

Church Street Holiday Stroll Still Sparkles in the Rain

NEWS, PAGE 3

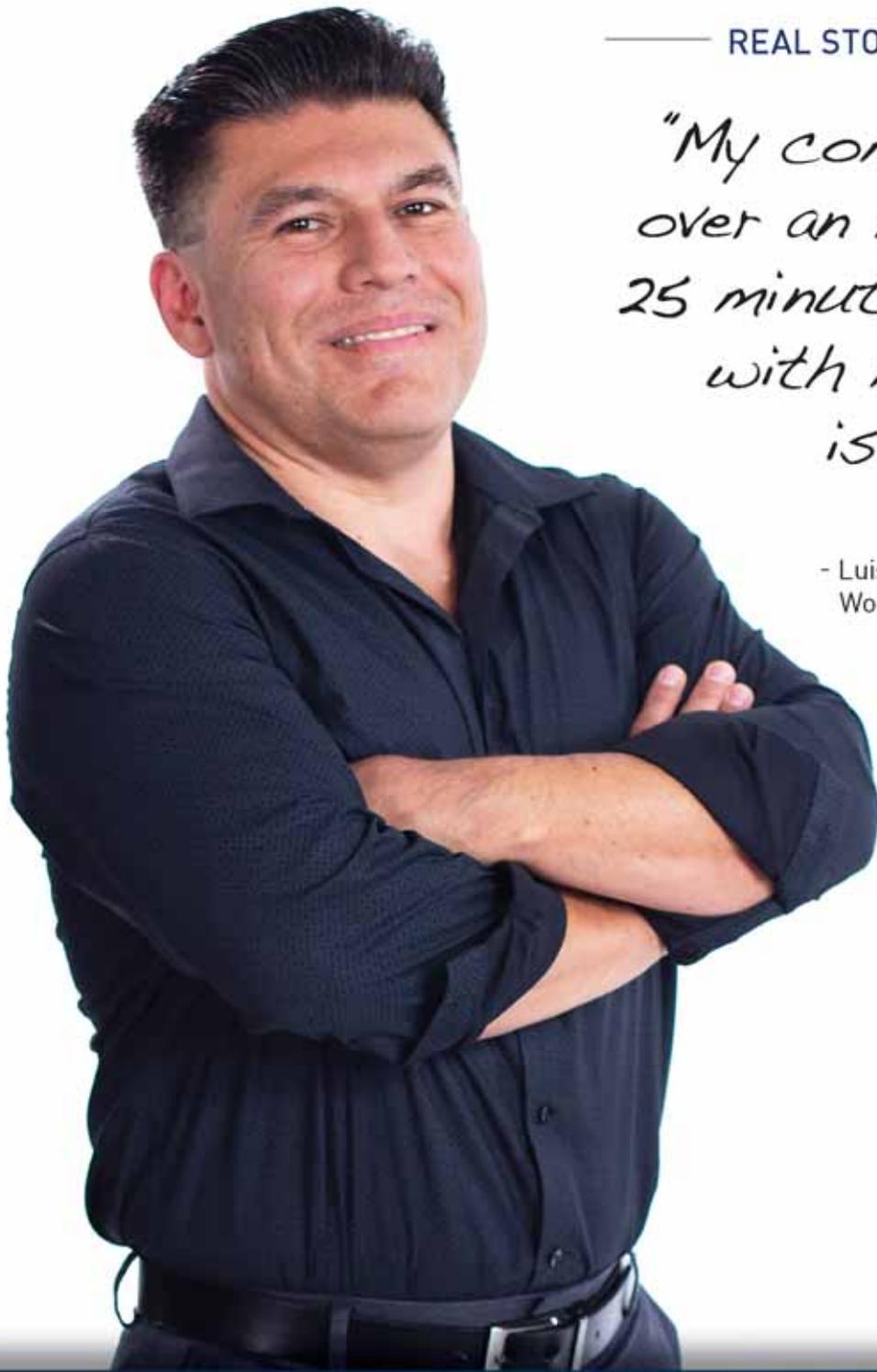
Five Decades: 'What I Believe In'

NEWS, PAGE 16

What Do You Wish for This Holiday Season?

VIEWPOINTS, PAGE 7

The Siddon sisters – Lily, 6, and Abby, 8 – were first in line to give Santa their Christmas lists during the Vienna Church Street Holiday Stroll Monday evening, Nov. 30. Abby wants an American Girl doll among other things, while Lily wants an electric dog. Both girls asked for iPhones.



— REAL STORIES FROM THE EXPRESS LANES —

"My commute would take over an hour. Now it takes 25 minutes. I use that time with my family. Family is my priority."

- Luis B.
Woodbridge, VA

Luis from Woodbridge loves how the Express Lanes have helped simplify his life. He takes the Lanes to work and says he never has to worry about sitting in traffic anymore. Now, he gets to spend more time with his family at the beginning and end of each day. Plus, whenever Luis needs to get to a special event or appointment, he doesn't fight traffic and is always on time. Luis also loves that the Lanes are safe and secure, and he knows help is available if he ever runs into trouble.

See more real stories from the Lanes at ExpressLanes.com



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



Church Street strollers make way for the Vienna Volunteer Fire Department antique fire engine carrying Santa Claus and Rudolph the very red-nosed reindeer.

Church Street Holiday Stroll Still Sparkles in the Rain

Hundreds of families enjoy the outdoor and indoor festivities.

A cold drizzle may have dampened the attendance numbers at the annual Church Street Holiday Stroll but it did not dampen the spirits of the guests and strollers who braved the weather conditions on Nov. 30. Turn-out was strong despite the rain.

Santa, as is his tradition, arrived at Freeman House via an antique fire truck, its sirens blaring as it turned down Church Street.

Santa and Mayor Laurie DiRocco partnered to light the holiday tree at the corner of Mill and Church streets. Musicians

performed on-stage from 6 to 9 p.m. and local choruses from schools and communities sang as they strolled down Church Street. Merchants along Church Street stayed open late, many offering discounts for “Stroll” shoppers.

Santa listened to kids’ wish lists until the last child left. Although the rain kept away the petting zoo, it did not snuff out open fire pits for marshmallow-toasting. Vienna Presbyterian Church hosted an elf-dinner and craft activities for children. Freeman House was decorated by the Ayr Hill Garden Club and the ornaments on Santa’s tree were handcrafted by the club’s members.

The Church Street Holiday Stroll is sponsored by Historic Vienna, Inc., Church Street merchants and the Town of Vienna.

