

First Night Vienna's tent was packed throughout the evening. Early on, it was children's entertainment. At 9 p.m., dance bands and a DJ moved the evening along for the grown-ups.

Vienna Welcomes 2015

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Expert Predicts
'A Slightly
Better 2015'

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Vienna in 2015: Community
Leaders Share Their Outlook

NEWS, PAGE 3

PHOTO COURTESY OF PEGGY JAMES/VIENNA BUSINESS ASSOCIATION

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Remodeled Home Tour To Benefit Therapeutic Riding Program

Open house on Jan. 10 will help support disabled children and Wounded Warriors.

BY JOHN BYRD

A tour of a recently remodeled Oakton home will benefit the Northern Virginia Therapeutic Riding Program, a 30-year-old non-profit that provides horseback riding experiences to children and adults with disabilities. The tour and networking event will be held at the home of Bill and Ginny Craig on Jan. 10, noon-4 p.m. Craig, who is also an avid rider, serves on riding program's board of directors.

The Northern Virginia Therapeutic Riding Program is based out of Little Cry Farm, a 17-acre former equestrian facility which the group purchased in 2012. The program provides four teachers certified in equine-assisted therapy (also called hippotherapy) who help disabled children and adults gain confidence and improved physical control by learning the fundamentals of horseback riding. Developed in the 1960s, hippotherapy incorporates a horse's movements into treatments for a wide range of physical and developmental disabilities including cerebral palsy, multiple sclerosis and autism. The Northern Virginia Therapeutic

Riding Program also provides a speech therapist.

"I've seen remarkable successes from this program," says Craig. "A non-verbal grade school girl who wouldn't make contact with anyone now laughs, smiles and reaches out to others after about four weeks of riding. The effect the horses have on the student's physical and mental health is awe-inspiring."

THE OPEN HOUSE is sponsored by Sun Design Remodeling, a full-service design build remodeling firm that supports community-interest causes. Last year, the company hosted a tour of remodeled homes in Clifton that helped a local widow raise funds needed to re-pave the driveway to her home which is also a daycare center.

"We've been doing tours of newly remodeled homes for about 10 years," said Bob Gallagher, Sun Design's president, and a long-time Clifton resident. "We've found that the open houses often become neighborhood meet-up opportunities where people naturally start exploring matters of mutual interest. A home tour is a great way to help the community."



PHOTO BY LAURA HALFACRE

Ginny Craig

Better yet, Craig said Sun Design's enlarged and upgraded makeover to her 20-year-old kitchen and several contiguous rooms has made it much easier for her to host larger gatherings.

"It's really a perfect entertainment suite revolving around a gourmet kitchen and a large breakfast room," Craig said. "Previ-

Details

For more on the Northern Virginia Therapeutic Riding Program and the program's "Raise the Barn" campaign, visit www.nvtrp.org.

For information on the Jan. 10 charity tour supporting the Northern Virginia Therapeutic Riding Program visit www.RemodelersCharityHomeTour.com.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm recently opened a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com

ously, the back rooms were too small to accommodate many people, and the space was dark and cramped."

To make the changes Craig sought, Sun Design concentrated on strategic improvements inside existing walls: a better circulation plan which entailed creating a second pathway from the kitchen to the breakfast room; a food preparation island and dining counter that protects the cook's work space while facilitating in-kitchen socializing.

The plan also radically increased natural light by raising a formerly-hidden cathedral ceiling to its appropriate height and introducing three skylights. The elevation to the

SEE OPEN HOUSE, PAGE 5



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Vienna in 2015: Community Leaders Share Their Outlook

Political and business representatives address issues facing community in new year.

BY DONNA MANZ
THE CONNECTION

What's on the horizon for the Vienna-Oakton community in 2015? What issues will local officials and business people address in the new year? Community leaders share their outlook for Vienna-Oakton in 2015.

Laurie DiRocco, Mayor, Town of Vienna: "I have four main focuses/initiatives for 2015.

First is the Town's renovation and expansion of the community center. In 2015, the Town wants to successfully bid out the project and relocate programs to other venues while staying on schedule and on budget. The renovation will continue into 2016.

Second is continued investment in the Town's infrastructure. The Town wants to regularly invest in roads, parks and water and sewer lines.

Third is a focus on transportation. Improving roads, adding sidewalks and bicycle routes, and synchronizing traffic signals will alleviate some traffic and provide alternative types of transportation. Fourth is the Town's budget. It is always important to efficiently use taxpayers' dollars and continue to deliver high quality services at the lowest possible tax rate.

I look forward to 2015 and the Town's 125th anniversary celebrations. The first one is on Saturday, Feb. 28."

State Senator Chap Petersen, [D-34]: "The biggest issue in Northern Virginia is diversifying our economy in the aftermath of sequestration. I've seen so many clients and constituents who have struggled with the cut-backs in federal spending. Those restrictions will continue indefinitely. Therefore, our number one task must be attracting and sustaining employers in Northern Virginia, especially those who provide professional and high-paying jobs.

In Richmond, we have a long-overdue obligation to change the culture of the Assembly by updating our ethics laws. I have filed legislation to ban gifts over \$100 to lawmakers and I expect that bill, or a similar version, to become law in 2015."

Peggy James, executive director, Vienna Business Association: "We are just entering our third year as an organization.

The VBA will continue to partner with the Town of Vienna for our three 'signature' events: Oktoberfest, Halloween Parade and First Night Vienna.

