

Feeling the Magic

News, Page 5

Dynamic and Diverse

Focus on Immigration, Page 8





www.fairfaxva.gov/parksrec





Parks Recreation

to one or all of the 15 Connection Newspapers, go to www.connect ionnewspapers. com/subscribe Be the first to know – get your paper before it hits the press. Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box. Questions? E-mail: goinggreen@ connection newspapers.com 国288年国

For a free digi-

tal subscription

News Interfaith Service Brings Community Together

The Shepherd's Center of Oakton-Vienna sponsors the annual interfaith worship.

By Andrea Worker The Connection

here's room for all of us, and all of our faiths," said Linnea Nelson. It's a lesson she said she learned years ago as a substitute teacher on a Native American reservation. "I attended a funeral for a young man from the tribe. The service was a beautiful blend of a Catholic ceremony and tribal traditions."

Nelson, director of Religious Exploration at the Universalist Unitarian Congregation of Fairfax, spoke at the 14th Annual Interfaith Thanksgiving Worship, sponsored by The Shepherd's Center of Oakton-Vienna (SCOA), hosted this year by Emmanuel Lutheran Church on Nov. 20th and attended by members of Methodist, Unitarian, Lutheran, Catholic, Baptist and other denominations.

THE CONGREGANTS were ushered in by members of Girl Scout Troop No. 1993 from Our Lady of Good Counsel Catholic Church and took their seats to the celestial sounds of Columbus, Ohio Symphony Orchestra Principal Harpist Jude Mollenhauer Duesterhaus. "Drumming in the Spirit," Emmanuel Lutheran's talented drumming group directed by Jack Layne, opened and closed the service. Rev. Beth Neubauer welcomed everyone to the church, decorated by members Kay Slade, Heather Lutz and crew with autumn accents and pumpkins donated by Roger and Jane Holtorf. Rev. Neubauer offered her own words of thanksgiving to everyone who made the event possible and to all in attendance, finishing her opening remarks with an invitation. "Please," she said, "stay for awhile after the service and have some pie. Have a chat, visit a bit. And have some more pie. Those of us at Emmanuel do not need a lot of leftover pie, so we are counting on you."

The service continued with readings, reflections and prayers led by ministers and lay people representing each of the 11 congregations that participated in the gathering. In addition to the opening harp "Prelude" and the rousing drums, there were six choirs, including a children's choir, and a number of musicians and soloists, again from the participating congregations and coordinated by Emmanuel Lutheran's Music Director Arla Clapp.



Representing the various religious denominations that took part in the 14th Annual Thanksgiving Service, from left—Ralph Nider of St. Mark Catholic Church, Rev. Ray Brill, Wesley United Methodist, Shirley Elliott, Antioch Christian Church, Rev. Mary Katherine Morn, Unitarian Universalist Congregation, Rev. Ben Wagener, Vienna Baptist Church, Rev. Anne Swallow Gillis, Emmaus United Christian Church, Rev. Beth Neubauer, Emmanuel Lutheran Church, Fr. William Metzger, Our Lady of Good Counsel Catholic Church, Rev. Sandra Butler, Unity of Fairfax, and Rev. Mark Edwards, Emmanuel Lutheran. Not pictured, but representing their congregations were Rev. Ruth Burgess of Bruen United Methodist Church, Linnea Nelson from Universalist Unitarian Congregation, and Mikang Kim from Wesley United Methodist Church.



From left—Richard Duesterhaus, chair of Shepherd's Center of Oakton-Vienna board of directors, Board Member Julius Hankin, and Vice Chair William Kirby. Duesterhaus and Hankin were there at the beginning, two of the founders behind bringing the Shepherd's Center to Virginia, officially in 1997. Kirby says his goal "is to ring the Beltway with Shepherd's Centers." He's on his way. They have helped start up centers in Annandale/Springfield, Fairfax/Burke, and Mclean/Arlington/Falls Church.

So what brought all of these folks from so many different practicing faiths together on a chilly November night? Aside from the generous spirits of the attendees, Rev. Neubauer pointed to Julius Hankin and his wife, Mary Ann. Both Hankins are board members of The Shepherd's Center of Oakton-Vienna. "My wife and I were at that

first meeting in 1996, when a group decided to organize a Shepherd's Center in our area." The Hankins, along with board members John and Barbara Tate, and current Board Chair Richard Duesterhaus, have been the driving engines behind the success of this local chapter of the national organization. The Shepherd's Centers of America is an interfaith network of community-based organizations dedicated to enriching the lives of adults over 50 by providing needed services, social and educational programs and the opportunity to share their knowledge, expertise and friendship through volunteerism. "Since our volunteers and the people we serve come from all of these faiths, it's a wonderful thing to bring everyone together to support each other, to give thanks together, and to raise funds and awareness," said Julius Hankin, who serves on the SCOA's Congregational Advisory Council.