—DONNA MANZ



The chorus from Wolftrap Elementary school kicked off the annual Church Street Holiday Stroll on Nov. 30. The stroll is always held the Monday after Thanksgiving.

WWW.CONNECTIONNEWSPAPERS.COM

A preschooler greets a glowing-nosed Rudolph. Santa and Rudolph rode inside the fire truck this year. Reindeer do not like rain.

PHOTOS BY
DONNA MANZ
THE CONNECTION



On a cold, rainy evening, nothing beats a blazing fire — and marshmallows. Town of Vienna staff supervised the open fire pits.

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NEWS

Shepherd's Center of Oakton-Vienna Holds Benefit

The audience was rolling in the aisles when world class comedian, Mack Dryden, appeared at the 2015 benefit performance for the Shepherd's Center of Oakton-Vienna (SCOV). SCOV provides services, personal enrichment and volunteer opportunities for adults 50+ in Oakton, Vienna, Merrifield, Dunn Loring and portions of Fairfax and Reston. To learn more about SCOV, visit their website at www.scov.org or call Michelle Scott, executive director at 703-281-5088, director@scov.org.

Dryden is a veteran of The Tonight Show with Johnny Carson and with Jay Leno, plus dozens of other TV shows including JAG and a recurring role as a judge on ABC's The Guardian along with several feature films. Not to mention 125 episodes of the syndicated show "Comedy Break with Mack & Jamie" that he hosted with his comedy team partner. He was hand-picked by Bill Maher to write on the acclaimed show ABC's Politically Incorrect.

In 2014, the National Volunteer Caregiving Network (NVCN) recognized the Shepherd's Center of Oakton-Vienna with their Program of the Year Award. Rhonda Anderson, executive director, NVCN, stated "The Shepherd's Center of Oakton-Vienna is an outstanding example of how volunteers are making a difference in the lives of those who need just a little help to remain independent and a valued part of the community."

Each year more than 250 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness counselors, fundraisers and grant writers. These volunteers run programs such as Lunch n' Life, Adventures in Learning, trips and outings, special events, and caregivers' support groups. To learn more about SCOV or to volunteer visit their website at www.scov.org or call Michelle Scott, executive director at 703 281-5088, director@scov.org.



Pictured at pre-event reception are (from left) headliner, Mack Dryden; Francia Smith, marketing director for Arden Courts of Annandale/Arden Courts of Fair Oaks, presenting sponsor and Richard Duesterhouse, SCOV Board chair

PHOTOS CONTRIBUTED



Pictured at pre-event reception with Michelle Scott, executive director, SCOV (third from left) are event Platinum Sponsor representatives (from left) Jeanne Halpin, resource manager and Karen Skeens, executive director both of Goodwin House at Home; and Stephanie Cribbs, director of sales, Sunrise Senior Living at Hunter Mill, Silver Sponsor.



Transform 66 Inside and Outside the Beltway Projects Public Meeting

Tuesday, December 8, 2015
 6:00 – 8:00 p.m.

George Mason High School Cafetorium
 7124 Leesburg Pike, Falls Church, VA 22043

You are invited to share your input on the Transform 66 Inside and Outside the Beltway projects during a public meeting held by the Commonwealth Transportation Board (CTB). The public will have the opportunity to provide formal comments to CTB members or to the court reporter.

Individuals offering public comment will be asked to limit their remarks to not more than three minutes. Organizations or associations may be asked to select one individual to speak for the group. All attendees will have the opportunity to provide their comments to the court reporter.

If you cannot attend the meeting, you may provide your comments at any time online at Transform66.org, by email to Transform66@VDOT.Virginia.gov, or by mail to the VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030 (Attention: Amanda Baxter for Transform 66 Inside the Beltway or Susan Shaw, P.E., for Transform 66 Outside the Beltway).

About the Transform 66 Projects:

I-66 Inside the Beltway involves converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that benefit the toll users of I-66.

I-66 Outside the Beltway involves building two express lanes and three regular lanes in each direction, new bus service and other multimodal improvements such as new and expanded park and ride lots along I-66 between U.S. Route 15 in Haymarket and I-495.

The Commonwealth of Virginia ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

Transform 66 Inside the Beltway
 State Project Number: 0066-96A-358, P101 UPC: 107371

Transform 66 Outside the Beltway
 State Project Number: 0066-96A-297, P101
 Federal Project: NH-066-1(300) UPC: 105500
 UPC: 105500

VIENNA CRIME REPORTS

Notable incidents from Nov. 20-26.

Incidents

Bad Check - Sheets Whole Sale, 430 Mill St., NE. Oct. 10, Noon. An employee reported a female customer had written a check for the purchase of materials. The employee stated the check was later returned by the bank for insufficient funds. He made several attempts to contact the customer to discuss the check but she had not returned his calls. This case is being investigated.

Petit Larceny - The Cedar Lane School, 101 Cedar Lane, SW. Nov. 13, 9:15 a.m. A student reported someone had taken her wallet from her purse.

Fraud - 200 Block Park St., NE. Between Nov. 18 at 11:38 a.m. and Nov. 19 at 7:00 p.m. A resident reported she was contacted by her credit card company and informed her

credit card account had been frozen due to suspicious activity on the account. She stated on Nov. 2, she received a shipment of portable radios she had not ordered. This case is being investigated.

Destruction of Property - 900 Block Westwood Drive, NE. Between Nov. 19 at 5:00 p.m. and Nov. 20 at 9:23 a.m. A resident reported her mailbox had been knocked from its post.

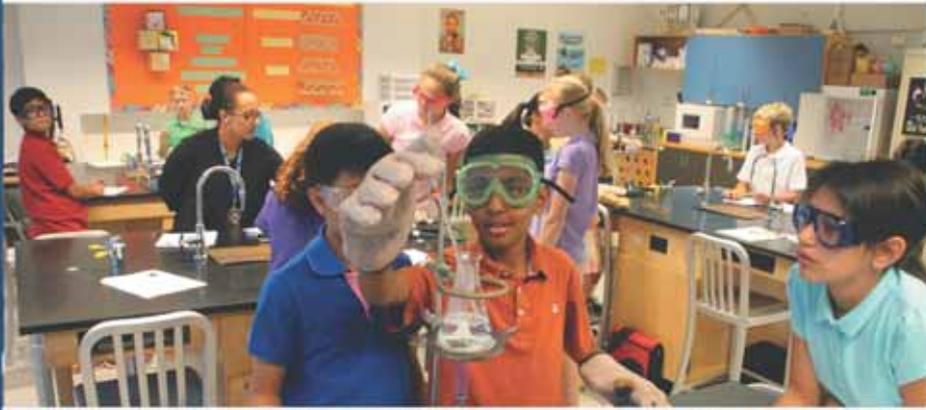
Open Door - Epiphany United Methodist Church, 1014 Country Club Drive, NE. Nov. 20, 3:35 a.m. An alarm company reported an alarm had been activated at the church. PFC Tracy responded and located an unsecured door. The interior of the church was searched and nothing appeared to be out of place. The door was secured prior to leaving.