Two years ago, the VBA took ownership of these events. The VBA is made up of local Vienna businesses, citizens, and civic organizations who have a strong investment



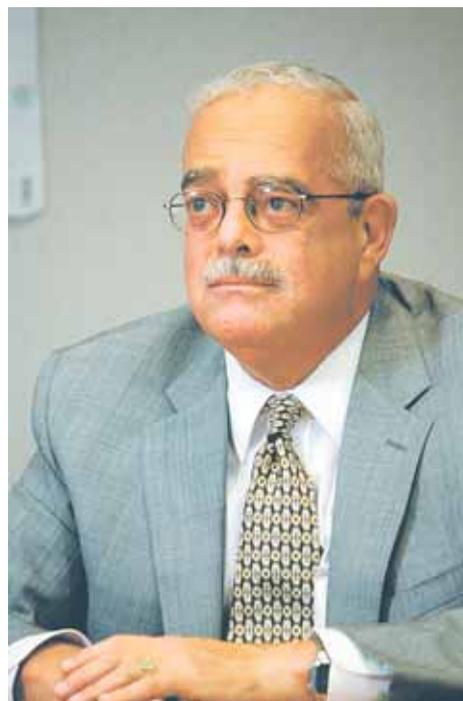
Laurie DiRocco, mayor, town of Vienna



State Senator Chap Petersen, [D-34]



Peggy James, executive director, Vienna Business Association



U.S. Rep. Gerry Connolly, [D-11]

in the success of the community. Because we are such a down-home organization, we are able to talk to the community members and find out exactly what it is they want from events, what will make them come, and how we can improve the events for the next year.

In addition to our three major events, the VBA also participates in events hosted by other organizations in town, such as the Taste of Vienna.

We will continue to partner with the Town Business Liaison Committee to promote Vienna Business Saturday, as well as partnering with local elementary school PTAs to help promote Walk, Bike, Shop Vienna.

The VBA is working with the 2015 World Police & Fire Games to raise awareness and business sponsorships for the 'first responder' games being held in Fairfax County

in the summer of 2015. We will continue to work with other local community chambers to present the Regional Women's Circle of Influence meetings, a huge hit in 2014.

In addition to special events, the VBA hosts monthly member-meetings on the second Friday of every month. We also hold member-sponsored evening mixers on the third Tuesday of every month.

In 2015, we will be rolling out a series of member training classes, and are establishing a benefits committee. In 2014, we started our first Lead Share Group.

The Vienna Business Association has a great mix of local business, community and non-profit members that belong to our organization. Although, at times, the VBA feels more like a social club, our main goal is to promote and grow the local businesses in Vienna. Vienna has friendly, community-minded people, and we have found that

some of the best marketing in Vienna is word-of-mouth referrals. In 2015, the VBA plans to nurture and grow our community connections and outreach."

U.S. Rep. Gerry Connolly, [D-11]:

"The first job of this new Congress must be to foster and promote a strong economy that creates jobs and spreads the wealth in our region.

We don't want to see another government shutdown. We don't want a government that is bigger than it needs to be, but, we don't want mindless slashing of investments that matter to our future.

Advocating on behalf of federal employees and federal contractors is a very important part of my job..

Championing the tech industry is closely related to those two advocacies. We are a high-tech district, the 11th. We're the 'Silicon Valley' of the east coast. That industry is closely tied to government contracting. When you look at the emerging technological issues that matter to government – cybersecurity, Cloud computing, the internet – the expertise is here in Northern Virginia. We can compete with Silicon Valley toe-to-toe.

Many, many companies that do government contracting have moved to our area. Amazon web services opened its headquarters in Herndon. The government is a big client.

Most technological expertise is in the private sector and that's why fostering private/public partnerships is so important. That's what creates jobs and wealth, and, that is what creates the quality of life we have in Northern Virginia.

Another big job the new Congress should address is infrastructure investment. It's very important in Northern Virginia which is why I was one of the primary champions of the Silver Line. In Congress, we have not passed a long-term transportation bill and that is our future. Our bridges and roads are crumbling nation-wide. Our ports, airports and our transit systems definitely need new investment. We used to spend six percent of our GDP on infrastructure. Currently, it's down to 2.8 percent. The Chinese are spending 9 percent. A great country does not stay great without investing in its infrastructure. That's why I knew the Silver Line was so important to our future locally. Congress needs to do, nation-wide, what we did locally — invest in our future.

Those are two big things but there are many more issues Congress must tackle. We've got to address immigration reform, tax reform, and, make student loans more affordable.

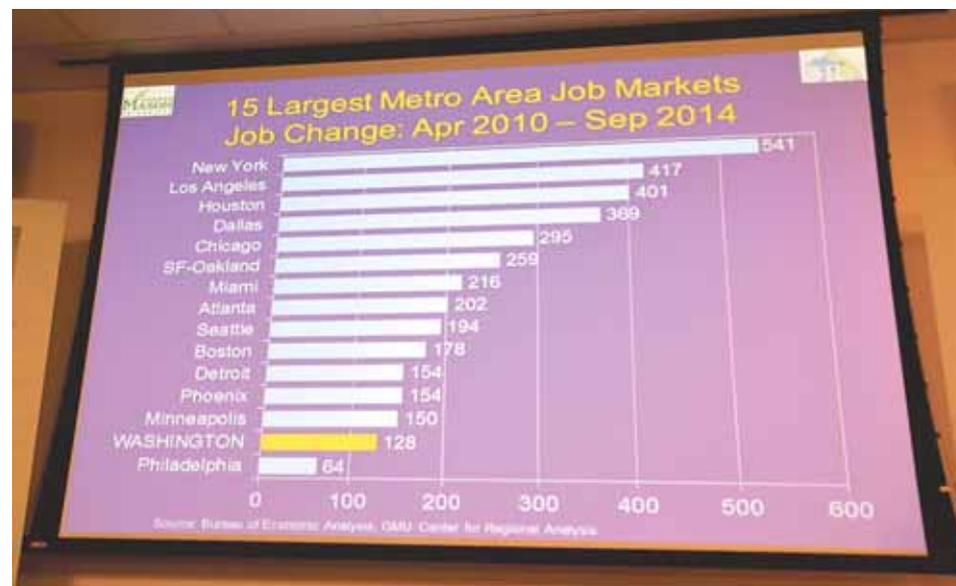
These are some of my initial thoughts that we should be doing in this new Congress."