THE OAKTON-VIENNA CHAPTER,

housed in the Vienna Baptist Church on Marshall Road in Vienna, is a busy one. In 2011 they provided over 500 round-trip rides for medical appointments and prescription pick up. Volunteers gave rides to another 300 persons in need of transportation for non-medical errands. Handy Helper volunteers do minor home repairs to help older adults keep their homes safe and livable. There are support groups that give caregivers time to re-energize, and Friendly Visitors and Callers keep in contact with individuals who may feel isolated and just need someone to chat with. The SCOA reported a 68 percent increase in the hours contributed to this contact service from 2010 to 2011.

Programs organized by the SCOA include the popular Adventures in Learning, three eight-week sessions averaging 125 participants and covering topics as diverse as Tai Chi lessons to world and national affairs. There are quarterly luncheons, trips, fundraising events and community outreach activities. This year's Interfaith Thanksgiving Celebration collected almost \$3000 to benefit two local organizations—Our Daily Bread of Fairfax, and Committee for Helping Others. According to SCOA Executive Director Michelle Scott, checks will presented to the charities at a volunteer event in December. Scott and Hankin also noted that this year's event was the largest to date.

"I could go on and on about the Shepherd's Center," said Julius Hankin, "and all the amazing people who donate their time and energy and spirit." Hankin is already working with his cohorts on the 15th Annual Interfaith Thanksgiving service. In the mean time, information and volunteer opportunities are offered on their website at www.scoc.org.

OPINION

Happy Hanukkah, Happy Holidays, Merry Christmas

Many religions enrich Northern Virginia; immigration will lead to the most growth in Catholicism.

e are a nation of immigrants, to invoke the title of John F. Kennedy's posthumously published book; undeniably a nation descended from immigrants and a nation greatly augmented by immigration.

From this perspective, with the first immigrants motivated by the search for religious freedom, even Christmas is a religious holiday of immigrants.

As this week's main story on immigrants and religion in Northern Virginia explains, the largest number of current immigrants are from Latin America, and they bring with them a their Catholic faith. In 2010, Fairfax County's Catholic population numbered 184,183, while Protestant adherents numbered 205,556.

Christmas, celebrating the birth of Jesus Christ on Dec. 25, is one of the two most important Christian religious holidays, along with

Christmas is also a widely celebrated secular holiday and economic stimulus.

The Jewish holiday of Hanukkah is not one of the most important Jewish religious observances, but it is a celebration that gets added attention from timing. Hanukkah celebrates a great Jewish military victory and the miracle of a one day supply of oil for the temple last-

> ing eight days. Happy Hanukkah to all who are enjoying this holiday, which lasts for eight days and this year began last Saturday evening.

Sikhs celebrated the birthday of their first guru at the end of November. The founder of the Sikh religion, Guru Nanak (1469-1539) preached that there is only One Universal Creator. Guru Nanak brought a message of love

powerful commitment to Christmas through and equality to his disciples, the Sikhs, (the word Sikh means a disciple or seeker of truth) and urged three things: always remember the creator God (Akaal Purkh), always live a honest life and earn a just living and always share your blessings with less fortunate ones (http:/ /www.sfova.org/sikhism).

> Buddhists celebrated the day of Buddha's enlightenment on Bodhi Day, Dec. 8 this year (http://www.ekoji.org).

> Diwali, the major Hindu celebration, commemorated with lights welcoming a hero home, was in November this year. Hindu temples in Fairfax include the Durga Temple (http://www.durgatemple.org).

> This of course is not an exhaustive list of other religions or of religious holidays in November and December. We welcome letters and comments. Share your religious and holiday traditions. You can submit a letter online at www.connectionnewspapers.com/contact/

You can read the stories in our immigration series at www.connectionnewspapers.com/

Celebrating Diversity Through Culture

By Kenwal Sachdeva

hen my brother got married, his wife came to our house. Ours was a joint family with my parents, grandparents, elder brother, his wife, and two sisters. My new sister-in-law was coming from a different state with different family traditions and way of life. Since she was the new member in our family, it was our job to make her feel at home, to make sure she feels comfortable, to help her settle down and become a part of the family, to give her love and affection so that she does not miss her family too much. And we all worked towards making it happen. In turn, she also adapted to our ways and became a lovable part of the family.