Suspicious Event - 600 Block Kearney Court, SW. Nov. 20, 9:15

a.m. A resident reported she had been having on-going problems with her neighbor. She stated she had a basketball hoop, near the curb by her house, which the neighbor had removed by a Town of Vienna Sanitation worker. Officer Hylinski responded and spoke with the neighbor who stated it was a misunderstanding and she would make amends with her neighbor.

Mental Case - The Vienna Police Department, 215 Center St., South. Nov. 20, 2:00 p.m. Officer Hylinski responded to the Vienna Police Station to speak with a resident who reported her in-laws had stolen rugs from her residence, while she was being treated at a local hospital. The resident requested the addresses of local shelters. After receiving the information she left the police station.

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Holidays IN THE City of Fairfax

<p>12/3 6:30 PM "The Best Christmas Pageant Ever"—City of Fairfax Theatre Company—Truro Anglican Church</p> <p>12/5 8:00 AM-11:00 AM Breakfast with Santa—Firestation #3 4081 University Drive, Fairfax \$5 Adults, \$3 Children, 3 and under Free Proceeds benefit Fairfax Volunteer Fire Department</p> <p>11:30 AM & 12:30 PM Lunch with Santa—Old Town Hall—3999 University Drive</p> <p>12:00 NOON-7:00 PM Holiday Festivities—Old Town Square—3999 University Drive Fairfax</p> <p>3:00-5:00 PM Visits with Santa—Old Town Hall—3999 University Drive FREE Bring your own camera</p> <p>5:30 PM Lighting of the Christmas Tree—Old Town Square—3999 University Drive</p> <p>6:00-7:00 PM Candle Lit tour of Ratcliffe—Allison House—10209 Main Street FREE</p> <p>7:30 PM "A Celtic Christmas" with Sior-Og—Old Town Hall—3999 University Drive \$10 Adults, Ages 12 and under FREE</p> <p>2:00 PM & 6:30 PM "The Best Christmas Pageant Ever" performed by City of Fairfax Theatre Company—Truro Anglican Church</p> <p>12/6 12:00 NOON-4:00 PM Christmas in Camp—Historic Blenheim—3610 Old Lee Highway</p> <p>2:00 PM "The Best Christmas Pageant Ever" performed by City of Fairfax Theatre Company—Truro Anglican Church</p> <p>12/7 10:30 AM Old Town Hall Children's Series with Mr. Skip</p> <p>12/11 8:00 PM Bonita Lestina Series at Old Town Hall "Holiday Traditions" performed by Cathedral Brass</p> <p>12/13 3:00 PM Northern Virginia Youth Winds—Woodson HS</p> <p>5:00 PM Carols by Glowstick—Truro Anglican Church—3501 Rebel Run</p> <p>12/19 7:00 PM "Christmas in Fairfax" performed by City of Fairfax Band—Fairfax HS</p> <p>12/21 10:30 AM Old Town Hall Children's Series with Bob Brown Puppets performing "Christmas Capers"</p>	<p>City of Fairfax www.visitfairfax.com CityofFairfaxVA</p>
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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
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
Total	\$ 88,810	\$ 92,284

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. 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 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.

OPINION

Fixing I-66

BY STEWART SCHWARTZ
COALITION FOR SMARTER GROWTH

We 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.

What 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 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

Vienna & Oakton CONNECTION

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VIEWPOINTS

What do you wish for this holiday season?

—DONNA MANZ



PHOTOS BY DONNA MANZ/THE CONNECTION

Jane Pearson, owner Janery Home Décor

“My big passion is the organization ‘Carry the Future.’ We are collecting baby carriers to give to the refugees arriving in Greece. My baby’s birthday is in January and I’m asking friends to donate a baby carrier rather than bring a gift.”



Virak Chhang, ballroom dance instructor

“Acceptance. I am visiting my girlfriend’s family in Dallas for the first time, and, I want to be accepted as a potential son-in-law.”



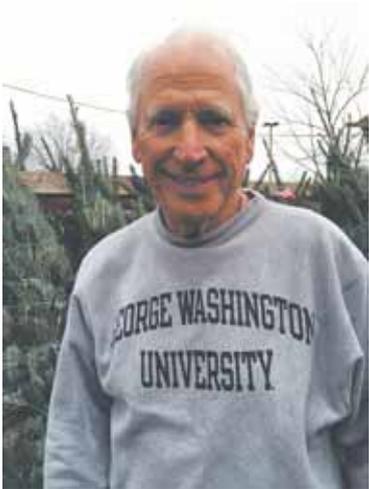
Jeff Johnson, Optimist (Greater Vienna)

“Peace around the world ... no doubt about it. And a very un-messy political season.”



Mark Sutton, Welcome Wagon

“A new home for our daughter and her family.”



Dan Mulville, Optimist (Greater Vienna)

“A safe and happy holiday to everyone. Safety is especially important considering everything going on in the world and at home.”



Marcello Via, hospitality/chef

“I sincerely wish all Catholics and Christians would remember what Christmas is truly all about. Beyond all the fancy packaging and bows, you’ll find the true meaning of Christmas — which is all about love.”