PHOTOS CONTRIBUTED



PHOTOS BY ANDREA WORKER/THE CONNECTION

Stephen Fuller went out into the crowd of attendees during his NVAR-hosted presentation on the past year's economy and the economic outlook ahead.



The news could be better – according to Fuller and many of the charts and graphs he referred to during his presentation, the Washington Metro area, including Northern Virginia, is lagging well behind in many key recovery factors. Fuller discussed several reasons for the situation, not the least of which being the aftermath of 2013's “fiscal cliff” and the continuing impact of sequestration.

Expert Predicts ‘A Slightly Better 2015’

Realtors association hosts year-end economic update.

BY ANDREA WORKER
THE CONNECTION

Most keynote speakers are used to a bit of fidgeting from the audience about 20 minutes into their spiel. Just goes to show the level of interest both the topic and the speaker generated when after almost two hours, the hosts of the Northern Virginia Association of Realtors (NVAR) Year-End Economic Review with Dr. Stephen Fuller basically called the session “a wrap” to convince the attendees that the included lunch awaited them.

Fuller brings an impressive collection of credentials to the role; Ph.D., Dwight Schar faculty chair and university professor and director, Center for Regional Analysis, School of Public Policy at George Mason University, not to mention chief economist for Cardinal Bank. Adding an arsenal of graphs and other analytical data to his expertise and experience, Fuller provided insights about the closing year, a preview of what to expect in 2015, and some long-term economic expectations for Northern Virginia, the District and Maryland.

“2014 was actually softer in all categories than expected, given the strength of the economic recovery exhibited in 2013,” said Fuller, “particularly in relationship to the housing market. Fuller credited a number of factors for the reason that things slowed down in 2014. Lower wage jobs, slower immigration and reduced international transfers, lower marriage rates, limited access to credit, degraded mobility (when the jobs being created aren’t worth moving for),

student loan burdens and even changing generational values and preferences were the reasons he cited.

“Perhaps most surprising is that for the first time in the memory of many, our local economy is underperforming compared to the rest of the country.” Based heavily on direct and ancillary federal government employment, the area has previously been less negatively impacted by the recession than other areas of the country. “This is new territory for us,” Fuller said. “Even more surprising, it didn’t really make the headlines that our economy shrank more in the last year than it did during the recession.” He likened the situation to a luxury liner with a small leak. “It may be hardly noticeable now, but someone had better start baling and repairing soon.”

ACCORDING TO FULLER and many of the sources he consulted, the “Fiscal cliff” and the introduction of sequestration in 2013 are just beginning to make an impact on the local way of life – and not in a positive way. All of the reports on the creation and status of jobs show that most growth, particularly in this area, is taking place in industries that on average pay less and that many of those who lost their positions in government or government contracting, have yet to be “redeployed” in similar situations. “Health and education and local government were the key growth industries in the this area, and we can’t sustain our economy on only these two sectors. We definitely need wage growth, something we haven’t had in this recovery so far,” added



Stephen Fuller from George Mason University held the stage for almost two hours at the Northern Virginia Association of Realtors (NVAR) Year-End Economic Review. Fuller spoke to the issues that shaped 2014, as well as predictions for the coming year, and beyond.

Fuller. “During the recession, employers learned the lessons of productivity.” With higher unemployment and older workers opting out of the workforce, employers could more easily pick and choose and keep pay rates lower. The unemployment numbers are dropping, but according to Fuller, we still haven’t reached the stage where employers must offer more to secure the best. And there is something else missing from the equation in Fuller’s educated opinion. “Where is inflation? There isn’t any. And you need it to give merchants the opportunity to provide wage growth.”

Despite a number of troubling indicators that he believes require immediate and significant attention, Fuller does predict a slightly better 2015. “We are still feeling that

pent up demand that will push things a bit higher.” Fuller does not see a repeat of the flurry of increasing house prices that many sellers enjoyed not long ago. Instead, he believes that many luxury homes will come down in price and average time from list-to-sale may increase somewhat.

WHEN ASKED during the Q&A session to comment specifically on Fairfax County, Fuller cautioned that without creation of higher-wage jobs, the county would face a “real squeeze to services – fire, policing, education.” Local government needs tax money to do its job. Lower income and property taxes coupled with an increasingly aging population could mean even more challenging times ahead. “But interesting ones,” he declared. “Downsizing or rightsizing according to your view, things

change.”

This NVAR event was sponsored by RGS Title Company and hosted by the NVAR Small Broker and Real Estate Finance and Settlement Forums. NVAR has several economic outlook programs in store for the coming year. Visit their website at www.nvar.com to keep up to date on NVAR happenings.

Fuller will speak at the 23rd Annual Cardinal Bank and George Mason University Economic Conference on Jan. 15, 2015. Pre-registration for the conference is available at www.cardinalbank.com. More on Fuller’s update, review and the analytical data he presented are available on the George Mason University Center for Regional Analysis website at cra.gmu.edu.

NEWS

Remodeled Home Tour To Benefit Therapeutic Riding Program

FROM PAGE 2

rear of the breakfast room now incorporates a course of five windows. Clean-up and storage are zoned away from the cook's work triangle.

"Visitors will appreciate seeing a well-conceived space plan close-up," Craig said. "It works ...because it's so well integrated into the rest of the house. But the open house is also an opportunity to learn about a really innovative form of physical therapy that is helping a lot of our neighbors."

Wendy Baird, Northern Virginia Therapeutic Riding Program's development director, said the organization plans to break ground on a 17,000 square foot indoor riding facility — the Center for Excellence — as funds become available. The program's "Raise the Barn" campaign is actively seeking donations (www.nvtrp.org). Funds are also used to help children such as Annabelle Bozarth, 8, who was born with a rare degenerative disease, but now rides regularly and even dreams of becoming a professional jockey.

