

WELLBEING

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CONNECTION

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PHOTO BY STEVE HIBBARD/THE CONNECTION

# Turkey Trot Raises \$5,500 for Parkinson's Research

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Kevin Cochran with daughter Megan of Springfield before the first annual Turkey Trot 5K Run and 1 Mile Fun Run for Parkinson's Disease on Thanksgiving Day at Burke Lake Park.

## A Unifying Force

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## Baking Power

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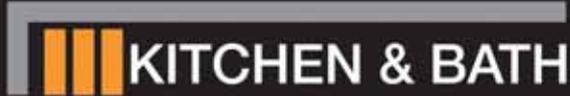
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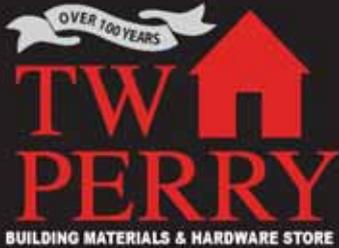


Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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PHOTOS BY TIM PETERSON/THE CONNECTION



**Abiding Presence Pastor Rev. Meredith Keseley (left) and Temple B'nai Shalom Rabbi Amy Perlin give a blessing at the conclusion of their joint Thanksgiving Eve service.**

**Congregations from Abiding Presence and Temple B'nai Shalom packed the Burke Lutheran church sanctuary for a special joint service the night before Thanksgiving.**

## A Unifying Force

BY TIM PETERSON  
THE CONNECTION

## Abiding Presence Lutheran Church and Temple B'nai Shalom hold 29th joint Thanksgiving Eve service.

**W**hen he applied for Minister of Music position at Abiding Presence Lutheran Church in Burke, David Chavez said he was told there's just one non-negotiable date on the calendar: Thanksgiving Eve.

On Christmas and Easter, he could find a sub, but the night before Thanksgiving is different. For one night, Chavez can work with more than the church choir, bringing in singers from Temple B'nai Shalom in Fairfax Station as well.

"It's such a blessing to have a large choir, to do things we can't do with a smaller one, like different densities of harmony and the type of sound," Chavez said. "You want to do it right, do it well."

On Nov. 25, the two congregations celebrated their 29th year of hosting joint services the night before Thanksgiving. It's a tradition that started before members of Temple B'nai Shalom even had a building to call their own. For nine years, the congregation at Abiding Presence hosted B'nai Shalom's services while their members raised money to build a synagogue.

Rev. Meredith Keseley joined Abiding Presence as Pastor in February 2010 and, like Chavez, was asked if she was open to the joint worship service. "I'm excited about it," Keseley said. "Their Rabbi Perlin was one of my first phone calls. She said, 'We're in this together, I'm your Rabbi.' And now I'm her Pastor."

Over the years, Keseley said, "I've learned just how much our faiths have in common, from the spirit of giving to our deepest desire for peace in this world. Religion can be such a divisive thing. We're able to make it a unifying one."

In the joint service, the hosting congregation alternates each year, while the visiting religious leader delivers the sermon. The



**Members of the Temple B'nai Shalom Teen Jewish Alternative Music Project (from left) Aiden Smith, Leah Ican, Eve Courtney, Daniel Levin and Noah Dail perform during the joint-faith Thanksgiving eve service at Abiding Presence Lutheran Church in Burke.**

service is constructed collaboratively and participants sing hymns from the Lutheran song book. Since this year's service was held in Burke, Rabbi Perlin delivered a Thanksgiving message about developing a sense of gratitude.

"Saying 'Thank you' means more than we can ever realize," Perlin said. "Gratitude can change your brain for the better. And there's still time to re-wire yourself into a thankful brain by Hannukah or Christmas."

Perlin continued with a story about the columnist Art Buchwald being nice to a taxi cab driver as a positive social experiment. She linked the anecdote to the Hebrew term for gratitude, "hakarot hatov."

Buchwald was trying to spread goodness by being nice to one person and spreading hakarot hatov, Perlin said. "It means recognition of the good someone has done for you. We need to thank others the way we

thank God."

Frank Cohn of Fairfax has been a member of Temple B'nai Shalom for 28 years — Rabbi Perlin married his wife and him before the synagogue was built. They look forward to the joint service each year, he said.

"We love it, we think it's great," said Cohn, whose wife leads the choir. "And we love the songs in this service. The bottom line is people have a wonderful time together, that's what this is about."

Phil Franke of Springfield played euphonium in the brass choir for the service. He's been a member of Abiding Presence about as long as Cohn has been with B'nai Shalom. "I look forward to Thanksgiving Eve greatly," he said. "It's not just about us, but the entire faith community. There are a lot of commonalities."

"Judaism and Christianity share part of



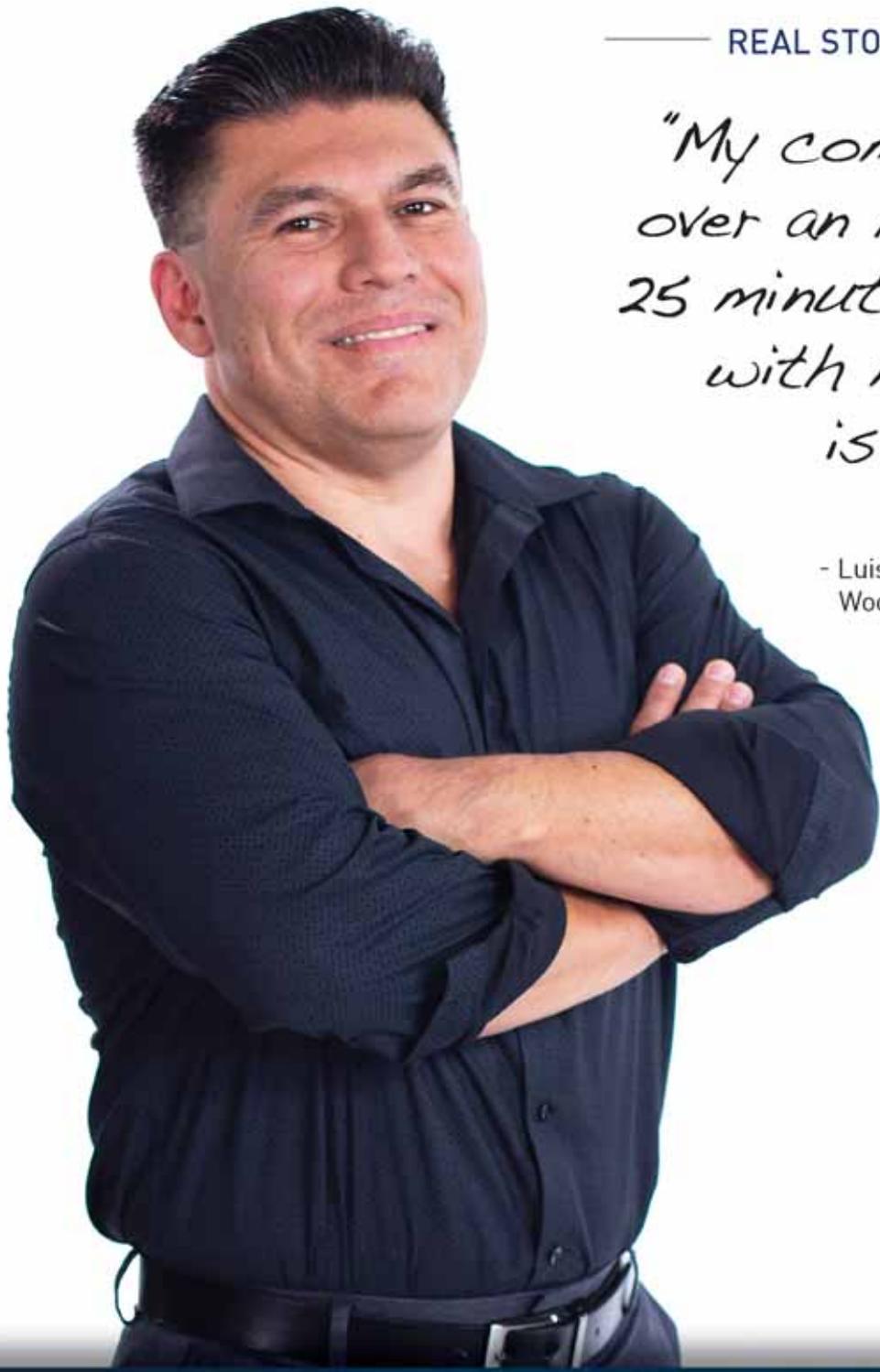
**A participant of the joint Thanksgiving Eve service at Abiding Presence Lutheran Church helps a young girl follow along with a hymn.**

the Bible, and their values translate to the other religion," said Aiden Smith, a sophomore at W.T. Woodson High School and a member of the Temple B'nai Shalom Teen Jewish Alternative Music Project. The five-member ensemble performed at the Nov. 25 service for the first time, early in the program.