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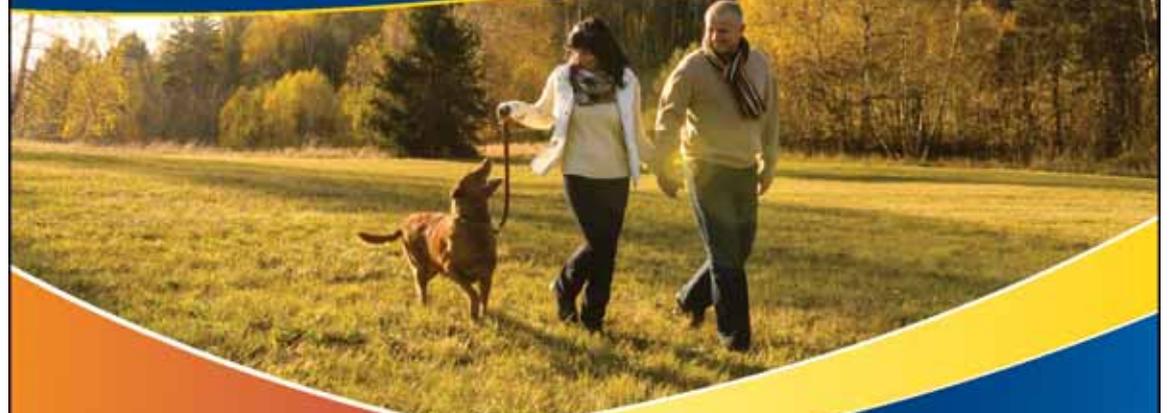
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Suite 203
Woodbridge, VA 22192

Alexandria
6355 Walker Lane
Suite 501
Alexandria, VA 22310

McLean
6858 Old Dominion Drive
Second Floor
McLean, VA 22102

For appointments in McLean, Va., call **855-788-6464**.

For other Virginia locations, call **855-546-1081**.

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Knowledge and Compassion
Focused on You

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 florescent 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."

Support groups help members maintain fitness during the season of indulgence.




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CALENDAR



PHOTO CONTRIBUTED

From left, Tonya Beckman, and Kelsey Meiklejohn in "Harvey" at 1st Stage. The show runs through December 20 in Tysons Corner. Photo by Teresa Castracane.

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

advance; \$25 day of. For more information, visit <http://www.wolftrap.org/tickets/calendar/performance/1516barns/1202show15.aspx> or call 703-255-1900.

Nature Night. 5:30-9:30 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Visit with the naturalist and his reptile and amphibian friends. <http://winterwalkoflights.com>. 703-255-3631.

ONGOING

"Harvey." Check for show times. Nov. 12-Dec. 20. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Winner of the Pulitzer Prize for Drama, this beloved classic is a treat for the whole family. Veta Simmons and her daughter Myrtle Mae have just moved back into town and are making quite a splash on the social scene. Gatherings and engagements abound as Myrtle Mae peruses for a viable suitor. \$15-\$30. www.1ststagetysons.org. 703-854-1856.

Meadowlark Gardens' Winter Walk of Lights. Nov. 14-Jan. 4. A half-a-million colorful LED lights span the lakeside and gardens of Meadowlark Botanical Gardens off Beulah Road in nostalgic and fairytale scenes of the holiday season. <http://winterwalkoflights.com/>.

Bingo Night! 4 p.m. Sundays, Dec. 6, 13, 20, 27. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. The Vienna Volunteer Fire Department hosts smoke-free bingo every Sunday night in the Flame Room and activities include 33 games for a \$100 prize each and one \$1,000 jackpot game. Admission: minimum \$10. 703-255-6300.

53rd Annual James A. Bland Contest. Through Monday, Feb. 15. Vienna Lions Club invites elementary and high school vocalist and instrumentalists to present a song or piece for cash prizes. For information and application, contact Susan Stiles at sandcs89@yahoo.com or 703-938-1142.

Vienna Lions Club Christmas Tree Sales. Weekdays noon-8 p.m.; Saturdays & Sundays 10 a.m.-6 p.m. Through Dec. 17. Walgreen's lot, 225 Maple Ave East, Vienna. Help the Lions help the youth, vision- and hearing-impaired of our community. Fresh, live, beautiful Christmas trees, wreaths, roping, Virginia peanuts, extra-large coloring books all for sale at the best prices in Town.

WEDNESDAY/DEC. 2

Eric Hutchinson. 8 p.m. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Singer/songwriter Eric Hutchinson takes the stage with radio favorites, including "Rock & Roll" and "Watching You Watch Him" and more and performs his foot-tapping brand of pop and rock. Tickets: \$22

THURSDAY/DEC. 3

Face Painting. 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Children will enjoy festive snowflakes, snowmen and other holiday face painting images. Free. <http://winterwalkoflights.com>. 703-255-3631.

Skintelligence Holiday Open House. 5-8 p.m. Skintelligence, 421 Church Street NE, Vienna. Come out and celebrate the holidays with Skintelligence. There will be snack, drinks, art crafts, door prizes and more. Meet Tracy Murphy of All Beaded Up Jewelry, previously seen at the Artful Gift Shop! She will be bringing fun Holiday jewels and gifts, so you can get a jump on your Holiday shopping! Any questions, contact Theresa Caputy at 703-255-7237 or email info@skintelligencepartners.com.

FRIDAY/DEC. 4

An Acoustic Evening with Over the Rhine. 8 p.m. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Founded Over the Rhine in 1991, music of the duo singers Linford Detweiler and Karin Bergquist is marked by literary influences by Lewis, Dylan Thomas, and T.S. Eliot. Detweiler and Bergquist released albums and have performed with Bob Dylan, Ani DiFranco and others. Tickets: \$25-\$28. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

Happy Holidays from Rocknoceros. 10:30 a.m. Jammin' Java, 227 Maple Ave. East, Vienna. Happy Holidays from Rocknoceros is a musical "Norman Rockwell" that captures the essence of the procession of holidays that punctuate each year with a festive exclamation point. \$5. www.jamminjava.com.

FRIDAY-SATURDAY/DEC. 4-5

Annual Renaissance Feaste. 7 p.m. Capital Church, 10233 Leesburg Pike, SEE CALENDAR, PAGE 11

Fairfax Water

INDUSTRIAL PROPERTY NEEDED

We are seeking expressions of interest from owners of industrial-zoned property located in Fairfax County between the City of Falls Church and the City of Fairfax, or within either City, who are or may be interested in selling their property. The desired property must have several specific attributes and features to meet Fairfax Water's needs. At a minimum, however, any property must meet at least the following criteria:

- 1) Have I-5 or I-6 zoning in Fairfax County or the equivalent zoning in the City of Fairfax or Falls Church
- 2) Be at least 3 to 4 acres in size. If the parcel(s) have split zoning, at least 3 to 4 contiguous acres, must be zoned I-5 or I-6 or an equivalent zoning.

Fairfax Water will consider expressions of interest from multiple owners of contiguous properties meeting these criteria and totaling at least 3 to 4 acres, however all owners must express interest in selling.

If you are an owner of property meeting these criteria, please send the following information to Fairfax Water, to the attention of Ms. Jamie Hedges, Director, Planning and Engineering by **December 29, 2015**.