Currently, the Northern Virginia Therapeutic Riding Program offers 3,349 lessons per year to 278 unique riders.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years.



PHOTO BY STEPANIE BOZARTH

Though born with a rare degenerative disease, Annabelle Bozarth, a student in the Northern Virginia Therapeutic Riding Program, rides regularly and even dreams of becoming a professional jockey.

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²The Washington Post, Washington Bestsellers Paperback Nonfiction General, April 20, 2014.

OPINION

Happy New Year

Happy New Year. We need your help in 2015.

As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to editors@connectionnewspapers.com.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to north@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our

coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 200,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us. For information about advertising, contact sales@connectionnewspapers.com,

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— MARY KIMM,

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LETTERS TO THE EDITOR

A Wonderful Article

To the Editor:

What a wonderful article you wrote, Kareese ("How I Left..." by Kareese Akinloba, grade 8, Irving Middle School, Children's Connection, January 1-7, 2015). Your writing ability is beyond your years. And reading it brought back so many memories. For someone at the beginning of life to someone at the other end, let me tell you to rejoice in what lies ahead. I was a happy 7-year-old when my father walked into the house in Berkeley, Calif., some 60 years ago...and announced that my mother and I were going to join him in a small town called Puerto Ordaz, Venezuela. I was not old enough to develop the ties to Berkeley that you had to Southern California but I had the 7-year-old's equivalent. This led me to a wonderful life in a new place, a new language, new friends, new experiences and while I still think at this late stage that Berkeley was "home" I know it is hardly that. The best part of every new experience is that so much of it stays

with you. And so many of your friends will become friends for life. So rejoice, young lady, for before you lies a great new world with people, ideas, values and customs that you can pick and choose from. A veritable buffet of life at your fingertips. And when you reach the other end of the journey, as have I, you will have a wonderful book of memories and a great host of friends to live with. I have only two pieces of advice. Keep in touch with your friends for when they are gone that opportunity is forever lost. And see as much of this wonderful world as you possibly can. It is full of wonder and will write your pages of life that you will read and reread many years from now.

Michael Valentine
Fairfax Station

You can read Kareese's story on page 4 at <http://connectionarchives.com/PDF/2014/123114/Springfield.pdf>



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days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)

Vienna & Oakton CONNECTION

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SCHOOLS

Send school notes to vienna@connectionnewspapers.com by Friday.

Each year, the **Northwest Federal Credit Union Foundation** (NWFCU Foundation) awards a total of \$100,000 in college scholarships – \$5,000 each – to 20 students who have demonstrated qualities of leadership, dedication and commitment in school, at home and in the community.

“These students have displayed the qualities that will make them future leaders in our community,” said Chris McDonald, Chairman of the NWFCU Foundation and President/CEO of Northwest Federal Credit Union. “We are pleased to make an investment in their future – and our community’s future – by helping them pay for college.”

Winners of the 2014 Ben DeFelice Scholarships from our area include:

❖ Alexandra Cramer, graduate of Langley High School. She will attend the College of William & Mary.

❖ Jamie Joeyen-Waldorf, graduate of Langley High School. She will attend Northwestern University.

❖ Jennifer Prosser, graduate of Oakton High School. She will attend the University of Notre Dame.

❖ Sydney Sampson, graduate of James Madison High School. She will attend the University of Virginia.

Twenty-five students from Fairfax County Public Schools (FCPS) have been named 2015 National Achievement Scholarship program semifinalists in an academic competition for Black American high school students conducted by the National Merit Scholarship Corporation (NMSC). The students represent 12 high schools in FCPS.

The semifinalists are:

❖ Annandale High School: Yonatan Ayele.

❖ Edison High School: Maxine Morgan and Shalom Yiblet.

❖ Fairfax High School: William Sampong.

❖ Hayfield Secondary School: Camryn Bishop, Reese Cloud, and Dominique Edwards.

❖ Lake Braddock Secondary School: Leul Berhane-Meskel and Kinaya Hassane.

❖ Langley High School: Leah Yirga.

❖ Madison High School: Rachel Bostick, Jesse Ernest, and Benjamin Jackson.

❖ Marshall High School: Natascha Whyte.

❖ South County High School: Maya Armstrong and Olivia Jones.

❖ Thomas Jefferson High School for Science and Technology (TJHSST): Azeez Abdikarim, Arielle Ampeh, Rebecca Clark-Callender, Theodore Richardson, Hannah Wied, and Rollin Woodford.

❖ West Potomac High School: Zoe Smith.

❖ Woodson High School: Robert Cuyjet and Daniel Pryce.

The semifinalists will compete for more than 800 Achievement Scholarship awards, worth \$2.5 million, to be awarded next spring. The awards will be supported by corporations, professional organizations, foundations, and funds from the NMSC. To be considered for a scholarship, semifinalists must advance to the finalist level by fulfilling additional requirements.

Kristen Ashley Wolaver, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2013, completed her freshman year at the University of Pittsburgh, Dietrich School of Arts and Sciences. Kristen has accepted membership in The National Society of Collegiate Scholars (NSCS).

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What do a remodeling company and the Northern Virginia Therapeutic Riding Program (NVTRP) have in common? The simple answer is this; a desire to help families enhance quality of life today and in the years to come.



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Top Fitness Trends for 2015

BY MARILYN CAMPBELL
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

THE PRACTICE of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietician in Old Town Alexandria. "Eating foods that are low in

carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna.

"It is like vitamins. The real affect is doing it over time and incorporating it into your life rather than just doing it once."

— Sara VanderGoot

"Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects

of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once."

Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight

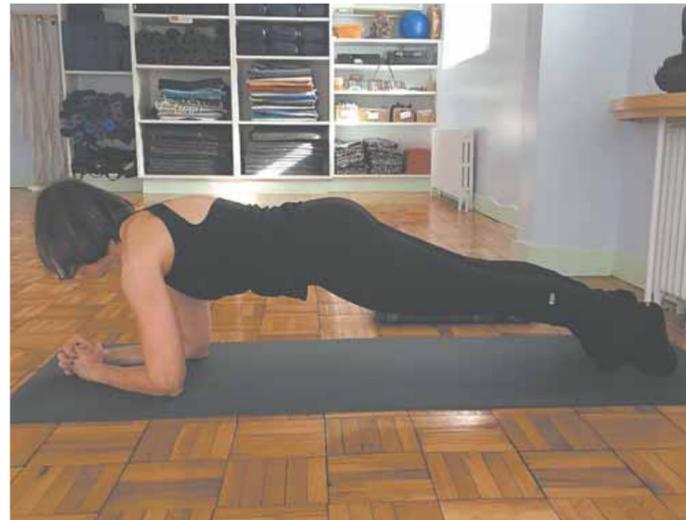


PHOTO BY MARILYN CAMPBELL

Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.

diseases like diabetes and heart disease as we age," said Goldberg.

FUNCTIONAL FITNESS EXERCISES, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture

when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal trainer and can be more fun."

VOLUNTEER OPPORTUNITIES

Volunteer Solutions of Fairfax County Division of Adult and Aging Services provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. To volunteer for any of the following positions, please complete an online registration form at <http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email VolunteerSolutions@FairfaxCounty.gov or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

❖ **The Lewinsville Senior Center in McLean** needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.

❖ **The Kingstowne Center for Active Adults in Alexandria** needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.

❖ **The Gum Springs Senior Center in Alexandria** needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.

❖ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

❖ **Meals on Wheels** - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on YouTube now!

❖ **The Annandale Adult Day Health Care Center** in Annandale needs Spanish-

speaking social companions Monday-Friday from 3 p.m. to 5 p.m.

❖ **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.

❖ **The Hollin Hall Senior Center in Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.

❖ **The Wakefield Senior Center** in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.

❖ **The Sully Senior Center** in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.

❖ **Volunteers, who are fluent in American Sign Language**, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.

❖ **Respite Care volunteers** give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or Maura.Thompson@fairfaxcounty.gov.

❖ **Adult Day Health Care and Senior Centers** - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

❖ **Grocery Shopping** - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

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CALENDAR

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

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate

"Boy," oil on paper by Anna Watson, Peoples' Choice winner at Treasury of Art. Meet the artists as the Vienna Arts Society celebrates winners from the 45th annual Treasury of Art juried show and sale on Jan. 16 at the Vienna Art Center, 115 Pleasant Street, NW, Vienna.



Rental, \$6; Group of 10+, \$12 and includes skates

THURSDAY/JAN. 8

Artist Demonstration. 12:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Springfield artist Anabela Ferguson (www.anabela-artist.com) will present her style of painting as well as her skill in the craft of restoring and presenting fine art at the Vienna Arts Society's January meeting. Free and open to the public.

Dobet Gnahoré. 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Discover delicate ballads and sensuous African grooves from this Grammy-winning vocalist, percussionist, and dancer praised as one of contemporary African music's most charismatic talents. \$25-30. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

FRIDAY/JAN. 9

Winter Wonderland. 7-9 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Fifth and sixth grader party. \$35/\$25 MCC district residents.

The Ying Quartet. 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Ying Quartet occupies a position of unique prominence in the classical music world, combining brilliantly communicative performances with a fearlessly imaginative view of chamber music in today's world. \$35. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children, coffee and conversation for grownups.

SATURDAY/JAN. 10

Cars and Coffee. 7-9 a.m. 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars at Katie's Coffee House in Great Falls, Virginia. Antique, custom, hotrods, exotic, sports cars, they're all here.

The Sweet Side of Tea. 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black and herbal teas. Learn what creates these different styles and taste treats made with these three straight from nature ingredients. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

Science Workshop for Kids. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hands-on science workshop presented by the iSchool, using unique STEAM SEL (science, technology, engineering, arts, math, and social and emotional life skills) approach. Ages 6 & up.

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

TUESDAY/DEC. 13

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

WEDNESDAY/JAN. 14

Art Lecture Series. 7-8 p.m. GF School of Art, 1144 Walker Road, Suite D, Great Falls. The first in the Series, John Francis McCabe's talk "The Art of Portraiture - An Historic Look at the Greatest Works of Portraiture Art," will cover the great age of European fine art portraiture, from the late Renaissance to the genre's great achievements in the 19th Century.

McLean Photography Club. Meet



PHOTO BY DAVID SEGAL PHOTOGRAPHY

Actors Allison Shelby, Casey Bauer, Daddy Issa and John Barclay Burns rehearse a scene from Vienna Theatre Company's upcoming production of Ken Ludwig's romantic comedy, "Be My Baby," opening Jan 23.

and greet: 7:15 p.m.; Program: 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Noted photographer, Steve Gottlieb, will speak on flash photography: "Miracles with One Hot Shoe Flash." Everyone is welcome. <http://www.mcleanphoto.org/>

love. Tickets: \$14. To reserve tickets email vtcshows@yahoo.com. Additional performances: Jan. 24, 30, 31, Feb. 6, 7: 2 p.m.; Feb 1, 8: 8 p.m.

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Tai Chi Beginners' Practice. Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtiecinemas.com.

Smart Markets. Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.org.

Open Mic Night. Wednesdays 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

TGIF Free Fridays. 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or www.restonarts.com.

Insomnia Theater. Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. www.bowtiecinemas.com.

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NEWS

Bollywood Bistro Finds Home in Great Falls

Restaurant adds spice to shopping center.

BY REENA SINGH
THE CONNECTION

Great Falls loves lamb - at least according to Bollywood Bistro owner Pankaj Sharma.