IMMIGRATION AND INTEGRATION

Editorial



So, when people from different countries, diverse cultures, and dissimilar values migrate to United States, they try to adjust and adapt to the new culture. But the onus should also be on American people to welcome them, to make them

comfortable and feel at home.

What do we do to create awareness about different cultures? Unfortunately, I have not seen much effort on the part of the government. People can be so ignorant about different cultures, that they expect same kind of behavior from all in different situations. I would like to see some organizations stepping up and make deliberate efforts to make connections to diverse cultures.

People of different cultures also must advertise and organize events, and invite all to create cultural awareness.

The Sikh foundation of Virginia, the Sikh temple at Ox Road is committed to this cause. We organize a cultural program each year in which more than 100 children and adults participate and perform to

typical Punjabi folk music. We advertise the event in local newspapers and invite people from different faiths. This is an important event to make connections with our extended American family. We have found that many people are interested in learning about different cultures, but do not know where to go and whom to approach. This event generates enough interest and we do get interesting questions to understand our dances and music. Moreover, music knows no language barriers, and everyone enjoy the dances a lot. Cultural events could be a gateway to get to appreciate and celebrate diversity.

Kenwal Sachdeva of Fairfax Station is a Public Relations Officer for Sikh Foundation of Virginia.

LETTERS TO THE EDITOR

Saving the World, or at Least Fairfax County

To the Editor:

I've lived here my entire life. I've ventured through trails all over Northern Virginia, I've gazed upon the majestic Blue Ridge Mountains, I've sat next to the awesome power that makes up the tidal region of the Potomac River, I've stalked trout lying in a surrounds us. But with this, there stream bed, slowly making their has been an unimaginable way up to the surface and back down once again. But time and time again, I have seen people abuse our natural resources. The water that makes up our rivers like a Herculean task, it's really

and streams is stained heavily with garbage. The forest floors are littered with beer cans, chip bags, those empty bottles no one wanted to carry to the trash bins. We have been given a great privibeauty that is the nature which care of us. amount of responsibility cast upon us. We have to, for lack of a better expression, enjoy responsibly. Although this might seem

not. All our lives we have been taught to throw our trash into the proper reciprocals, and to dispose of waste correctly; why not take these lessons to the outdoors? If we don't start taking care of our lege; to be able to enjoy the world, the world will stop taking

> I leave you with a quote from one of my best friends, Cecil, "If I can take it in full, I can bring it out empty."

> > Hameed Ali Talebian Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: vienna@connectionnewspapers.com

Vienna & Oakton

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses. Published by **Local Media Connection LLC**

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connection new spapers. com/subscribe

NEWS DEPARTMENT: To discuss ideas and concerns, Call: 703-778-9410 e-mail:

vienna@connectionnewspapers.com

Kemal Kurspahic

Editor * 703-778-9414 kemal@connectionnewspapers.com

> Chelsea Bryan **Editorial Assistant**

703-778-9410 ext.427 cbryan@connectionnewspapers.com

Donna Manz

Contributing Writer dmanz@connectionnewspapers.com

Victoria Ross

County Reporter * 301-502-6027 rosspinning@yahoo.com

ADVERTISING:

For advertising information e-mail: sales@connectionnewspapers.com

Don Park

Display Advertising 703-778-9420 donpark@connectionnewspapers.com

Andrea Smith

Classified Advertising 703-778-9411 classified@connectionnewspapers.com

Debbie Funk

National Sales 703-778-9444

debfunk@connectionnewspapers.com

Editor & Publisher Mary Kimm

703-778-9433 mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon jvernon@connectionnewspapers.com

> **Editor in Chief** Steven Mauren **Managing Editor** Kemal Kurspahic

Photography: Deb Cobb, Louise Krafft, Craig Sterbutzel Art/Design:

Laurence Foong, John Heinly **Production Manager:**

Jean Card Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann 703-778-9436

jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426 Circulation Manager: Linda Pecquex

circulation@connectionnewspapers.com

News

Feeling the Magic

Nationally-recognized musician wows audiences at Wolf Trap.