Information for submitting an expression of interest:

- Name(s) of property owner(s)
- Contact information for property owner(s)
- Signed statement of interest of property owner(s)
- Parcel identification number(s)
- Street address of property(ies)
- Jurisdiction (Fairfax County, City of Falls Church, or City of Fairfax) in which the property is located
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- Identification of any existing land use restrictions (e.g. special exceptions, proffers, utility easements, floodplain, etc.)

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Or email to: jhedges@fairfaxwater.org

FOR MORE INFORMATION, VISIT:

WWW.FAIRFAXWATER.ORG/ABOUT_US/PROPERTY.HTM

CALENDAR

FROM PAGE 10

Vienna. Journey back to Merrie Olde England for a festive evening of Renaissance-style dining and musical entertainment. Enter the Grate Halle for a spectacular holiday celebration featuring costumed servers, jesters, minstrels, musicians and the Langley Madrigals. Reservations required. Go to <http://www.langleychorus.com/monthly-calendar/> to find out how to reserve your spot.

FRIDAYS/DEC. 4 & 18

VBA Lead Share Breakfast. 7:30-9 a.m. American Legion, Post 180, 320 Center St, Vienna. Fee for breakfast required. Any questions, contact Linda Christ at Linda@LindaAChrist.com.

SATURDAY/DEC. 5

Wolf Trap Holiday Sing-A-Long. 4 p.m. Filene Center, Wolf Trap, 1645 Trap Road, Vienna. This annual musical celebration hosts a performance by the United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with choir and vocal groups from the metropolitan Washington area. Bring a candle and join the tradition of exiting the Filene Center with a candlelight processional during the last verse of "Silent Night." Free admission. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

Christmas Bazaar. 10 a.m.-3 p.m. Epiphany United Methodist Church, 1014 Country Club Lane, Vienna. Handmade Wreaths, See's Candy, silent auction and more. 703-938-3494. www.epiphany.com.

Lofty Salon 10th Anniversary Celebration. 10 a.m.-5 p.m. Lofty Boutique Salon Spa, 354 W. Maple Ave., Vienna. Hors d'oeuvres, drinks, and shopping specials will be provided, and owner Mona Harb will be on hand to greet and chat. www.loftysalon.com. 703-242-0609.

Pure Barre Vienna: Grand Opening Party. 4-7 p.m. 218 Maple Avenue West Vienna. Join for a fun-filled celebratory open house evening. Come shop for sale, play raffle, meet the team and tour the studio. Stop by for a bite to eat and stay for a drink, or a few! Any question, contact at vienna@purebarre.com.

SATURDAY-SUNDAY/DEC. 5-6

Great Falls HolidayFest. 10 a.m.-5 p.m. Sunday, 10 a.m.-6:30 p.m. Great Falls Grange and the Old Schoolhouse, 9818 Georgetown Pike, Great Falls. Shopping, art, food, lights, crafts. Noon-4 p.m. Santa will be at the Old Schoolhouse for pictures. On Sunday, 4:30-6:30 p.m. will be the **Celebration of Lights**, which will have hot cider and cocoa, Yule log, choral groups, petting zoo, pony rides, live nativity scene and the arrival of Santa and Mrs. Claus by antique fire truck. Town Christmas tree will be lit. Free. www.GreatFallsStudios.com.

SUNDAY/DEC. 6

Calmus. 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Experience the German A capella quintet as they sing traditional and contemporary holiday music. Tickets: \$35. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

MONDAY/DEC. 7

Lowland Hum. 7:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. Indie-folk duo Lowland Hum have released their self-titled sophomore



Cas Haley will be performing songs from his new album More Music More Family at Jammin' Java in Vienna on Tuesday, Dec. 8. More Music More Family is an entwinement of roots-reggae, soul, pop-rhythms, and a generous helping of Hawaiian tranquility.



Jane Getter Premonition performs at Jammin' Java, 227 Maple Ave. E., Vienna, on Monday, Dec. 14. She will be joined by Adam Holzman on keyboards (Miles Davis), Stu Hamm on bass (Steve Vai/Joe Satriani) John Mader on drums (Pat Benatar, Steve Miller) and guitarist Alex Skolnick (Ozzy Osbourne).

album. They were also recently featured on NPR's All Songs Considered, where the song "Olivia" was premiered. \$12. www.jamminjava.com.

TUESDAY/DEC. 8

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. December title is "The House on Mango Street" by Sandra Cisneros. Adults/older adults are welcome. 703-356-0770.

Cas Haley (with Collin Houser). 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. Cas has teamed up with Jimmy Buffet's label Mailboat Records to release his new album More Music More Family. The album celebrates his return to music after an injury induced hiatus and explores the importance of family and positivity. \$12. <http://jamminjava.com/event/944953-cas-haley-vienna/>.

THURSDAY/DEC. 10

Face Painting. 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Children will enjoy festive snowflakes, snowmen and other holiday face painting images. Free. <http://winterwalkoflights.com>. 703-255-3631.

Naked Health Holidays. 11 a.m.-2

p.m. Clyde's, 8332 Leesburg Pike, Vienna. "Tis the season to party, eat, drink. Do it all without putting on weight. It can be done. Find out how to maximize the eat and drink and minimize the bulge. \$45. Dawn@nakedhealth.com. 703-217-8383.

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Each month we will read a book and participate in activities and crafts related to the story. You do not need to read the title in advance to participate. Grades Kindergarten-2. 703-356-0770.

FRIDAY/DEC. 11

Mayor and Town Council's Holiday Reception. 4-6 p.m. Town Hall, 127 Center Street, South, Vienna. Everyone is invited to celebrate the holidays with the Vienna Town Council at the Annual Holiday Reception at Town Hall. Free. 703-255-6304.

VBA Holiday Lunch. 11:30 a.m.-1:30 p.m. American Legion, Post 180, 330 Center St. N, Vienna. Come join for lunch and Good old-fashion holiday sing-a-long! Fees: \$20 VBA members and if RSVP by Dec 9; \$25 future members if RSVP by Dec. 9. Reservations highly recommended. 571-550-2483.

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SPORTS

Madison Moves Forward Without Graduated Koshuta

Warhawks turn focus to talented guards, up-tempo style.

