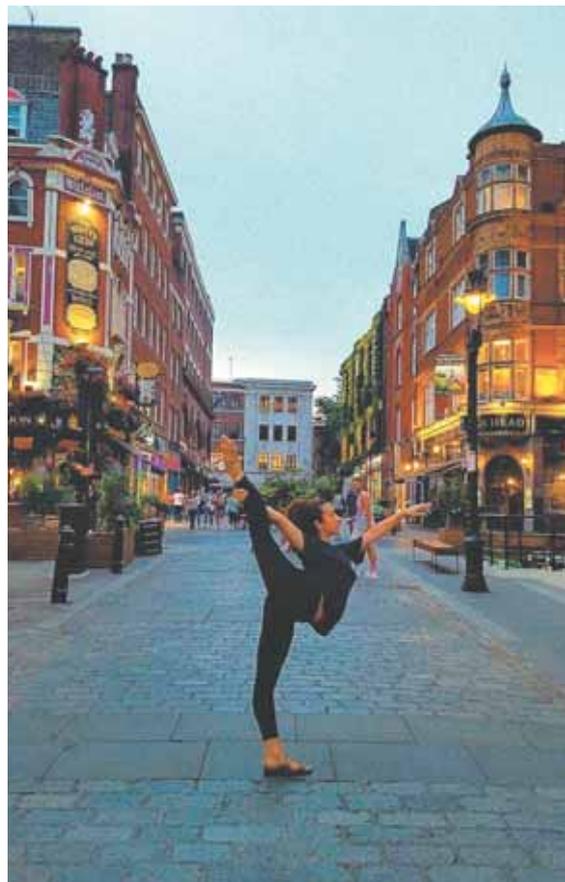
With only 48 hours to recover from jetlag, Emilie attended orientation which was the first clue that training was going to be grueling. "While not exactly boot camp, the curriculum included four lessons per day covering technique, versatility, and repertoire from 9:30 to 5:15, including Saturdays," Emilie continued. "Plié, Tendu, Chassé, Relevé," these words spoken in that distinctive English accent continue to resonate in her as she recalls her introduction to the English Ballet technique and her fellow dancers. "Throughout my daily training and as the tempo of counts and corrections increased so did my resolve to perfect my pirouette or arabesque," she said. "Dance teaches you there's always room for artistry improvement and technique refinement which you can only acquire through intensive workshops, masterclasses and intensive training," she concluded.

Emilie is now back in Northern Virginia, where she attends Langley High School as a twelfth grader. Her last year of high school includes meeting graduation requirements, carrying a tight academic schedule along with AP classes, dance training, and filling out college applications.

She maintains her dance regimen as part of CityDance's Pre-Professional Division in North Bethesda five days a week, including rehearsals for its annual winter showcase which begins on Dec. 7. Her participation in CityDance's extensive repertoires and her upcoming appearance with the Great Russian Nutcracker presented by Moscow Ballet at Strathmore on Dec. 15 and 16, keeps her motivated. Emilie credits dance for instilling in her creativity,



**Emilie Gregory, 17, of Great Falls, 'en pointe' facing St. James Park by Buckingham Palace**



**Emilie Gregory in Covent Garden**

open-mindedness, and discipline, all of which are traits that should come in handy as she embarks on a new experience as a soon-to-be college student in the Fall of 2020.

PHOTOS CONTRIBUTED.

## Here's What's Happening at MCC!

### It's Back & Better Than Ever!



**The McLean Holiday Crafts Show**  
Friday, Dec. 6, 11 a.m.-7 p.m.  
Saturday, Dec. 7, 10 a.m.-6 p.m.  
Sunday, Dec. 8, 11 a.m.-4 p.m.  
Admission: \$7; good for all three days of the show

### MCC Governing Board



**MCC Governing Board Meeting**  
Wednesday, Dec. 11, 7:30 p.m.  
Open to the public

### McLean Traveler



**Holiday House Tour, Richmond, Va.**  
Thursday, Dec. 12  
7:30 a.m.-7 p.m.  
\$148/\$143 MCC district residents

### Holiday Family Fun



**Holiday Gingerbread Workshop**  
Thursday, Dec. 12, 6:30-8 p.m.  
\$45/\$35 MCC district residents.  
Fee includes payment for one house.