In addition to the joint service, the two congregations collaborate in several ways, including sending their youth to visit a service of the opposite organization for worship.

To close the evening, all the musicians joined in singing "America the Beautiful."

"It's so refreshing and gives me hope, to literally sing together in one body means more than just making pretty music," said Chavez. "It's a living symbol: We can come together with what we have in common, that's what I want us to be about."



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Luis's story was one of our winning entries in our "Express Lanes Love Story" promotion.



PHOTO BY LAURA MANN

From left: Alayna Theunissen, Nicholas Riehle and Timothy Etters in Thomas A. Edison's production of 'Inherit the Wind.'

## Creationism vs. Evolution on High School Stage

### Thomas A. Edison High's production of "Inherit the Wind."

BY MAVIS MANALOTO  
W.T. WOODSON HIGH SCHOOL

Every day we ask ourselves the basic question of right versus wrong, whether it be through our thoughts or our actions. A clear example of that was made in Thomas A. Edison's production of "Inherit the Wind." "Inherit the Wind" takes place in the small southern town of Hillsboro, U.S.A., where creationism is the only accepted way of thinking. However, once schoolteacher Bertram Cates brings up Darwin in a lesson, he is put on trial for teaching the forbidden subject of evolution. During the trial, two lawyers, Matthew Harrison Brady and Henry Drummond, fight it out on the compelling issue of creationism versus evolution. Written by Jerome Lawrence and Robert Edwin Lee, "Inherit the Wind" premiered on Broadway in 1955, followed by two revivals in 1996 and 2007.

Edison High School's 32-person cast captured the audience's attention with their reactions and energy, especially during the courtroom scenes. From little tasks such as excessive fanning to mighty worshipping, the ensemble easily transported the audience back to a southern summertime "not too long ago."

Nicholas Riehle convincingly portrayed

the wise, aged lawyer Henry Drummond. His strong choices matched those of Thai Duong's Matthew Harrison Brady. Together they created tensions in and out of the courtroom that helped create the picture of best-friend-turned-rivals. Emily Wilson gave an exceptional performance as Rachel Brown. Her character was torn between loyalty towards her controlling reverend father and her colleague and love interest, Cates. Wilson conveyed that conflict well through her emotions and actions. David Leavitt's portrayal of Rev. Jeremiah Brown was one filled thoroughly with passion for his religion.

The townspeople of Hillsboro played off of each other's energy to create the mob mentality evident in this time period. Each member of the ensemble made a clear objective from the very beginning of the show. Their characters, from a Judge to an innocent little schoolboy, brought to life a picture of what a close-knit town is really like.

Although the set and props were simple, they served their purpose. The signs the townspeople waved while marching added to the passion executed by the ensemble. The transition music during the scene changes also helped set the stage for a small southern town, while the stage crew made quick, quiet transitions. Despite some clothing not being of this time period, the audience could make out which character was which with help from the costumes.

Thomas A. Edison's production of "Inherit the Wind" reminded the audience of an important life lesson: the freedom to think is not only for us but for those around us as well.

## Fairfax Water

### NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

1. An increase in the Availability Charge from \$3,950 to \$4,100†.
2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
4. An increase in the Account Charge from \$36 to \$37.
5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
6. An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 110% to 104%.
11. A decrease in the Overhead Charge for Materials from 25% to 16%.
12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016\*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

| Category                              | -- \$1,000s --   |                  |
|---------------------------------------|------------------|------------------|
|                                       | 2015             | 2016             |
| Personal Services & Employee Benefits | \$ 53,891        | \$ 55,581        |
| Power and Utilities                   | 10,677           | 10,750           |
| Chemicals                             | 6,335            | 7,857            |
| Purchased Water                       | 6,717            | 6,090            |
| Supplies and Materials                | 4,985            | 5,113            |
| Insurance                             | 1,017            | 1,050            |
| Fuel                                  | 781              | 880              |
| Postage                               | 637              | 664              |
| Contractual Services                  | 9,930            | 10,422           |
| Professional Services                 | 1,146            | 1,046            |
| Other                                 | 2,363            | 2,447            |
| <b>Sub-Total</b>                      | <b>98,479</b>    | <b>101,900</b>   |
| Transfer to Improvement Fund          | (9,669)          | (9,616)          |
| <b>Total</b>                          | <b>\$ 88,810</b> | <b>\$ 92,284</b> |

Net revenues are expected to be appropriated as follows:

|                  |              |
|------------------|--------------|
| Debt Payment     | \$41,417,000 |
| Improvement Fund | \$11,000,000 |
| General Fund     | \$24,131,000 |

\*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at [http://fairfaxwater.org/current/public\\_hearing\\_2015\\_12\\_17.htm](http://fairfaxwater.org/current/public_hearing_2015_12_17.htm). Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, December 16, 2015** to be included in the record of the public hearing.

# Transportation Strategy Update Launched

**Northern Virginia Transportation Authority launches work on a six-year TransAction program.**

BY ANDREA WORKER  
THE CONNECTION

Members of the Northern Virginia Transportation Authority (NVTA) chose an appropriate location to announce the launch of the organization's TransAction update efforts last week. NVTA chairman Martin Nohe, a supervisor on the Prince William County Board of Supervisors, and Sharon Bulova, chairman of the Fairfax County Board of Supervisors and a member of the NVTA, met with other transportation agency representatives and members of the media in a gravel-filled construction staging area alongside the interchange between Route 7 and the Dulles Toll Road. In the months to come, the ground they stood on will be transformed into a major component of a roadway expansion and improvement project in the heavily trafficked area.

**IN AUGUST**, NVTA began a major update to TransAction 2040, the plans developed to address transportation in Northern Virginia through the year 2040. It is the first update to the plan since the passage of HB 2313 by the Virginia Legislature in 2013, the bill that provided the region with a sustainable, dedicated revenue stream of more



**From left: Martin Nohe, chairman of the Northern Virginia Transportation Authority, launches the update of the organization's TransAction transportation plans for the region with Authority member and Chairman of the Fairfax County Board of Supervisors Sharon Bulova. Dr. Dee Allsop, CEO of Heart+Mind Strategies, was available for questions regarding the survey his company conducted for NVTA as part of the update process.**

than \$300 million annually with which to tackle the transportation problems of the nine jurisdictions that are covered by the NVTA.

Many residents in those jurisdictions don't know that NVTA has a comprehensive, long-range transportation strategy. A recently completed survey, commissioned by the NVTA as part of the update, revealed that only 8 percent of Northern Virginians were

aware of the existence of TransAction. "In fact," said Nohe, "the number may be even lower," since he believes that some respondents may have answered that they were aware of the plan "without really knowing what it's all about." Some might not even know about the NVTA itself. These are two omissions of knowledge that Nohe and the NVTA have plans to remedy.

A new, interactive website is step one of

the NVTA's endeavor to educate the public and will include a number of "avenues to participate" in the process. Both the NVTA's web site, [www.thenovaaauthority.org](http://www.thenovaaauthority.org), and the new site, [www.NVTATransaction.org](http://www.NVTATransaction.org) provide easy-to-read documents that describe and track the organization's many projects, either completed, in progress, or on the books.

Next will be a major outreach campaign. NVTA staff will be heading out, armed with tablets, to "the places where people live, work, and play," said Nohe, educating, but more importantly, gathering input from constituents. The NVTA can speak with one voice on behalf of Northern Virginians, but Nohe and Bulova acknowledged that transportation problems and potential solutions were not necessarily "one-size fits all" across Planning District Eight, from rural portions of Loudoun County to the congestion faced by residents of Arlington, or from Metrorail users to drivers on the choked major arteries connecting the region. Input from all areas is essential to the success of any plans and critical to meeting the authority's mandate.

**THE UPDATE** process is expected to last about two years, targeted for completion in late summer/early fall of 2017. When adopted, the final version of the update will be known simply as TransAction and it will guide the NVTA's Six Year Program, covering FY2018-2023, and allocating over \$1 billion to multi-modal transportation improvements during that period.

Bulova urged citizens to visit both websites, to review the findings of the survey and to provide feedback. "It's my core belief," she said, "that a well-informed and educated community is a well-served community."

## Voter Services Chair Recognized by Board of Supervisors

The Fairfax County Board of Supervisors presented the Barbara Varon Award to Sidney Johnson, Voter Services chair of the League of Women Voters of the Fairfax Area (LWVFA), on Nov. 17. This Award was created to honor Barbara Varon, who served as Chairman and Vice Chairman of the Fairfax County Electoral Board. It is awarded annually and shows appreciation for a county resident's "dedication to improving the community through volunteer service".

Nominees for the award must be a Fairfax County resident, demonstrate an appreciation for the diversity of our community's population and exhibit patriotism by participating in electoral process, educating others about the rights and privileges of all citizens to participate in electoral process, and/or participating in voter registration outreach.