BY JON ROETMAN
THE CONNECTION

During her high school career, Kelly Koshuta was 6 feet, 2 inches of low-post dominance. As a senior, she averaged a double-double and earned first-team all-state honors while leading the Madison girls' basketball team to the Conference 6 championship, a region runner-up finish and a trip to the state tournament. She finished with 33 points and 19 rebounds during a region semifinal victory over Chantilly, at one point scoring 19 straight points for the Warhawks. She totaled 32 points and 11 rebounds in an overtime loss to Cosby in the state semifinals.

Koshuta graduated in 2015 and is now a freshman on the Virginia Tech women's basketball team. How do the Warhawks deal with the loss of their go-to scorer?

"I think we're still trying to figure that one out," head coach Kirsten Stone said.

While Madison no longer has Koshuta, the Warhawks do have a group of talented and



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Senior guard Alexis Hermes, seen during last season's state tournament, is one of Madison's top returning players.

experienced guards that can excel in a more up-tempo style of play. Seniors Aidan McWeeney and Alexis Hermes, and junior Morgan Simpson were key contributors last season and figure to have Madison once again competing for the conference championship.

"Losing Kelly is losing 20 points per game and 12 rebounds and how do you make up for that? But losing Kelly [also means] we can run and gun and press a little bit."

— Madison girls' basketball coach
Kirsten Stone

"We're going to run more of a guard-offense and five-out and try to put some pressure on some people," Stone said. "... Losing Kelly is losing 20 points per game and 12 rebounds and how do you make up for that? But losing Kelly [also means] we can run and gun and press a little bit."

McWeeney enters her fourth varsity season. Stone referred to McWeeney as "my stability."

"Aidan's a great leader and player," teammate Hermes wrote in an email. "It's been a pleasure playing alongside her these past four years and I hope to make the most of this last one."

Hermes led the Warhawks with 13 points in their region final loss to Oakton last season,

and scored 10 points in the state semifinals.

"Alexis and I have been playing basketball together through Vienna since fifth grade," McWeeney wrote in an email. "She is a great teammate and a good friend. Her quickness and strong ability to attack and finish at the basket make her a very dynamic player and very important to our team."

Simpson transferred from Bishop O'Connell to Madison last season and enters her second season with the Warhawks.

"Morgan will lead on the court, Aidan tends to lead off the court," Stone said. "Alexis is a lead-by-example [player]. I think they all have their role on the team."

Junior guard Megan Miskell and senior forward Megan Torres are also expected to start.

Madison opened the season on Tuesday against Oakton in a rematch of last season's 6A North region championship game, after The Connection's deadline. The Warhawks will host Osbourn at 7 p.m. on Friday, Dec. 4 and will travel to face Wakefield at 7 p.m. on Monday, Dec. 7.

"We're all quick and have versatile skills on offense," Hermes wrote. "Nearly all of us are able to guard different types of players on defense. People will probably be doubtful of us this season since we lost our leading scorer, so we'll need to work harder than ever to show them we're just as capable this year."

Langley Girls' Basketball in Search of Championships

Saxons graduated one starter from team that won 21 games.

BY JON ROETMAN
THE CONNECTION

Langley girls' basketball coach Amanda Baker said her team exceeded expectations last season after the Saxons won 21 games, reached the Conference 6 tournament final and advanced to the region quarterfinals.

This year, Langley has its sights set on bringing home some hardware.

"Our primary goal this year," Baker wrote in an email, "is to position ourselves to compete for championships this postseason."

Langley hasn't won a conference/district championship since 1988.

Langley graduated just one starter from a team that won 17 of its first 18 games last year, including a victory against eventual region runner-up Madison. The Saxons split their two regular-season meetings with the Warhawks before losing to Madison 32-28 in the conference championship game.

Defense was Langley's calling card last year. The Saxons allowed an average of 36 points per contest, and held opponents to 40 or fewer points in 16 of 26 games.

"Defense will always be a huge focus of the program," Baker said. "We have spent a lot of time already on making sure our defensive principles are sound. We expect that we will continue to improve on it each week and play with a great deal of pride all season."

While defense remains a focus for Langley, the Saxons are also looking to improve at the offensive end. Senior guard Paige Galiani led the team in scoring as a junior, averaging 16 points per game while knocking down 60 3-pointers and shooting 80 percent from the free-throw line. Galiani's 19 points accounted for more than half of Langley's offensive production during the Saxons' season-ending 47-37 loss to West Springfield in the regional tournament.

"We expect Paige to have her best season this year as a senior," Baker wrote. "She put in a tremendous amount of time this offseason working on new ways to score and on how to be an even more effective playmaker. Paige has really stepped up her leadership role this year, being more vocal and being a huge source of energy that the team feeds off of."

Several Saxons appear ready to pick up the scoring slack, including sophomore point guard Jordyn Callaghan, who enters her second varsity season.

"Jordyn has always been a steady ball handler and distributor," Baker wrote, "but this year we will be looking for her to be more aggressive in looking for her own scor-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Paige Galiani was the Langley girls' basketball team's leading scorer last season.

ing opportunities.

Junior guard/forward Ariana Aulisi and senior guard Lizzy Shamloo are also expected to be key contributors.

"Ariana Aulisi and Lizzy Shamloo are both positioned to have really strong seasons this

"Our primary goal this year is to position ourselves to compete for championships this postseason."

— Langley girls' basketball coach Amanda Baker via email

year," Baker wrote. "Ari, entering her junior season, is a matchup nightmare and Lizzy is playing her best basketball at the start of her senior season. Both players look very confident and will round out a balanced scoring attack."

Galiani, Callaghan, Aulisi, Shamloo and senior center Stephanie Sipple compose the projected starting five.

"We lost several role players who brought energy to the floor and off the bench," Galiani wrote in an email. "However, I believe that the skill has improved all around as many players were training hard in the offseason. In order to be better than last year we need players to step up to fill those motivating roles. ..."

Langley opened the season on Tuesday against Osbourn, after The Connection's deadline. The Saxons will travel to face Edison at 7:15 p.m. on Thursday, Dec. 3.

WEEK IN VIENNA

Vienna Offers E-Recycling, Dec. 5

The Town of Vienna is now offering a new recycling service for residents. Starting Dec. 5, citizens may drop off electronics to be recycled as part of the Town's quarterly car battery and used motor oil recycling day from 8 a.m.-2 p.m. at the Northside Property Yard, 600 Mill Street NE.

Susan Stillman, chairman of the Community Enhancement Commission says, "Electronic components can be readily recycled and reused. By making e-recycling more convenient for Town residents, Vienna ups its game on becoming a more sustainable community."