### Presented by The Alden



**The Barter Players Encore Company**  
"Frosty"  
Saturday, Dec. 14  
1 p.m. and 4 p.m.  
\$15/\$10 MCC district residents



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## SPORTS



PHOTOS CONTRIBUTED

Varsity winners Gonzaga with Great Falls Eagles mascot.

## Great Falls Rugby Tournament a Success

Great Falls Village was a busy place Sunday, Nov. 17, as Great Falls Youth Rugby hosted its sixth annual tournament to benefit the spinal cord injury Adaptive Sports programs at MedStar National Rehabilitation Network. This annual charity event is dear to the heart of Gary Coetzee, president of Great Falls Rugby and himself a spinal cord injury survivor.

The event is a youth tournament for all age groups U7 through High School. A number of D.C., Maryland and Virginia youth, middle school and high school teams registered. The HS Varsity bracket was the most competitive, with teams from Gonzaga HS, Springfield, Maryland Exiles, DC Warriors, Vienna, The Roosters (Bethesda HS Club), Frederick Md., and a DC Barbarians team. The whole-day event, played across 3 separate fields at the same time in the village, hosted a total of 30 teams across the different age groups, and 48 games of rugby (7-a-side format). Busy day.

The Washington DC Major League Rugby Pro team (Old Glory) was on hand to share the excitement of the upcoming first season of Pro rugby in our area. For more info go to [www.oldglory.com](http://www.oldglory.com)

The Club President was very happy with the event: "Thank you all so much for making our MedStar rugby tournament a huge success. It was probably our best year yet. Admittedly the milder weather helped: we've had terrible luck in the past, with all the hard work and generosity of 'our family' this one was a keeper!"

Special thanks go to Nando's Restaurant in Reston who donated a huge amount of chicken, rice, and



Jack Hooper of Great Falls U13 makes his tackle with Artus Justeau.

peri-peri sauce.

Great Falls Youth Rugby is further grateful for the continued support of the community, including sponsors **Cuisine Solutions** and **Indigo IT**. All this participation, activity and support allows Great Falls Youth Rugby to make an annual, meaningful donation to the Adaptive Sports programs at MedStar.

Congratulations to the **Gonzaga HS** boys for winning the Varsity Bracket, pipping a good Roosters outfit. **Great Falls** won the **JV and U15 divisions**, and the **Western Suburbs group** the U13.

The TAG event was also a great success. There were competitive games with teams from Great Falls, Alexandria, and Loudoun/SYA.

Rugby takes a short break until the Spring session in January. Looking for a Northern Virginia youth club? The Eagles are always looking for opportunities to promote the club throughout the Herndon, Great Falls, Reston, McLean and Sterling areas. For more information, visit [www.greatfallsrugby.com](http://www.greatfallsrugby.com)

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<p><b>HOURS</b></p> <p>Fri, Dec 6: 10 am - 6 pm          Sat, Dec 7: 10 am - 6 pm          Sun, Dec 8: 11 am - 4 pm</p>	<p><b>ADMISSION</b></p> <p>Tickets are Good all 3 days          Adult At Door: \$8, Online: \$7*,          Senior at Door (60+): \$7, Online \$6*  <b>FRIDAY ONLY SENIOR AT DOOR: \$5</b>          Kids 12 &amp; Under Free, *processing fee</p>
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FROM PAGE 5

English as a Second Language (ESL) Ministry. Seeking Students and Volunteers to participate in the upcoming Winter 2020 Term, Jan. 14-Mar. 12. The goal is to "Welcome Everyone" and provide a program where adults from all ethnic and religious backgrounds can come and learn English and acclimate better to life in the U.S. No experience is necessary to Volunteer. All classes take place on Tuesday and Thursday evenings at St. Mark Christian Formation Center. Call Monica at 703-980-9380, Bob at 703-242-7449, email stmarksesl@gmail.com, or see the Web site at www.stmarkesl.org.

### PLAYGROUND CLOSING TEMPORARILY

The playground at Tysons Pimmit Park will be closing temporarily to allow for the replacement of the existing picnic shelter at the park. Work on the installation of a picnic shelter with new metal roofing is scheduled now through Feb. 28, 2020. The \$120,000 project is being funded by the 2016 Park Bond. The address is 7584 Leesburg Pike, Falls Church. For details, call 703-324-8662 or at parkmail@fairfaxcounty.gov.