Johnson, in her volunteer position as Voter Service Chair for three years, has



**Sidney Johnson, of the League of Women Voters of the Fairfax Area, receives the Barbara Varon Award for improving community through volunteer service.**

organized and participated in many voter registration drives as well as in a variety of voter outreach projects. She reached out to

a variety of diverse groups to increase voter participation and has been especially passionate about getting underrepresented citi-

zens engaged in activities that are civic, including voting. She has coordinated and overseen the publication of various voter guides such as Facts for Voters, the Voters' Guides, and a handout that lists all issues as well as candidates on the ballots.

This year Sidney organized 13 Meet and Greet Candidate Forums throughout Fairfax County, with the help of volunteers. These forums aimed to inform the public and give voters an opportunity to meet and interact with the candidates as well as to learn their positions on the important issues. In an attempt to reach more voters, Sidney helped organize the first televised Meet and Greet forums for the candidates for the Senate, House of Delegates, Sheriff, Clerk of the Court, and Soil and Water Commissioners.

—HELLEN KELLY  
AND PEGGY KNIGHT

## FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**Gesher Jewish Day School**, 4800 Mattie Moore Court, Fairfax, invites the community to celebrate Chanukah at a Chanukah Lights and Legos Party on Sunday, Dec. 6 from 3-5 p.m. Spin art with dreidels and other crafts; life-size construction toys; latke bar; music, dancing, and singing; a toddler room with PJ Library books about Chanukah. Ages 6 and up can build their own Legos, menorah and dreidel to take home (additional fee). Adults and children 2 years and older \$4; children under 2 free. Legos builders 6 yrs. and up \$12. Space is limited for builders – reserve early. [www.brownpapertickets.com](http://www.brownpapertickets.com). [www.jccnv.org](http://www.jccnv.org).

Experience the Philippine traditional night mass, “Simbang Gabi,” at the **Nativity Catholic Church**, 6400 Nativity Lane, Burke on Tuesday, Dec. 15. Service starts at 7:30 p.m. with reception. <http://www.filminnova.org/filipino-ministry-parishes/>.

**St. Pius X Chapel** is offering a Tridentine (Latin) Mass in Fairfax City at **Stacy C. Sherwood Community Center**, 3740 Old Lee Highway on **Sunday, Dec. 6** at 9:30 a.m. Confessions at 8:30 a.m. 703-425-5735 or [www.sspcx.org/en/community/priorities](http://www.sspcx.org/en/community/priorities).

Join **Harvester Presbyterian Church**, 7800 Rolling Road, Springfield, for Light of Hope, a traditional Christmas Eve service with candle-lighting on Thursday, Dec. 24 from 8-9 p.m. [www.harvesterpca.org](http://www.harvesterpca.org). 703-455-7800.

The Paschal Lamb will hold a **Book Reading of “Blessed are You”** from noon to 3 p.m. on Saturday, Dec. 5. The Paschal Lamb is located at 11214 Lee Highway, Fairfax. Author Melanie Rigney will read from her new book. Free. 703-863-3940.

**Temple B’Nai Shalom** at 7612 Old Ox Road, Fairfax Station is offering **Tot Shabbat** on Friday, Dec. 11 from 7-7:45 p.m. This service is especially designed for newborns through second graders and their parents. It includes music, child-friendly prayers, stories and activities. The service is followed by a special kid-friendly oneg. 703-764-2901. [www.tbs-online.org](http://www.tbs-online.org).

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspgfield.org](http://www.fbcspgfield.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-

SEE FAITH NOTES, PAGE 9

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## TASTEFUL GIFTS!



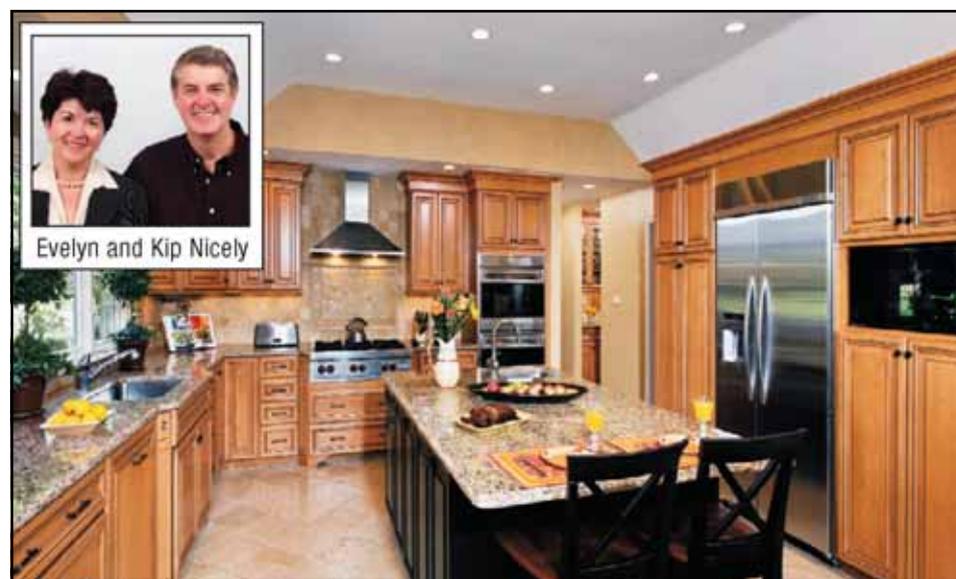
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# OPINION

## Fixing I-66

BY STEWART SCHWARTZ  
COALITION FOR SMARTER GROWTH

**W**e all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General Assembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

COMMENTARY

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways – again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And “if you built it we will come” — new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they hit Constitution Avenue in D.C. or exit onto

local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor’s proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017. The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still more growth 30 miles beyond D.C. and yet

Politics is getting in the way of long-term solutions.

more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have to drive.

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to have.

*Stewart Schwartz is executive director of the Coalition for Smarter Growth  
www.smartergrowth.net*

## Where Domestic Violence and Homelessness Meet

BY JOE MEYER  
EXECUTIVE DIRECTOR & CEO  
SHELTER HOUSE, INC.

**W**hat if you wake up one day in fear of your physical safety? What would you do if you had absolutely no access to any of your bank accounts? What if you found yourself completely isolated from your friends and family and had no resources? Unfortunately, these are the very real situations that victims of domestic violence find themselves in before they seek out support and shelter.

Shelter House, Inc. operates Fairfax County’s only 24-hour emergency domestic violence shelter, Artemis House. This past year, Artemis House increased its bed capacity from 34 to 42 trying to meet the needs of the 60-100 individuals who call the Artemis House hotline on a monthly-basis.

One recent Artemis House resident “had no access to the family account, credit/debit cards. [The abuser] did not even give her, as we often see, an ‘allowance.’ She could not even ask for feminine hygiene products. He made all the financial decisions and still accused her of stealing money,” says Suzanne Pigg, director of Artemis House.

Statistics show that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. Chances are you either have been or know someone who has been in a situation of domestic violence. And in 2015, 41 percent of adults in families who were homeless reported that it was because of domestic violence. This is an alarming increase from 33 percent in 2014.

Because of the overlapping circumstances of homelessness and domestic violence, Artemis House isn’t the only safe-haven for victims of domestic violence. Shelter House operates two other family shelters — Katherine Hanley and Patrick Henry Family Shelters, that house an overwhelming amount of homeless families who have also experienced and been affected by domestic violence. This is an addition to Shelter House’s transitional and permanent supportive housing services — programs that also see a large amount of cases where families are affected by domestic violence.

Why are so many families who are homeless affected by domestic violence? One big reason is 98 percent of domestic violence cases involve financial abuse. Many families who are homeless have experienced having an abuser control their access to accounts, imposing a strict allowance

of funds or coercing them into signing documents for loans or leases. The ways in which financial abuse occurs varies, but is consistent threat and serves as an effective and damaging way for an abuser to keep a victim under their control.

Domestic violence, and the homelessness that it can lead to, are not separate or isolated issues. They are intertwined issues that affect individuals and families and communities. It is up to us as a community to speak out against abusers and stand in solidarity with those who have been victim of domestic violence and financial abuse. Part of Shelter House’s outreach efforts this year have included participating in the Purple Purse Challenge, a national month-long awareness and fundraising campaign held in October aimed at promoting financial empowerment. But much like homelessness and domestic violence, our outreach does not end in October. Help us raise awareness and make an impact by visiting [www.shelterhouse.org](http://www.shelterhouse.org) and find out ways you can get involved.

*If you or someone you know is experiencing domestic violence, contact the 24-hour county hotline or Artemis House hotline to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940*

### LETTERS TO THE EDITOR

## Board of Supervisors Promotes Right to Vote

To the Editor:

The League of Women Voters of the Fairfax Area (LWVFA) commends the Fairfax County Board of Supervisors (BOS) for their 2016 Legislative Program that includes specific requests in support of qualified Virginians’ right to vote.