Motor oil, antifreeze, and car batteries also may be dropped off for recycling on Saturday, Dec. 5.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

The **Churches of the Ecumenical Council** are offering a Blue Christmas worship opportunity Sunday, Dec. 13 at 2:30 p.m. at Katie's Coffee House, 760 Walker Rd., Great Falls. This is an opportunity to come together expressing the griefs, losses and challenges of our

The Town has collected approximately 325 gallons of waste oil, 18 gallons of antifreeze, and nine automotive batteries through recycling this year. This free service is for Vienna residents only. For more information, call the Department of Public Works at 703-255-6380 or visit www.viennava.gov.

Meet the Artists at 1st Stage

1st Stage hosts the work of Dennis Crayon and Susan La Mont as the featured artists during the run of "Harvey," now on stage. Their work can be viewed in the front lobby gallery until Dec. 20. Visual artists' work is displayed to correspond with each production in the season and enhances the theater-going experience.

Dennis Crayon is an award-

lives as we connect to hope and faith. Call Carol 703-582-1640 with questions.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead.

Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

winning artist who has shown his work in both New England and the Mid-Atlantic states. **Susan La Mont** has a BFA from Pratt Institute, a graduate degree in Illustration from Syracuse University and a doctorate in higher education.

Patrons of the theater and others can meet the artists at a wine and cheese reception at on Dec. 5 from 5:30-7:30 p.m. That day will include "Harvey" performances at 2 and 8 p.m. General admission tickets for season productions are \$30. Senior (65+) tickets are \$26 and student /military tickets are \$15. Subscriptions and Flex Passes are available for savings of up to 30 percent off regular price tickets.

Tickets, Subscriptions, and Flex Passes can be purchased online at www.1ststagetysons.org or by calling the 1st Stage box office at 703-854-1856.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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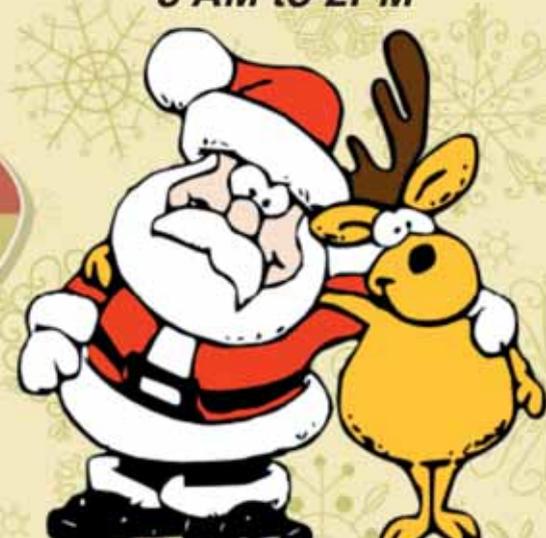
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Slippery Hope



By KENNETH B. LOURIE

As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement – or fluid increase – changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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One man with courage makes a majority.
 -Andrew Jackson

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Zone 4: Centre View North
 Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
 The Vienna/Oakton Connection
 The McLean Connection
 The Great Falls Connection

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

Courthouse Road, Suite 130, Vienna. Join us each month to plan for the Job Shadow Program, Chamber Stars, and other educational programs. Registration required at <http://business.tysonschamber.org/events/details/youth-education-committee-meeting-12-09-2015-2957>.

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

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21 Announcements

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LEGAL NOTICE
AVI Career Training is applying for reaffirmation of accreditation with the Commission of the Council on Occupational Education any persons wishing to make comments should write to: Executive Director, Commission of the Council on Occupational Education, 7840 Roswell Road, Bldg. 300, Suite 325, Atlanta, GA 30350, or submit their comments via the Council website (www.council.org).

101 Computers

101 Computers

THROUGH SATURDAY/DEC. 12.

Wish List Project. Take a look at the wish lists and take this opportunity to spread some cheer this December. Wish List Angels directly help families in area shelters, alternative housing and children in foster care. Make wishes come true by signing up to sponsor a child's wish. Find out how at <http://wishlistangels.com/>.

THURSDAY/DEC. 10

Town/Business Liaison Commission. 7 p.m. Town Hall, 127 Center Street, South, Vienna. 703-255-6341.

New and Prospective Member Orientation.

11:30 a.m.-1 p.m. Tysons Chamber of Commerce, 7925 Jones Branch Drive Suite LL210, Tysons. If you are a new Chamber member or are considering joining the Chamber, or have been a member and want to learn all the new and exciting things we're doing, this will be time well spent, guaranteed! Join for a catered lunch by Silver Spoon Catering as you learn more about the Chamber and how to make the most of your membership through the various events, committees, member to member benefits and marketing opportunities. Registration required at <http://business.tysonschamber.org/events/details/new-and-prospective-member-orientation-12-10-2015-2901>.

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THURSDAY/DEC. 3

McLean Children's Academy Registration Open House. 9:45-11:30 a.m. 6900 Elm St., McLean. This is for registration for 2015/16 School Year as well as for next Fall, 2016/17. Please bring your child and come tour the school. www.childrensacademy.com. 703-734-2353.

SATURDAY/DEC. 5

Recycling at Northside Property Yard. 8 a.m.-2 p.m. Northside Property Yard, 600 Mill Street NE, Vienna. Drop off used motor oil, antifreeze and car batteries. 703-255-6300.

BASIS Independent McLean PreK-5th Grade Curriculum Session.

9:30-10:30 a.m. Sheraton Tysons Hotel 8661 Leesburg Pike, Vienna. BASIS Independent McLean is a PreK-12 school opening in Tysons Corner in Fall 2016. The Curriculum Session will provide an in-depth look into our curriculum for Preschool-5th grade. Students are welcome to attend. Registration required at <http://mclean.basisindependent.com/signup/info-session-sign-up>.

BASIS Independent McLean 6-12th Grade Curriculum Session.

11 a.m.-noon. Sheraton Tysons Hotel, 8661 Leesburg Pike, Vienna. BASIS Independent McLean is a PreK-12 school opening in Tysons Corner in Fall 2016. The Curriculum Session will provide an in-depth look into our curriculum for 6th-12th grades. Students are welcome to attend. Registration required at <http://mclean.basisindependent.com/signup/info-session-sign-up>.

SATURDAY/DEC. 12

Understanding the Tax Code. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Phil Gaudiano, CPA presents a program on tax updates that highlights any recent changes to the tax law. Covered topics will include the Affordable Care Act, repair & maintenance regulations, business expense deductions, and various credits. Adults/older adults are welcome. 703-356-0770.