### COMMUNITY HELP NEEDED

**Recycling Project.** At Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. The church has a new project lined up for its January 2020 Dr. Martin Luther King Jr. Morning of Service and is asking community residents to begin now to collect plastic caps and lids. The special recycling effort already has engaged the church's membership in starting to bring plastic caps and lids to fill "Chomper," a fun, child-friendly recycling container in the main entrance to the church. A second special recycling bin for easy drop-off is located just inside the church's office entrance. For details of what plastic caps/lids are suitable, see [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com).

### SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nam-northernvirginia.org/parent-peer-support.html](http://www.nam-northernvirginia.org/parent-peer-support.html).

**Shepherd's Center of Oakton Vienna Caregivers' Support Group** takes place first and third Thursday of each month, 10-11:30 a.m. at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [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).

**STEM Professionals Needed.** Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>	

## False Sense of Security



By KENNETH B. LOURIE

I never want to look a gift-oncologist in the mouth or take a "stable"-type CT scan with a grain of salt, however; self-preservation is a funny instinct. It can change from day to day (heck, even hour to hour) and dominate your pre-occupation or intrude your thinking not at all. You can rationalize away the good, bad or indifferent (results) or irrationalize away the less-than-expected or the more-than-anticipated. Results from lab work and/or diagnostic scans are the axis on which your entire life revolves. You either roll with the punches or you get knocked down by them. For a cancer patient, the punches often keep coming.

The punches thrown in my direction occur bi-weekly when I have my pre-immunotherapy lab work for my every-other Friday 30-minute opdivo infusion. (Although the actual lab work and even the infusion is more of a jab.) The left hook/right cross combination occurs quarterly. That's when I slide through the computerized tomography scan and wait for results (as I had been for most of the last week). Since I have generally been asymptomatic - other than for miscellaneous side effects from the various medicines with which I've been infused, the tale of the tape, to continue the boxing references, happens when my oncologist emails the radiologist's report to me with a brief sentence summary: "a little worse" (this time), "stable," or something less discouraging that needs to be discussed at our next face-to-face appointment which generally is scheduled a week or so after the previous week's scan.

Regardless of what these mostly cryptic emails have said, until I hear exactly what my oncologist says, I am neither too high or too low. Granted, hearing "stable" is extremely encouraging whereas "a little worse, not so much. Nevertheless, the fight goes on. Cancer treatment is a series of actions and reactions (punches and counter punches, you might even say) so depending on how one's body reacts, determines what action is recommended. I am living proof, literally. Over my nearly 11 years of treatment, I have been infused with upwards of a dozen different medicines. Once one treatment loses its luster, we change to another hoping it will be more effective, and so on. It's science, not arithmetic. As such, any guarantees left the building with Elvis.

Being a cancer patient is not for everybody. One has to make the most of the least. It's easy to let the hard facts make you soft. Unless you find a way to be up, the cancer will take you down. Somehow, even when it's doing the worst to you, you have to be at your best. Being positive generates positivity in return. When I look at people, I try to smile so that they'll smile back (I'm being selfish, really). Do you remember George Costanza describing the look of disappointment on his mother's face when he told her he wanted to play the accordion? Like that, only the complete opposite.

When I interact with people, I don't want them to feel "poor, poor, pitiful me" to quote Warren Zevon from his song first sung in 1976. And I don't want them to see cancer either. I want them to see everything about me. I may be diagnosed with a terminal form of cancer: stage IV, non-small cell lung cancer, but I don't want to be defined by it. Just because I'm living with cancer doesn't mean it's who I am. It's what I have, that's all.

And what reminds most me that I have cancer and what challenges my reactions to it more than anything, is when I have these quarterly CT scans (and the annual MRI, too). As much as I try to fend off the possible effect on my mortality (my true sense of insecurity), I'd be lying if I said I was always successful. In truth, I'm always worried about it. How could I not be? I guess I'm not quite ready to throw in the towel. I suppose that means, regardless of what my oncologist says at our next meeting, I'm still ready to live and fight another day.

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

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