The Legislative Program asks for “no-excuse” absentee voting and ex-

tended polling hours; legislation to find an appropriate balance between “maintaining integrity of elections” without interfering with the right to vote; examining effects of voter ID law before enacting any future voter ID laws. In addition, ...“reactions at the state and federal levels to the recent Supreme Court decision, striking down Section IV of the Voting

Rights Act which eliminated the requirement that changes to Virginia’s election laws be ‘pre-cleared,’ should be closely monitored. Additionally, the Legislative Program also requests greater state financial support for election administration.”

The LWVFA also commends the BOS for their foresight in recently purchasing new voting machines and

in training election staff to use them before the 2016 Presidential election.

The LWVFA will continue to lobby for the introduction and passage of bills that would increase voter participation in elections and would protect eligible Virginians’ constitutional right to vote.

**Helen Kelly**

League of Women Voters of the Fairfax Area

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**FAITH NOTES**

FROM PAGE 7

451-5855 or www.poplc.org.

**Kirkwood Presbyterian Church**, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

**Franconia United Methodist Church**, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

**RCIA (Rite of Christian Initiation of Adults)** is for people interested in becoming Catholic or learning about the Catholic Church. A group meets at 7:30 p.m. on July 6 and 20 at St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall. All are welcome. Contact Carolyn Smith at 703-273-5369 or carolynsmith.stleos@gmail.com.

**Church of the Nativity** offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

**Arabic Bible Baptist Church** is located at 6428 Ox Road in Fairfax Station. Services are on Saturdays at 6:30 p.m. and Sundays at 1 p.m. Pastor: Wissam Jamil. Call 703-273-5599.

**Performance of Ellington's Jazz "Nutcracker Suite" Benefits Burke Charity**

Abiding Presence Lutheran Church in Burke will host a live performance of Duke Ellington's jazz interpretation of Tchaikovsky's "The Nutcracker Suite" from 1960.

The free concert will be led by the church's Minister of Music David Chavez, with a ten-piece ensemble of local musicians including trumpeter Craig Fraedrich and vocalist Christal Rheams.

Donations and funds raised from a silent auction at the event will go directly to 25:40, a Burke-based nonprofit organization founded in 2003 that helps South African children who are affected by HIV/AIDS and poverty.

The concert is scheduled to begin at 6:30 p.m. on Sunday, Dec. 13. Abiding Presence Lutheran Church is located at 6304 Lee Chapel Road in Burke. For more information, visit www.2540.org.

—TIM PETERSON

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**WELLBEING**

**Merry and Fit**

By MARILYN CAMPBELL  
THE CONNECTION

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender fluorescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill. "If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Year's Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is

an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

Before developing a schedule, there needs to be an acceptance by group members that the season will likely have an impact on

one's diet and ability to exercise, said Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow through a CrossFit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when we offered nutrition seminars and then had a

potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge," said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling."

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's ok to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

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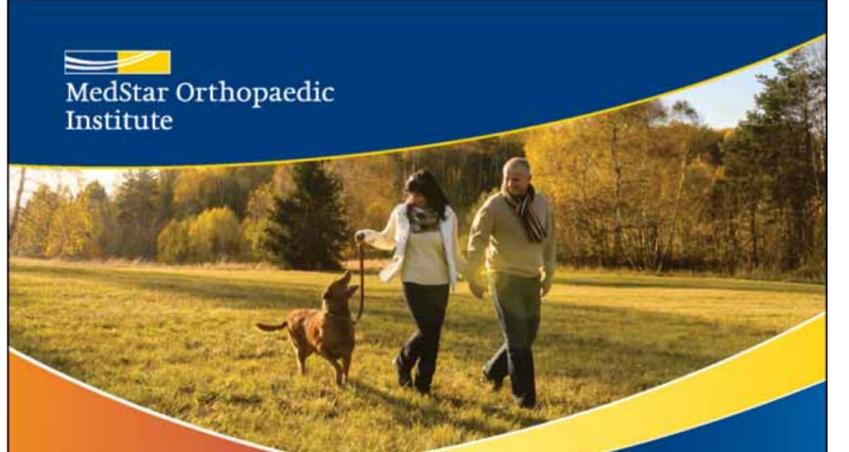


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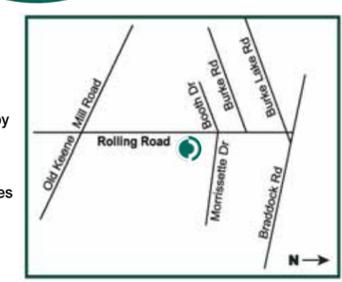
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### DECEMBER

12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

12/30/2015.....Children's Connection

### JANUARY

1/6/2016.....Wellbeing, Renewal, Resolutions

1/13/2016.....HomeLifeStyle

*Martin Luther King Jr. Day is Jan. 18*

1/20/2016.....A+ Camps & Schools

1/27/2016.....Community Guide

1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

### FEBRUARY

2/3/2016.....Valentine's Dining & Gifts I

2/3/2016.....Wellbeing – National Children's Dental Health Month

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**Tanya Logan of Springfield, owner of Soul Cakes by Tanya, recently began offering her homemade baked goods at a kiosk in Springfield Town Center.**



**TaMeisha Norris, owner of allergy-friendly bakery "Out of the Bubble," frosts a "dummy cake" used for display in her Springfield dining room.**

## Culinary Passions Turned Into Business

BY TIM PETERSON  
THE CONNECTION

Tanya Logan had all the intentions of being in the corporate world forever. She was a successful accountant for a Fortune 500 company, someone who counseled coworkers on figuring out whether that career path was for them.

"One day, I woke up and thought, 'I'm that person, I don't want to do this,'" Logan said. Her husband asked her what she would rather be doing. "I just want to cook for people," she responded.

In 2006, Logan launched "Soul Cakes by Tanya" with a family recipe for vanilla pound cake, an unwritten, traditional dessert passed down for generations in her mother's family. After attending culinary school in 2007, she updated and livened up the recipe with fresh ingredients. But she didn't stop at pound cake, extending her offerings to include cupcakes, cookies and other pastries.

"I love cooking, the craft of baking sweets, doing it the way I'd been brought up to cook," said Logan, who is originally from North Carolina but grew up in Springfield and graduated from Hayfield Secondary School.

Logan bakes in her home, as well as in a commercial bakery in Lorton, and began leasing a kiosk in Springfield Town Center in October. "It's great exposure," she said. "I have my customer base, but now others are finding me. In Springfield, we don't really have bakeries. We have Panera, Starbucks, this is something I wanted to bring to the place I live."

With Small Business Saturday on Nov. 28 as a reminder, Greater Springfield Chamber of Commerce



**Nikki Taylor of Springfield, owner of Sweet Ladies Bakery, prepares a Devil's Food cake in her work kitchen.**

Executive Director Nancy-jo Manney thinks more and more people are buying into supporting companies like Logan's. "Yes, let's highlight it on this day, but it should be something we do every time we shop," Manney said.

"If you shop small, local, more of your investment, the money you spend at that local merchant, is going to stay in our community, versus going to corporation off in another area," Manney added. "I think more and more people are starting to see that way: More and more shop local, dine local, give local, with the emphasis being my money makes a big impact when I spend it here in my community."

Owners say establishing relationships in the community is critical to their success, as well as making their jobs rewarding.

"It's having some of the same customers year after year," said Logan. "When you're doing something for a child's third birthday party when you also did their baby shower, it really makes me feel like I'm doing the right thing."

**NIKKI TAYLOR IS ANOTHER HOME-BASED BAKER** with her own business: Sweet Ladies Bakery.

After launching more than six years ago and operating out of her parents' Lorton basement, she and her husband moved into a Springfield house two years ago where they were able to convert the garage into her professional kitchen and office-tasting room.

Taylor always dreamed of owning her own bakery and took the first major step by transferring to culinary school after two years at Radford University. After an externship at the Grand Hyatt Washington and working for several bakeries and catering companies, "I decided I wanted to do this for myself, by myself," she said.

With help in the kitchen from Kelly Smith of Lorton, Sweet Ladies crafts custom cake orders for children's birthdays, weddings and other special events.

The designs can range from conventional to cartoonish, with customers sometimes asking them to do designs based on the minions from "Despicable Me" or Super Mario.

Though Taylor said it can sometimes be difficult transitioning from being in the kitchen professionally to cooking for herself and her husband, "when you hear people loved the cake, or get thank you cards from the brides, it feels awesome."

Word of mouth and being listed on several wedding websites has helped build Sweet Ladies clientele despite not having a conventional store front.

"At first I was worried, will people take us seriously?" Taylor said. "Now I'm so proud it's from my home. I feel blessed to work

SEE BAKING POWER, PAGE 13

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## NEWS

# Baking Power

FROM PAGE 12

from home, for myself, and do what I'm passionate about."