MONDAY/DEC. 14

Town Council Meeting. 8-10:30 p.m. Town Council Chambers, 127 Center Street South, Vienna.

All Town Council meetings are open to the public and individuals are invited to attend and provide their input. 703-255-6300.

TUESDAY/DEC. 15

Emerging Leaders Council Meeting. 8:30 a.m.-9:30 a.m. 7925 Jones Branch Drive Conference Room, Tysons. Want to create instrumental partnerships, be viewed as a leader and become a voice in the boardroom? Join for the council meeting. Any question, contact at sbrown@tysonschamber.org.

WEDNESDAY/DEC. 16

Women's Leadership Council. 9:30-10:30 a.m. 7925 Jones Branch Drive Suite TBD, Tysons. Join us for a one hour informational/planning meeting about upcoming events sponsored by Women's Leadership Council. Any question, contact Carla Doyle at 443-909-8665.

THURSDAY/DEC. 17

Community Enhancement Commission. 7:30 p.m. Town Hall, 127 Center Street, South Vienna. 703-255-6360.

MONDAY/DEC. 21

Alden Theatre Usher Event. 5:30-6:30 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Want to be a part of the arts? Learn how you can become an usher at The Alden. www.mcleancenter.org. 703-790-0123.

ONGOING

Blanket and Children's Winter Coat Drive. Nov 7-Dec. 5. Region-wide effort to help more than 4 million refugees fleeing from Syria and Iraq due to ISIL and civil war violence. Gently used blankets and children's winter coats will be collected at various locations throughout Northern Virginia and will be shipped to refugees who have fled to Turkey. www.helpsyrianrefugees.us

Food Drive for CHO. Places vary. Please help CHO to help others in our area. All food contributions greatly appreciated. CHO is making plans for the holidays. Please bring new unwrapped gifts for children and teens to Vienna Presbyterian Church, 124 Park St., NE, Vienna, on Dec. 11 between 9 a.m. and noon. Questions? Contact at cho@cho-va.com.

WEDNESDAY/DEC. 9

Planning Commission. 8-10 p.m. Town Hall, 127 Center Street, South Vienna. 703-255-6341.

TUESDAYS/DEC. 8, 15, 22

TIPS I: Lead Sharing & Networking at Fleming's. 12:15-1:30 p.m. Fleming's Prime Steakhouse and Wine Bar, 1960A Chain Bridge Road, McLean. Free to join, \$16 for lunch. Contact Peter Himmelberger, Travel Cruise and Tour, 703-496-4125 or pimmelberger@travelcruiseandtour.com.

WEDNESDAY/DEC. 9

Youth and Education Committee Meeting. 9:30-10:30 a.m. LearningRx, 8321 Old

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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
Virginia Department of Rail and Public Transportation



COURTESY PHOTOS

Dozens joined Beattie for her honor. "It seems incredible to be thanked for doing something you love as much as I loved doing what I did," Beattie said.

Five Decades: 'What I Believe In'

BY KEN MOORE
THE CONNECTION

Judith Beattie has impacted five decades of students who began their education at Vienna's Hunter Mill Country Day School.

"You see that wonderful place on the hill, and so much has happened in that place, so many kids have just learned the way you have to grow up in a community, be good stewards of the community and give back to the community," said Supervisor Cathy Hudgins (D-Hunter Mill).

Hudgins and the Board of Supervisors honored Beattie for her 48 years as the director and owner of Vienna's school.

"You've made a great contribution. So thank you very much for all of your years," Hudgins said.

"I loved what I did for the children. It's the best expression of what I believe in," said Beattie.

"I just want to tell you that it seems incredible to be thanked for doing something you love as much as I loved doing what I did," Beattie said.

BEATTIE was hired in 1967 to be the director of the newly established school, and then purchased the school in 1978.

The school was recognized by the National Wildlife Federation as a certified habitat school "for supporting multiple subject areas stimulating the curiosity of its pupils, said Hudgins and for "teaching children to be stewards of the environment and encouraging community involvement."

"Ms. Beattie has given just enormous amount of dedicated time to bringing forth in this community numerous young people that now, I know, contribute back to this

community," Hudgins said.

While Beattie's school is in Vienna, students attended from all over, including students from Sunrise Valley Elementary in Reston who came for before and aftercare.

Sully District Supervisor Michael Frey recognized her work on the Health Care Advisory Board.

In 2002, Gov. Mark Warner appointed her to the Virginia Child Day Care Council where she assisted in the development of standards and regulations for licensed child day care facilities in the state.

Beattie has been a positive force in the Sully District where she lives in Hunter Valley, as well as the Providence District.

"You've been a long standing presence and advocate for the community in so many different ways," said Frey. "We wish you all the best and thank you for your service."

Providence Supervisor Linda Smyth said Beattie was one of the founding members of the Friends of Oakton Library before the county even had the dirt to place the library on.

"While child care has obviously been a very central part of your life, Judy, we know you have been involved a whole lot more in a whole lot more besides child care," said Smyth. "You have always been there helping us with Volunteer Fest in Providence. You were part of the Hunter Mill Road traffic calming committee."



The Board of Supervisors honored Judith Beattie for her 48 years as director and owner of Hunter Mill Country Day School.

"And beyond that you were one of the founding members and secretary of the Friends of the Oakton Library, that friends group that existed before we even had the dirt to build that library."

"You were a part in all those Oakton activities, and just really a central piece of that

More

Read transcript of an interview with Judith Beattie from July 15, 2007 conducted by Linda Byrne for the Providence District History Project Providence Perspective <http://www.fairfaxcounty.gov/providence/perspective/judithbeattie.htm>

community and we want to thank you for all those things, too," said Smyth. "You've made a difference in a lot of people's lives in many many different ways. Thank you."

IN 2014, Beattie sold the school to Sharon Hayeck, a long-time staff member, teacher, and administrator who had been with HMCDS for over 10 years.

"You have a number of people who are here to express their thanks to you," said Chairman Sharon Bulova.

As dozens gathered around her to take photographs with the Board, a number of Supervisors could be overheard.

"Holy cow," said Supervisor John Cook.

"Look at all these people," said Supervisor Gerald Hyland.

"This is great," said Penelope Gross.

"Let me just add my thanks for your wonderful service and for all the contributions you have made to and for Fairfax County," said Chairman Sharon Bulova.

"I love Fairfax County. I moved here before a lot of the people did," said Beattie.