The restaurant has been open for two months and already has regular clientele, he said.

"The people here are so nice. We have a lot of repeat customers," said Sharma when asked why he decided to open the location at the Safeway shopping center.

This is Sharma's third location for Bollywood Bistro. Other locations include Fairfax and a catering wing for parties and weddings.

Before Bollywood Bistro, however, he worked at hotels and restaurants around the nation's capital and his hometown New Delhi.

The inside of the restaurant - which is self-designed - has black and white photos of bygone Bollywood actors and elegantly set tables. Set against exposed brick, the slogan "contemporary Indian cuisine: colors you can taste" is

realized visually. The menu, created by restaurant partner and self-taught head chef Sunil Bastola, is yet another way the restaurant makes northern Indian dishes - food that has been made for centuries - into masterful, contemporary meals.

Items like sweet and savory garlic shrimp incorporate both honey and white wine to create a memorable glaze. Tender tandoori lamb chops - under the menu as "Champe" - comes with a nontraditional berry chutney.

Bastola moved from Nepal to the U.S. in 2001 and specializes in northern Indian fare.

"I'm always looking for new ingredients for the taste and presentation," he said. "I'm always researching."

Although there are plenty of contemporary dishes, Bastola made sure to incorporate Indian staples like potato-stuffed samosas, fiery and tender lamb shank vindaloo and tandoori chicken.

Since the opening two months ago, Sharma noticed what Great Falls residents prefer to order over Fairfax-area restaurant goes.

"They are more fond of lamb," he said. "They like spicy lamb curries and shanks. They also really love seafood."

Bollywood Bistro is located at 9853 Georgetown Pike. Visit www.bollywoodbistrofairfax.com.



REENA SINGH/ THE CONNECTION
Bollywood Bistro owner Pankaj Sharma and head chef Sunil Bastola.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Top Moments in 2014 Vienna Sports

Oakton, Madison girls' basketball teams look promising in 2015.

Whether it was the Madison volleyball team's 33-match winning streak or the Oakton baseball team repeating as Concorde District/Conference 5 champions, the year 2014 produced memorable moments in local high school sports and set the stage for others in 2015. The following is a look at some of those moments and what lies ahead.

Oakton girls' XC repeats as state champs

The Oakton girls' cross country team in 2014 won its second consecutive state championship.

The Cougars posted a score of 44 at the VHSL state meet on Nov. 15 at Great Meadow, holding off an up-and-coming Lake Braddock squad for first place.

"I'm really ecstatic about [winning back-to-back state titles]," senior Allie Klimkiewicz said after the race. "I'm really proud of my team. It was a really close race. We came in knowing that there would be at least three teams right with us, so I was really happy to find out that we won."

Klimkiewicz was one of four Oakton harriers to earn all-state honors with a top-15 finish. Klimkiewicz placed third, sophomore Casey Kendall was fourth, Leya Salis finished 11th and Kira Buttrey placed 15th.

Madison volleyball reaches state final

The Madison volleyball team dominated for much of the 2014 season, winning its first 33 matches before falling to First Colonial in the state final.

But this wasn't just any state final. The Warhawks and Patriots played an epic five-set match that saw First Colonial survive seven match points before winning the fifth set, 25-23.

"It was [a] good [match]," Madison head coach Carrie Hall said after the state final, "we just came out on the wrong side of it."

Led by 6A North region Player of the Year Marissa Roy, Madison captured its first region championship in program history, along with winning the Conference 6 title. The Warhawks were rarely tested, sweeping 30 of their 34 matches.

Outside hitter Jayne Carter, setter Kendal Hall, outside hitter Natale Zanellato and libero Virginia Moore were also key contributors.

"It's incredible," Carrie Hall said after the state final. "I'm in the state final for goodness sake. I think we all would say that. I



The Oakton girls' cross country team won its second consecutive state championship in 2014.



Natale Zanellato and the Madison volleyball team finished state runner-up in 2014.

know it's not what we wanted now, but when they were freshmen, did you (Madison players) think we would get to the state final when you're seniors? This is a great accomplishment. We've done so much for the school and the community. They were all behind us on this one. We had so much electricity in the air all week long in our school.

I think it was great what we accomplished."

Oakton girls' lacrosse wins conference, region titles

The Oakton girls' lacrosse team defeated Westfield in the Conference 5 and 6A North region championship games. But when the two met in the state championship game, the Cougars came up short.

Oakton finished the season with a 15-3 record.

Oakton baseball wins Conference 5 title

The Oakton baseball team won its second consecutive Concorde District/Conference 5 championship.

Left-hander Tommy Lopez shut down Chantilly in the conference championship game, leading Oakton to a 5-1 victory.

"I got Player of the Year," Lopez said after the game, "so I kind of felt like I needed to put the team on my back a little bit and just kind of go out there and win this game."

Lopez allowed just one single through the first five innings and threw a first-pitch strike to 21 of the 24 batters he faced.

"[Lopez] was just outstanding," Oakton head coach Justin Janis said after the game. "He just needed to be himself tonight and that's exactly what he did. [He] just [pounded] the strike zone, he mixed his pitches up and that's going to work in high school."

A look into 2015

*The Madison girls' basketball team entered 2015 with a 7-3 record, having won seven in a row, including an overtime victory over Fairfax in the Bulldog Bash championship game. Led by Virginia Tech signee Kelly Koshuta, the Warhawks look to reach the state tournament after falling one win shy in 2014.

"I'm really ecstatic about [winning back-to-back state titles] ... I'm really proud of my team."

— Oakton High senior Allie Klimkiewicz

*The Oakton girls' basketball team won 10 of its first 11 games and faced Mount Vernon on Tuesday, after The Connection's deadline, prior to the start of Conference 5 play. The Cougars are looking to repeat as conference champions and return to the state tournament for the first time since winning it all in 2012.