When Taylor gets customers with food allergies she's not able to accommodate, she often refers them to TaMeisha Norris, another home-based baker in Springfield who specializes in allergy-friendly recipes.

**NORRIS HAD BAKED AND COOKED** all her life, but was working professionally as an analyst in the Office of the Secretary of Defense when her twin children were born five years ago. Their allergies to dairy and soy meant they stayed home from many friends' birthday parties. So that they could host a party of their own, Norris concocted a dairy-free cake recipe.

Soon, friends from a local mothers group were asking her to make cookies, cakes and other baked goods for their children with food allergies. Norris wanted to continue helping them, but as the demand increased, she decided to start charging.

She found a comprehensive free guide for starting a home-based bakery business on the Virginia Tech website and launched Out of the Bubble Bakery in 2012. Norris' two product lines are able to accommodate most allergies, including dairy, soy, nuts, eggs and gluten, using mostly natural and organic materials.

To make her recipes work without many typical ingredients was a matter of breaking down recipes, doing calculations and being creative. "I'm a scientist at heart," Norris said. For example, she can replace cow's milk with rice milk in one batter, and account for the lost protein and fat by using a stronger, unfiltered flour than is normally called for.

As Virginia has little in terms of allergy-friendly certifications, reputation is even more important to Norris' business. She has to be extremely precise with her ingredients and baking implements. "If you have one person get sick..." she said. "It's about trust, it's their life."

But not only does she want her customers to have safe dessert, it's important they enjoy eating it too.

"People with food allergies give up a lot, and I want to make sure they have a unique, special cake that they're able to share," Norris said. "That's what it's all about — we're humans, we should be able to eat together."

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Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

## Ongoing

**Inaugural Workhouse Glass National 2015.** Through Jan. 17. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the family-friendly exhibitions of glass art and the opening reception on Tuesday, Nov. 10, 6-8 p.m. [workhousearts.org](http://workhousearts.org), 703-585-2900.

**FCPS Art Teachers Exhibition.** Nov. 14-Dec. 6. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the exhibitions by the FCPS best art teachers. Discover the breadth of talent found in FCPS as you view works by art teachers. The exhibit will feature various media, unified by the artist's passion to educate. [workhousearts.org](http://workhousearts.org), 703-585-2900.

**Sue Grace Art Exhibition.** Nov. 14-Dec. 6. Workhouse Arts Center, Building W-10 Gallery, 9601 Ox Road, Lorton. Her paintings share the experience of giving birth, explore the bridge between abstract and figurative expression. [Gracefamily999@verizon.net](mailto:Gracefamily999@verizon.net). [www.workhousearts.org](http://www.workhousearts.org), 703-585-2900.

**Children's Theatre: "The Nutcracker."** 1-2:15 p.m. & 3-4:15 p.m. Saturdays. Dec. 5, 12, 19, 26. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Presented by Mestey Films Productions. Playwright Vianlix Mestey produces an original retelling of the favorite holiday story in play form. Running time 75 minutes with one intermission, appropriate for all ages. \$9-\$13. [workhousearts.org](http://workhousearts.org), 703-585-2900.

### THURSDAY/DEC. 3

**Dine and Dance.** 11:30 a.m.-1:30 p.m. Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Music by the Tallwood Trio. \$10. [sherscas@vacoxmail.com](mailto:sherscas@vacoxmail.com), 703-941-1419.

### THURSDAY-SUNDAY/DEC. 3-6

**Library Holiday Book Sale.** Dec. 3, 3-9 p.m. Dec. 4-5, 10 a.m.-6 p.m. Dec. 6, noon-2 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Come and find those perfect books, CDs and DVDs for your holiday shopping. Whether it's a cute little book to put a gift card in, a craft/hobby book for your favorite aunt or that special gift for mom, dad or the little ones—there are offerings galore waiting for you. Purchases will help fund valuable library children's programs. Bag sale on Sunday. For more information, please contact [rbfriends@gmail.com](mailto:rbfriends@gmail.com) or 703-451-8055. TTY 703-324-8365.

### FRIDAY-SATURDAY/DEC. 4-5

**Norwegian Festival/Bazaar.** Friday, 10 a.m.-7 p.m. Saturday, 9 a.m.-4 p.m. Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Fifth year with Norwegian café, Fjord horses, live music, Nordic Dancers, Norwegian food products and goods. Local Nordic artisans. Waffle, krumkake, lefse demos, baked goods and Kransekake sales. Free. [www.norwaydc.org](http://www.norwaydc.org), 703-573-5943.

### SATURDAY/DEC. 5

**City of Fairfax Festival of Lights and Carols.** 11:30-7 p.m. Old Town Hall, 3999 University Drive, Fairfax.

SEE CALENDAR, PAGE 15



Runners pose with the inflatable turkey before the race begins.



Race organizer Juliet Neal greets runners before the race began on Thanksgiving morning.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

# Burke Turkey Trot Raises \$5,500 for Parkinson's Disease

About 500 people participated in the Turkey Trot 5K Run and 1 Mile Fun Run for Parkinson's Disease on Thanksgiving Day at Burke Lake Park, raising \$5,500 for the cause. The money will benefit the Michael J. Fox Foundation for Parkinson's Research. The chip-timed event was organized by Juliet Neal, a running coach with West Springfield Running who has a family member diagnosed with the disease.

"I'm very surprised at the huge turnout," said Neal of West Springfield, who used social media and the Springfield chapter of Moms Run This Town, a local running

group with 1,000 members, to help get the word out about the race. What she likes about the Michael J. Fox Foundation, she said, was that "100 percent of the donations goes to research; there are no administrative fees. And the Fox Foundation does a lot for families, too."

The first-place male in the 5K race was Dylan Morgan of Fairfax Station with a time of 16:27; the first-place female was Katie Fabish of Springfield with a time of 19:29. The first place winner of the one-mile fun run was Cristiano Garcia, age 5, of Springfield.

— STEVE HIBBARD



The starting line of the first annual Turkey Trot 5K Run for Parkinson's Disease on Thanksgiving Day at Burke Lake Park.



Cristiano Garcia, 5, of Springfield placed first in the one-mile Fun Run.



Dylan Morgan of Fairfax Station placed first for the males in the 5K Burke Turkey Trot with a time of 16:27.



Katie Fabish of Springfield placed first for the females in the 5K Burke Turkey Trot with a time of 19:29.

# CALENDAR

FROM PAGE 14

Come enjoy live holiday music, hot cider, s'mores by the Yule log, petting farm, Ferris wheel, caroling and lighting of the Christmas tree in the winter wonderland. Visit [www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols](http://www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols) for times and locations.

**Lunch with Santa.** 11:30 a.m., 12:30 p.m. Old Town Hall, 3999 University Drive, Fairfax. Have lunch with Santa. \$6. Parents free. Ages 10 and under. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) for ticket information or call 703-385-7858.

**A Celtic Christmas with Sior-Óg.** 7:30 p.m. Old Town Hall, 3999 University Drive, Fairfax. City of Fairfax Commission on the Arts sponsors the seventh annual Christmas concert. Adults \$5.00 and Children 12 and under free. [www.fairfaxarts.org](http://www.fairfaxarts.org).

**Santa's Workshop.** 1-5 p.m. Springfield Methodist Church, 7047 Old Keene Mill Road, Springfield. Come out to Santa's Workshop for crafts, cookie and cupcake decorating, storytime, a cake walk, letter writing to Santa and more. Additional fee for refreshments and photos with Santa. \$5. Children 12 and below. [amitchem@live.com](mailto:amitchem@live.com).

**Concerts from Kirkwood-Marcolivia.** 3 p.m. Kirkwood Presbyterian church, 8336 Carrleigh Parkway, Springfield. Award-winning violin and violin/viola duo. The concert will feature season music in the folk traditions of America and Eastern Europe. Free. [www.kirkwoodpres.com](http://www.kirkwoodpres.com).

**SCHS PTSO Craft Show.** 9 a.m.-3 p.m. South County High School, 8501 Silverbrook Rd, Lorton. Over 140 crafters and vendors will be in attendance selling unique handcrafted items. There will also be entertainment and children can enjoy Cookies with Santa from 9:30-11:30 a.m. sponsored by our SCHS Leadership program. Free-\$3.

## SATURDAYS/DEC. 5, 12, 19

**Donuts with Santa.** 11 a.m.-12:15 p.m. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join Santa and his helpers for a special experience at Donuts With Santa. Each ticket holder will enjoy two doughnuts and a choice of juice or coffee while Santa and his Elves read a classic Christmas story and lead a fun-filled family sing-a-long. \$20. [workhousearts.org](http://workhousearts.org). 703-585-2900.

## SATURDAYS/DEC. 5, 12, 19, 26

**Children's Theatre: "The Nutcracker."** 1-2:15 p.m. 3-4:15 p.m. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Presented by Mestey Films Productions. LIVE onstage! Playwright Vianlix Mestey produces an original re-telling of the favorite holiday story in play form! Running time 75 minutes with one intermission, appropriate for all ages. \$9-\$13. [workhousearts.org](http://workhousearts.org). 703-585-2900.

## FRIDAY-SATURDAY/DEC. 4-5, 11-12

**Popular Christmas Drama.** Call for times. Harvester Presbyterian Church, 7800 Rolling Road, Springfield. "The Best Christmas Pageant Ever" play by Barbara Robinson. Show suitable for all ages. \$6-\$20. 703-455-7800.

## SATURDAY-SUNDAY/DEC. 5-6

**38th Annual Arts and Crafts Show.** 9 a.m. - 4 p.m. Audrey Moore RECenter, 8100 Braddock Road, Burke. Top quality handmade arts and crafts will be offered by nearly 120 of the area's finest artisans



PHOTO CONTRIBUTED

**Danú will be at the Center for the Arts on Sunday, Dec. 6 at 4 p.m. Hailing from Ireland's historic County Waterford, Danú has built a massive fan base worldwide due to its ebullient performances and mastery of traditional Celtic instruments.**



PHOTO COURTESY OF WORKHOUSE ARTS CENTER

**The Inaugural Workhouse Glass runs through Jan. 17 at the Vulcan Gallery at the Workhouse Arts Center in Lorton. This exhibition, juried by Maurine Littleton, features the breath of contemporary glass artwork being created throughout the United States.**

selling handmade items and plenty of great gifts to choose from. Admission is \$2 per person; children ages 12 and under are free.

**26th Annual Holiday Model Train Show.** Saturday, 10 a.m.-5 p.m. Sunday, noon-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Model and toy trains displays in G, Standard, O, S, Lego, HO, N and Z Gauges. The "Train Doctor" will be available to fix or advise on broken models. Free for museum members. Adults \$5, children \$2. [www.fairfaxstation.org](http://www.fairfaxstation.org).

## SUNDAY/DEC. 6

**Annandale Brass Concert.** 4-6 p.m. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Enjoy your holiday favorites played in easy listening jazz and traditional arrangements. Holiday refreshments will be served. \$10. 240-630-9352.

## Danú "A Christmas Gathering: Féile Na Nollag."

4 p.m. George Mason Center for the Arts, 4373 Mason Pond Drive, Fairfax. Hailing from Ireland's historic County Waterford, Danú has built a massive fan base worldwide due to its ebullient performances and mastery of traditional Celtic instruments. \$32-\$54. [cfa.gmu.edu](http://cfa.gmu.edu). 888-945-2468.

## MONDAY/DEC. 7

**"Race to Nowhere" Showing.** 7 p.m. WSHS Theater, 6100 Rolling Road, West Springfield. All proceeds will go to the PTSA Scholarship for Success Program. All food donations will go to ECHO. \$3.00 plus a food donation for ECHO or \$5.00 each ticket

## TUESDAY/DEC. 8

**South County Federation Holiday Event/Monthly Meeting.** 7 p.m. Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. There will be a cash bar with beer and wine and holiday treats. Includes election of new officers. Check <http://southcountyfederation.com/> for the agenda and information.

## WEDNESDAY/DEC. 9

**Springfield Christian Women's Connection Luncheon.** 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Program is on Creative Christmas Fashion Show. If you have purchased an outfit you would wear to a Christmas party - whether new or second hand - for under \$25, we want to see it. Bargain hunters and creative crafters, put on your tennis shoes or your crafting apron to find us something exciting for our show. \$20. Reserve by Monday, Dec. 7. [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com). 703-922-6438.

## SATURDAY/DEC. 12

**Holiday and Petition Party.** 10 a.m.-1 p.m. Irving Middle School, 8100 Old Keene Mill Road, Springfield. Begin with the line dance class with Cathy Byon followed by performances by outstanding senior dance teams, accompanied by potluck delicacies, including kim-chi and lumpia. We will discuss petition for annex to Pohick Regional Library. Family and Friends are welcome to join our celebration. [corazonfoley@yahoo.com](mailto:corazonfoley@yahoo.com).

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# SPORTS



PHOTO BY JEFF MCQUILKIN

**South County receiver Dillon Spalding reaches for the end zone during the 6A North region semifinals on Nov. 28 but is ruled down at the 1-yard line, setting up the Stallions' first touchdown.**



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Michael Williams celebrates during South County's 20-15 win over Robinson in the 6A North semifinals on Nov. 28 at South County High School.**

## South County Defense Excels in 6A North Semifinal Victory

**Stallions will host Westfield in region championship game Dec. 5.**

BY JON ROETMAN  
THE CONNECTION

**W**ith the first half coming to a close and Robinson fighting to avoid another failed red zone trip, the South County defense stuffed Rams running back Sean Foncha at the line of scrimmage on fourth-and-one, preserving the Stallions' four-point lead.

When the run-oriented Robinson offense tried to make a play through the air, defensive back Kofi Bell was there for South County, intercepting a pass in the fourth quarter and returning it 55 yards for a touchdown, giving the Stallions a double-digit advantage.

And when the Stallions had to fend off one final push from the resilient Rams, senior linebacker Kevin Allen sacked Robinson quarterback Alex Miller on fourth down, ending the Rams' comeback hopes.

South County is known for its up-tempo offense and entered the 6A North region semifinals averaging more than 40 points per game. On Nov. 28, however, it was the defense that excelled during a 20-15 victory over Robinson at South County High School that earned the Stallions a berth in the region championship game.

South County, the top seed in the region, improved to 13-0 and will host No. 3 seed Westfield (12-1) at 2 p.m. on Saturday, Nov. 5.

Robinson, the No. 5 seed, entered Saturday's contest hoping to neutralize South County's potent offense, in part, by keeping it off the field with its own time-consuming drives. The Rams' wing-T offense rushed for 267 yards and had the ball in South County territory during eight of its 12 possessions, but South County came up with stops when it mattered most.

"We talked ... all week that all the talk was that [the Rams] were the more physi-

cal team and they were going to be able to pound us and we had no answer for it, so I think our kids took it as a challenge," South County head coach Gerry Pannoni said.

Trailing 20-15, Robinson started its final possession at its own 31-yard line with 2:09 remaining. Four plays later, including a one-handed 18-yard reception by Da'Jon Lee on third-and-eight, the Rams had a first down at the South County 35.

Two plays later, four Stallions, including Bell and Allen, pressured Miller into a 10-yard loss. On fourth-and-19 from the 44, Allen sacked Miller, ending Robinson's season.

**SOUTH COUNTY** took a 13-3 lead when quarterback DeAndre Clayton connected with Nathaniel Avery for a 44-yard touchdown with 6:17 remaining in the third quarter. Robinson responded quickly, however, cutting the Stallions' lead to 13-9 on a 1-yard sneak by Miller with 3:53 left in the third. Robinson's five-play, 57-yard scoring drive started with a 50-yard run by Foncha.

With 9:41 remaining in the fourth quarter, Robinson started a drive at midfield with a chance to take the lead. But after two run plays netted a loss of three yards, the Rams were forced to go to the air and South County's Bell took advantage, intercepting Miller's pass and returning it 55 yards for a score.

"I'd been waiting for it all game," Bell said. "The whole game, I saw it coming. You see the film: they only run three different pass plays, so I knew one of them had to come to me eventually. I saw my man, baited the quarterback, made him think he was open, so I sat, broke on the ball and that was it. ... I knew exactly where he was going to go with it — a very predictable offense. A good team, though."

Bell's pick-six proved vital for South County as Robinson scored less than a minute later, when Foncha scampered 40

yards for a touchdown with 7:34 remaining, cutting the Stallions' lead to 20-15.

Foncha carried 18 times for 139 yards and a touchdown. Lee had 94 yards on 14 carries, and Roman Lowery rushed 13 times for 37 yards.

"We knew all year that they were a grind-it-out team," Allen said. "They just like to bully people, so we knew they were going to come out [and] try to do the same thing to us. We came out, it's on our field, we didn't want to be disrespected ... and we just beat them at their own game."

South County opened the game with a 13-play, 64-yard drive that took 4 minutes, 9 seconds off the clock ended with a 1-yard DeMarcus Ramsey touchdown run and a 7-0 Stallions lead. Robinson countered with a 12-play, 64-yard drive that chewed up 5:43, but the Rams had to settle for a 30-yard Nathan Musso field goal, cutting the South County lead to 7-3. Robinson had a first down at the South County 17-yard line, but netted four yards on its next three run plays.

Robinson started a drive at its own 15 with 8:13 remaining in the second quarter and a 53-yard run by Lee on first down quickly put the Rams in South County territory. Robinson reached the South County 13, but a penalty against the Rams led to fourth-and-11 at the 21. Robinson lined up for a 38-yard field goal attempt but ran a fake instead, with Miller, the holder, throwing a pass. The pass fell incomplete, and South County took over on downs, still leading 7-3.