"I know it's not what we wanted now, but when they were freshmen, did you (Madison players) think we would get to the state final when you're seniors? This is a great accomplishment."

— Madison volleyball head coach Carrie Hall

New Schools, Boundary Changes Possible

Proposed Capital Improvement Plan focuses on rising enrollment.

BY REENA SINGH
THE CONNECTION

Several new schools may be added to the Fairfax County Public Schools system in the next decade.

The School Board listened to an annual Capital Improvement Plan (CIP) presentation by Assistant Superintendent Jeffrey Platenberg on Dec. 18, 2014, describing the need for four more elementary schools and one high school to meet the demands of rapidly rising enrollment.

The board will not vote on the plan until Jan. 22. The meeting will be in the board chambers at Luther Jackson Middle School at 7 p.m.

"It's a large, large student body," said Platenberg. More specifically, he said between September 2013 and September 2014, enrollment rose by 2,000.

"Both our Board of Supervisors and the public, if they ever wanted to understand the complexity of a county of over a million people and almost 200 schools, open up this brochure and understand what we're dealing with," said Braddock District board member Megan McLaughlin.

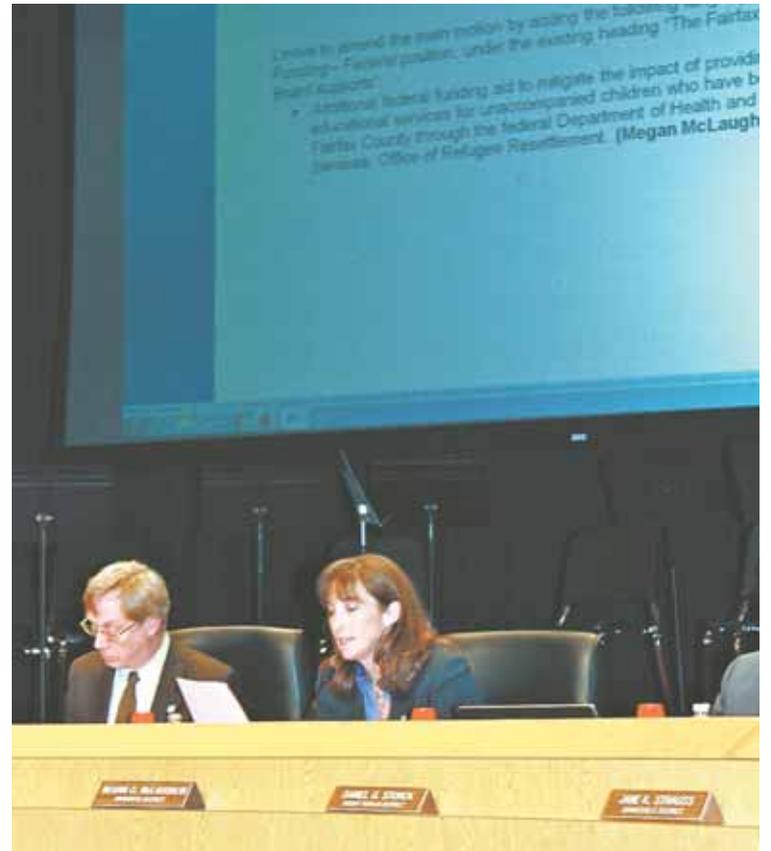
The elementary schools proposed are in the Route 1 area, Fort Belvoir, the Fairfax area and in the north-

western end of the county. The high school was named "Western High School" in the presentation. Two of those schools already have funding thanks to a Department of Defense federal grant for 80 percent of the construction cost. The county will be funding the remaining 20 percent.

Platenberg said that program changes in addition to boundary changes may be needed in addition to the new schools. He also proposed new additions to Westbriar Elementary, Vienna, and South Lakes High School, Reston, totaling \$14 million. Construction is expected to start by 2021.

McLaughlin said she was worried about boundary changes, going into her own experience about her grade school experience in North Carolina. Additionally, she said she hoped the Board of Supervisors will be more of a help to fund the CIP.

"We can't build our way out of it with additions and modulars and continue with very expensive transportation and bussing," she said. Mason District board member Sandra Evans was worried about how much "orange" and "red" she saw in the report for her areas, indicating a high overcapacity in the schools she represents. She was also concerned about how the current birthrate boom will affect elementary schools in five years. Platenberg said he will go further in detail on the matter at the next work session, which will take place on Jan. 12. Dranesville District board member Jane Strauss commented about the report, reminding the public that this is the school board's way of reassuring that a plan is being made to reduce classroom sizes. "There is a limit at each school in what the buildout is," she said.



Braddock District board member Megan McLaughlin said this year's Capital Improvement Plan shows the county Board of Supervisors the challenges the school system faces.

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Down and Not Out, Yet



By KENNETH B. LOURIE

Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

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NEWS



PHOTOS CONTRIBUTED

McLean Children's Academy's youngest class, The Carebears, lead the group in a pledge of allegiance, with teacher Jamila Essa.

Holidays Celebrated at McLean Children's Academy

The preschool students from McLean Children's Academy performed for their families at the McLean Community Center singing and acting out holiday songs and decorating the tree with child made ornaments. Students are from McLean, Great Falls, Arlington and Falls

Church. After the performance, families gathered for a potluck lunch, always a favorite.

The students' families are from many different countries and tasting treats from other nations is always a favorite part of the celebration.



McLean Children's Academy staff gather with the children after the Holiday Program held at the McLean Community Center. Pictured left to right are Jacqueline Vargas, Marina Sarakinis, Executive Director Barbara Touchton, Meredith Karam, Jamila Essa, Director Sarah Bowlen, Cristina Rosas, Tarah Mauzy & Lydia McGrath. Wishing you all Happy Holidays.