Robinson recovered a South County fumble and returned it to the Stallions 20-yard line with 44 seconds remaining in the first half. After a 7-yard run by Lee on first down, Foncha was stuffed for no gain on second down and Lee picked up 2 yards on third down, setting up fourth-and-one at the 11. South County stuffed Foncha for no gain and the Stallions went into halftime with a

four-point lead.

South County's Clayton completed 10 of 16 passes for 103 yards and a touchdown. Michael Williams carried six times for 37 yards, Ramsey ran for 36 yards and a score on 14 carries, and Miles Lucas had six rushes for 34 yards.

Avery had three receptions for 47 yards and a touchdown, and Dillon Spalding caught four passes for 42 yards.

The Robinson defense limited South County to two offensive touchdowns.

Robinson finished the season with a 9-4 record and advanced to the third round of the playoffs for the first time since 2004, according to vhs1-reference.com. The Rams' four losses were by a combined 22 points and came against the top three seeds in the 6A North region (South County, Lake Braddock, Westfield) and the No. 8 seed (West Springfield).

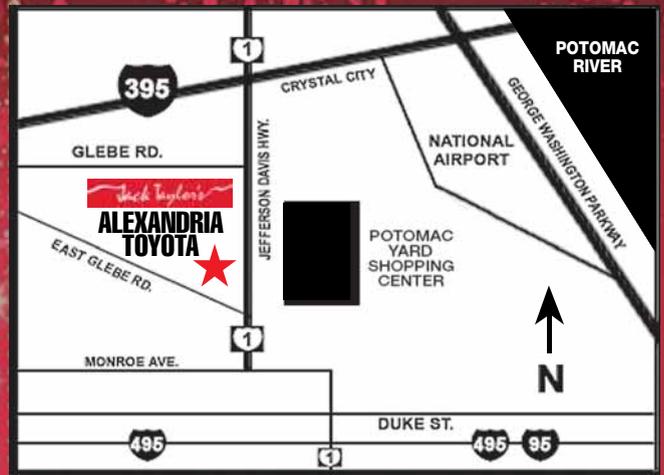
"The big thing last offseason for us was we just wanted to get tougher and I feel like if you ask most of the people we play, I think they felt like we were a tougher football team this year than we were in the past," said Scott Vossler, who is in his second season as Robinson head coach. "We're going to keep moving in that direction and keep working on that because I think in high school football, the team that wins at the line of scrimmage wins most games, so that's going to be our M.O. going forward."

South County moves on to face Westfield in the region championship game. The two teams met during the regular season on Sept. 11, with the Stallions winning 26-19 at Westfield High School.

**THE WINNER** of Saturday's South County-Westfield matchup will face the winner of the 6A South championship game between undefeated Oscar Smith (12-0) and Thomas Dale (9-4) in the state final on Dec. 12 at Scott Stadium in Charlottesville.

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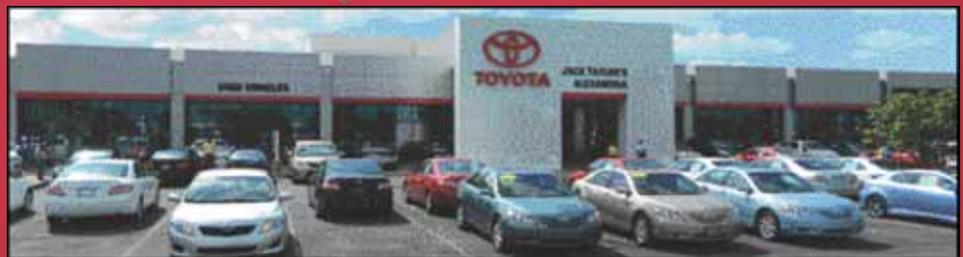
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**\$139<sup>95</sup>**

INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated. PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. AS AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/15.

TOYOTA GENUINE SERVICE  
**MASS AIRFLOW SENSOR SERVICE**  
**\$139<sup>95</sup>**

Get better gas mileage and keep your engine running efficiently.

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TOYOTA GENUINE SERVICE  
**4 WHEEL ALIGNMENT**  
**\$79<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

INCLUDES: inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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TOYOTA GENUINE SERVICE  
**BUY 3 TIRES AND GET 4TH FOR \$1**

Got Tires? NO CHARGE road hazard protection, tire warranty, and free courtesy MULTI-POINT inspection. Price match guarantee. See service advisor for details.

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TOYOTA GENUINE SERVICE  
**DETAIL SPECIAL**  
**\$249<sup>95</sup>**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

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**ROTATE & BALANCE SPECIAL**  
**\$59<sup>95</sup>**

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• Toyota bedliners

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**30000 MILES FACTORY RECOMMENDED SERVICE**  
**\$159<sup>95</sup>**

Synthetic \$10 More  
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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Please join us on Saturday, Dec. 5 from 10-1:00 p.m. for a **Charity Yard Sale** to benefit Bethany House of Northern Virginia. Bethany House is a shelter for abused women and their children. The event will be held at Calvary Church, 8220 Little River Turnpike, Annandale, VA. Cash purchase only.

**LEGAL NOTICE**  
According to the Lease by and between Yoshinga Medley-Jenny (of unit 1145) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: tubs, bags, microwave, ect. Items will be sold or otherwise disposed of on Friday December 18, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

**LEGAL NOTICE**  
Notice to the patients of Virginia Medical Acute Care, P.C. (dba VMAC): You are hereby notified that VMAC is selling its practice and intends to transfer its patient records to Virginia Urgent & Primary Care, LLC (VUPC) (operated by Navdeep Mathur, M.D.) effective 12/1/2015. However, upon your written request, your medical records will be sent, within a reasonable time, to another provider or to you and you will be billed for the actual costs of copying and mailing or delivering the records. Any such written request must be delivered or mailed to VMAC, attn: Medical Records, 5501 Backlick Road, Suite 105, Springfield, VA 22151. There is no charge for transferring the records to VUPC, which will operate from VMAC's current location.

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**21 Announcements**  
**ABC LICENSE**  
Yasini Empire, LLC trading as Empire, 6355 Rolling Rd, Springfield, VA 22152. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages license to sell or manufacture alcoholic beverages. Hamid Yasini, owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

**21 Announcements**  
**ABC LICENSE**  
CRP Fair Lakes Hotel, LLC trading as Hyatt Fairfax; Hyatt Fair Lakes and Hyatt Fairfax at Fair Lakes, 12777 Fair Lakes Circle, Fairfax, VA 22033. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On; Mixed Beverage (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages. Todd W. Nocerini, COO  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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**21 Announcements    21 Announcements**  
**NOTICE OF SUBSTITUTE TRUSTEES'**  
SALE OF REAL PROPERTY LOCATED AT  
6850 AND 6800 VERSAR CENTER, SPRINGFIELD, VIRGINIA  
SALE TO BE HELD AT THE FAIFAX COUNTY CIRCUIT COURT  
DECEMBER 10, 2015, AT 1:00 P.M.

**21 Announcements    21 Announcements**  
A bidder's deposit of \$250,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall be required to execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

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In execution of the Amended and Restated Deed of Trust, Assignment of Leases and Rents and Security Agreement in the original principal amount of \$28,000,000.00 dated July 26, 2007 and recorded on August 1, 2007 in Book 19489 in Page 703 among the land records of Fairfax County, Virginia (the "Deed of Trust"), securing CD 2007-CD5 VERSAR CENTER, LLC, a Delaware limited liability company, as successor-in-interest to U.S. Bank National Association, as successor-in-interest to Bank of America, National Association, as successor trustee to Wells Fargo Bank, N.A., as Trustee for the registered holders of CD 2007-CD5, Commercial Mortgage Pass-Through Certificates (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on December 10, 2015, beginning at 1:00 p.m. The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as Versar Center Office Building, 6850 and 6800 Versar Center, Springfield, Fairfax County, Virginia 22151, Tax Identification Numbers: 080-2-01-0022-A and 080-2-01-0022-B, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, in the following described personal property at the direction of the Noteholder as secured party thereof, as permitted by the Uniform Commercial Code - Secured Transactions, Title 8.9A of the Code of Virginia, as amended. The Personal Property includes: equipment, furniture, furnishings, machinery, insurance policies, agreements, trademarks, proceeds and all other personal property as more particularly described in the Deed of Trust (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

**TERMS OF SALE**  
ALL CASH. The property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the property. Any Personal Property shall be conveyed without warranty by a Secured Party Bill of Sale.

/s/ Henry F. Brandenstein, Jr., Substitute Trustee  
FOR INFORMATION CONTACT:  
Henry F. Brandenstein, Jr., Esq.  
Venable LLP  
8010 Towers Crescent Drive, Suite 300  
Tysons Corner, Virginia 22182  
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**21 Announcements    21 Announcements    21 Announcements    21 Announcements**  
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**21 Announcements    21 Announcements**  
**DC TO RICHMOND**  
Passenger Rail Improvement Alternatives Presented  
Join the Virginia Department of Rail and Public Transportation (DRPT) Dec. 8, 9, or 10, from 5:00 to 7:30 p.m. for public meetings where you can offer your input on reasonable alternatives to improve intercity passenger rail between Washington, D.C. and Richmond, VA. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. All comments received by Friday, Jan. 8, 2016 will be considered in the alternatives review process. For more information, meeting locations, and comment forms, visit: www.DC2RVArail.com. DRPT

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Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

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**SUNDAY/DEC. 6**  
**Warm Coat Outreach.** Set up, 11:30 a.m.-3 p.m. Distribution, 3-5 p.m. Moose Family Center, 9612 Fernedge Lane, Lorton. Clean, used coats (new ones are great too!) can be on Sunday, Dec. 6 from 11:30 a.m. to 2 p.m. <http://www.lortonaction.org/>.

**MONDAY/DEC. 7**  
**State Sen. David Marsden.** 10-11:30 a.m. Church of the Good Shepherd, 9350 Braddock Road, Burke. The Osher Lifelong Learning Institute at Mason is sponsoring State Senator David Marsden for a discussion on current transportation issues affecting the state, particularly Northern Virginia, including mass transit, high occupancy toll lanes, and road construction. He represents the 37th district. RSVP to 703-503-3384. olli.gmu.edu.

**THURSDAYS/DEC. 3-FEB. 3**  
**Grief Support Group.** 10:30 a.m.-noon. Clifton Presbyterian Church, 12748 Richards Lane, Clifton. The Clifton Presbyterian Church is offering to the church and community a Grief Support Group for those who have experienced a recent death and loss in their lives. This group will offer a safe and supportive place for participants to explore ways to walk the journey of grief and to "wrestle" with difficult, and sometimes unanswerable, questions. Dec. 3, 10, 17; Jan. 7, 12, 21, 28; Feb. 3. office@cliftonpc.org. 703-830-3175.

**TUESDAY/DEC. 8**  
**Dementia Caregivers Support Group.** Noon-1:30 p.m. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The group is for those caring for someone with dementia or interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. Contact Eileen Thompson at 703-451-8626 or Eileen.thompson1@gmail.com to attend.

**THURSDAY/DEC. 10**  
**Children's Behavioral Health.** 7:30-9 p.m. WT Woodson High School Library, 9525 Main St., Fairfax. Dr. Adelaide Robb, Chief, Psychology and Behavioral Health Department at Children's National Health System will discuss promising new behavioral research as well as answer questions. Dr. Robb is studying new treatment methods for children and adolescents with depression, ADHD with aggression, schizophrenia and bipolar disorder. daviesva@gmail.com or cristy@potomaccurrents.com.

**Hospice and End of Life Care.** 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. This discussion will present the various aspects and benefits of hospice, as you deal with a difficult time. Free. InsightMCC.org. 703-204-4664.

**SATURDAY/DEC. 12**  
**Laurel Hill Elementary Clothing Drive.** 10 a.m.-3 p.m. Laurel Hill Elementary, 8390 Laurel Crest Dr, Lorton. By donating your gently used clothing, shoes, hats, accessories, bags, bedding, towels, and other cloth materials. Also toys, books, CD's, and DVD's, you will be helping raise funds for Laurel Hill Elementary School's PTA 6th grade end-of-the-year events. You will also be supporting the Vietnam Veterans of America. socoparent@icloud.com.

**Donate Your Bike.** Noon-4 p.m. REI, 11950 Grand Commons Ave., Fairfax. Upgrading your bike this holiday? Your old bike can create a job, deliver clean water to a family, keep a kid in school, or generate income for an entire community. Suggested \$10 per bike helps deliver your old bike to a new home. www.bikesforworld.org. 703-740-7856.

**Del. Eileen Filler-Corn (D-41) Office Hours.** 3:30-5 p.m. Peet's Coffee and Tea, 8948 Burke Lake Road, Springfield. Del. Filler-Corn will be holding office hours on this day at the coffee shop. No appointment needed. Please stop by.



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**Alexandria \$683,400**  
Gorgeous, fully updated 5 BR home features a large deck backing to Huntley Meadows; 100 acres of parkland. The gleaming hardwoods, plantation shutters, granite counters, SS appliances, walk-out lower level with media room and 2-story garage are just a few of the impressive features of this home.



**David Levent**  
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**Arlington \$445,000**  
Rarely offered 1 BR + Den Condo with 1 Full and 1 half bath on 8th Flr in Heart of Ballston. Great Views From Balcony. Unit Has SXS Fridge, Corian Counters, Hardwood Flrs, Gas FP, Gas Cooking, Storage, & 1 Garage Pkg. Space in Luxury Bldg Amenities Incl Pool, Fitness Cntr, party Rm. Washer Dryer in Unit. Close to Metro, Trans, & Shopping. Call for details and pricing.



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**South Riding \$647,500**

**Gorgeous!**  
Top of the line kitchen reno, private 0.39 acres, move in perfect. Great community!



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**Hunters Ridge in Manassas \$560,000**

Gorgeous home on over an acre \* 3 finished levels \* 2-story entry foyer \* Huge kitchen w/island, Corian counters, desk \* Sunroom off family room w/double doors to deck \* Fireplace in family room \* Lovely master suite w/tray ceilings \* Master bath features soaking tub, separate shower, double sinks & enormous walk-in closet w/washer, dryer area \* Finished LL w/rec room, wet bar, den, full bath & storage areas.  
Call Judy at 703-917-7127



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**Burke \$508,000 COMMUTERS' DREAM!!!**  
3 bedrooms, 2 1/2 baths, with main level Library/Study/Den. On quiet cul-de-sac with many tall trees! Sought after Burke Station Square Community within 1/2 mile of the Virginia Railway Express (VRE) & Pentagon bus stop. Beautiful Patio & Fenced Back Yard. Lake Braddock School District!  
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**Kingstowne \$469,000**  
Gorgeous 3 bedroom, 3.5 bath town house. Beautiful kitchen with granite counters, S/S appliances. Freshly painted, refinished hardwood floors, new carpeting, updated bathrooms, wonderful deck.

Finished lower level with full bath, gas fireplace and walkout. Fenced yard backing to trees and open area.



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**Falls Church \$515,000**  
Charming Updated Cape Cod—Great Location Inside Beltway. 5 BR, 3 BA, 3 Finished Lvl. 0.30 ac usable lot. From Roof to HVAC, refinished gleaming Hardwoods, Recent appliances, Cute as can be. READY for a new Owner. Open any time by appointment - Kay Hart 703-217-8444. Agent bonus.

This space is available for your future listing!  
**Call Kay** for a market analysis.



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**Sheila Adams**  
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Life Member, NVAR TOP PRODUCERS



**Fairfax Station \$699,900**  
Stunning Colonial in Beautiful Crosspointe. 5 BR's, 3 1/2 Baths, New Hardwood floors on main level + New Stainless Steel Appliances, Granite, Back Splash + New Master Bath + New Carpet Upper Level, Freshly Painted thru-out, Lovely Deck w/Pergola, overlooking 14,535 Sq Ft Lot. Nothing to do but move right in. Call Sheila Adams 703-503-1895.

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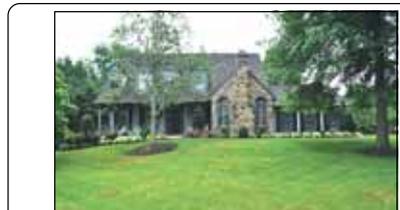
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**Herndon Park-like Setting \$300,000**  
Overlooking a common area and stream, this 2 BR, 2 BA home incl. many updates. Kitchen w/oak cabinets, Corian, & brand new appliances. Fin RR like a European bistro w/ceramic floor & wet bar. Fenced yard.



**Richard Esposito**  
703-503-4035  
[Richard@LNF.com](mailto:Richard@LNF.com)  
Service is the difference I provide.



**Centreville \$749,000**  
This spacious colonial has 3 finished levels, 4 bedrooms, and 3 1/2 baths. Gourmet kitchen, master suite is more of a spa and walk up lower level.

**ELLIE WESTER**  
703-503-1880  
L&F Founder's Club  
Lifetime NVAR Top Producer  
Life Member, NVAR Million Dollar Sales Club  
[ellie.wester@longandfooster.com](mailto:ellie.wester@longandfooster.com)



**Fairfax Station \$939,900**  
New England charm and Southern hospitality seamlessly blend in Glenver-dant. A home made for enjoying and entertaining complete with updated kitchen and spacious breakfast area nicely located by a wood burning fireplace. Roam through over 5500 square feet including a sunroom and finished basement that offers a full kitchen. The upper level has four large bedrooms and three full baths plus a family den and attic playroom. The exterior features five acres, an inground pool as well as a four stall barn for horse lovers.

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