BULLETIN BOARD

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

TUESDAY/JAN. 13

The Parent Encouragement Program (PEP) will present an 8-week class titled "PEP I: Parenting 5 to 12 Year Olds," which teaches parents the skills they need to handle challenging behavior in their children while raising them to become respectful, confident individuals. 12 - 2 p.m. \$255 per person. Starbucks Conference Room, 9863 Georgetown Pike, Great Falls. PEPparent.org or 301-929-8824 to register.

The Great Falls Citizens Association

Townhall Meeting. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The community's first survey on deer issues will be released, including residents'

experience with deer/vehicle collisions, Lyme disease, the impact of rising deer herds on local forests, and residents' views on steps to manage deer in the area. Two local residents who have developed deer control measures through bow hunting will discuss the impact on their neighborhoods and ways in which other residents can be involved.

THURSDAY/JAN. 15

Chapter 227, Vietnam Veterans of America Inc. Meeting. 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends, and the general public are invited to attend the chapter meeting. Mike Walsh, Vietnam War veteran, will discuss his quest to document every Vietnam War Memorial in the United States. Free. For more information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Revelers rocked the new year in at midnight at First Night Vienna.



Vienna Welcomes 2015

VBA partners with Town for First Night celebration.

Thousands of revelers – of all ages – stepped out in the seasonally-chilly weather to celebrate New Year’s Eve along Church Street in Vienna. Sponsored by the Vienna Business Association and the Town of Vienna, the second annual First Night Vienna celebration took over five venues – tent and indoors - to offer non-stop family-friendly

entertainment. First Night Vienna is alcohol-free and nobody seemed to notice.

Food trucks, selling a diversity of hot snacks, arrived at 6 p.m. The entertainment festivities kicked off at 7 p.m. and ran until the final toast at midnight. Kids got to celebrate the new year in dedicated kids’ celebration at 9 p.m. while adults rocked the night away until midnight.

Live entertainment spanned the gamut from bands to an illusionist and a clown. In the event’s early hours, volunteers provided kids’ activities. At 9 p.m., the grown-ups took over and danced until midnight.

— DONNA MANZ

Historic Church Street, between Mill and Center streets, closed for the second annual First Night Vienna celebration, a family-friendly, alcohol-free New Year’s Eve party.



PHOTOS COURTESY OF PEGGY JAMES/VIENNA BUSINESS ASSOCIATION



At the Vienna Presbyterian Church – which hosted two entertainment venues – a blues jam took the stage.



PHOTO BY SHARL SCHWARTZ

Spreading Holiday Cheer on Christmas Morning

These three “wise men” were spreading holiday cheer on Christmas morning by passing out free donuts, coffee and orange juice in front of Vienna Presbyterian Church (VPC). They are from left to right, Vienna residents and VPC members Jim Jones, Byron Wong and Tom Zigoris.

WEEK IN VIENNA

Vienna at Your Service Meetings Continue

Vienna Mayor Laurie DiRocco will continue to host the popular Vienna: At Your Service meetings in the coming months. The meetings are designed to give residents the opportunity to learn more about important town issues such as infrastructure, community development and recreation.

Scheduled topics include presentations on the town’s 125th Anniversary in 2015 at the Jan. 13 meeting, a Community Enhancement Commission topic on March 10, and the Community Center renovation and expansion update by the Department of Parks and Recreation on May 12. All meetings will be held at 7:30 p.m. in Town Hall Council Chambers, 127 Center Street S.

The meetings are free and open to the public; no registration required. For more information, contact the Mayor’s office at 703-255-6311, at mayor@viennava.gov or

visit www.viennava.gov/index.aspx?nid=748.

Town Offices to Observe Martin Luther King, Jr. Day

Town of Vienna offices will be closed on Monday, Jan. 19, in observance of the Martin Luther King, Jr. holiday. The Vienna Community Center will be open from 10 a.m. to 3 p.m.; only classes are canceled. Refuse will be collected as normal on Monday, Jan. 19. Public safety services will not be impacted.

Correction

In the Dec. 24, 2014 Connection article “How Does She Do It?” the current executive director of The Foundation for Fairfax County Public Schools should be listed as Mike Infurnari.

Overnight I-66 Closures in January

All lanes of Interstate 66 in one direction will close intermittently between midnight and 5 a.m. on several dates in January for the installation of gantries. Each closure will last up to 30 minutes.

The scheduled closures on I-66 are as follows:

• **Tuesday, Jan. 6 into Wednesday, Jan. 7:** Westbound immediately beyond the Route 28 overpass (Exit 53)

• **Thursday, Jan. 8 into Friday, Jan. 9:** Eastbound between Route 28 (Exit 53) and Fairfax County Parkway (Exit 55)

• **Monday, Jan. 12 into Tuesday, Jan. 13:** Eastbound between Route 123 (Exit 60) and Nutley Street (Exit 62)

• **Wednesday, Jan. 14 into Thursday, Jan. 15:** Westbound just beyond Nutley Street (Exit 62) at the Vaden Drive overpass

• **Monday, Jan. 19 into Tuesday, Jan. 20:** Eastbound just beyond the Fairfax County Parkway underpass (Exit 55)

• **Wednesday, Jan. 21 into Thursday, Jan. 22:** Westbound just before the Fairfax County Parkway underpass (Exit 55)

• **Monday, Jan. 26 into Tuesday, Jan. 27:** Eastbound just before the Fairfax County Parkway underpass (Exit 55)

• **Wednesday, Jan. 28 into Thursday, Jan. 29:** Westbound just beyond the Fairfax County Parkway underpass (Exit 55)

Message signs will be posted in advance of the work so that motorists can use alternate routes.

The closures are part of the Virginia Department of Transportation’s ongoing effort to install 36 new gantries as part of the I-66 Active Traffic Management System (ATMS).

The traffic system is scheduled to begin operating between Route 29 in Centreville and the Capital Beltway in early 2015.

For more information, visit http://www.virginia.gov/projects/northernvirginia/i-66_atms.asp