By Jennifer Benitz
The Connection

orn and raised in the Washington D.C. area, John Eaton is a life-long music enthusiast who has been following his passion for over 40 years. He can be described as a pianist, educator, producer and music translator. On Saturday, Nov. 24, he took on the form of musician performing the music of George Gershwin and Harold Arlen at The Barns at Wolf Trap Performance Center, as a presentation of the CD series he has been producing on great American song writers.

Eaton proved to be a musician at heart from a young age. Although he did not start to formally study music until he was 24 years old, he began playing the piano at age 6 and expressed talent as he grew older. "I just started to play," said Eaton. "I had no thought of doing it professionally."

As a young adult, Eaton earned a bachelor's degree in English from Yale University and a master's degree from Georgetown University. Only after serving two terms in the U.S. Army did Eaton decide to give a career as a musician a try.

"After two years of trying, I was hooked," Eaton said. "I was doing some programs with Smithsonian Institution and nightly performances at lounges. It turned out to be a very good fit."

His first performance took place at the Bayou Club in Georgetown in 1958 where he continued to play primarily jazz for many years. In 1978, Eaton teamed up with Smithsonian Institution where he lectured and performed for the next 25 years through various programs. "It gave me the opportunity to do performances and travel to performance arts centers in other cities," Eaton said.

While Eaton is a solo artist, he has had the opportunity to perform with artists like Clark Terry,



John Eaton has been performing across the country for over 40 years.

Benny Carter and many others over the course of his career. "I was very fortunate," said Eaton. "It was more of an instinct, a calling, than a conscious decision."

Eaton's first performance at The Barns through the Wolf Trap Foundation for the Performing Arts was in 1988. Twenty-five years later, he continues at Wolf Trap as a performer and educator.

"It's not just about playing; it's the connection with the audience," Eaton said. "It's the connection that is the most critical thing—it gives it all meaning. You feel a kind of magic, it's wonderful."

For more information on future performances and other services, visit www.wolftrap.org.







HOLIDAY ENTERTAINMENT

Send announcements vienna@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/DEC. 12

Vienna Bingo. 7 p.m., at the Vienna Volunteer Fire Department, 400 Center St. S, Vienna. Doors open at 4 p.m., sales begin at 5 p.m. and early birds, which take approximately 45 minutes, begin at 7 p.m. bingo@vvfd.org

THURSDAY/DEC. 13

The Sixth Annual Non-Profit

Forum. 8:15 a.m.-3 p.m., at the Gannett Conference Center, 7950 Jones Branch Drive, McLean. Networking opportunities, a keynote speech from ALSAC/St. Jude Children's Research Center, the second-largest health charity in the country, resources galore and lots of learning on the theme of "Telling Your Story to the Right People. Registration required. \$25, members; \$40, non-members. 703-356-5424 or www.mcleanchamber.org

Mason Madrigals with Santa

Claus. 11:30 a.m.-1 p.m., at the Tower Club's Fairfax Room, 8000 Towers Crescent Drive, No. 1700, Vienna. A seasonal musical performance from the Mason Madrigals and Madison High School warrant a special appearance from Santa. Bring an unwrapped toy for the Toys for Tots drive.

www.vtrcc.org. Alice in Winter Wonderland. 7 p.m., at Chesterbrook Elementary School, 1753 Kirby Road, McLean. McLean High School Theatre

Company's traveling children's theatre production offers a new twist to an old tale for the holidays; donations support the McLean HS theatre program. www.mcleandrama@gmail.com.

FRIDAY/DEC. 14

Southern Comfort Dinner. 5:30-8 p.m., at the American Legion Post 180, 330 Center Street N., Vienna. Bring all your friends and family for shrimp or chicken creole, or red beans and rice with sausage. \$8-10 per plate. 703-938-9535.

Sounds of the Season Concert & Live Nativity. 6:30-8:30 p.m., at Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, Uplifting music from bell and voice choirs and sing-along carols at the 7:30 p.m. concert, live baby animals including a donkey, sheep, goat, calf and bunnies at the live nativity; treats like hot chocolate and bake sale items available. 703-356-6537

Concert and Living Nativity. 6:30-8:30 p.m., at Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean. A live donkey and sheep join the nativity scene and enjoy the Sounds of the Season concert at 7:30 p.m. along with visitors—the bell and vocal choir invites the crowd to singalong; hot chocolate and a bake sale benefit SHARE. 703-356-3346 or www.redeemermclean.org.

Alice in Winter Wonderland. 7 p.m., at Kent Gardens Elementary School, 1717 Melbourne Drive, McLean High School Theatre Company's traveling children's theatre production offers a new twist to an old tale for the holidays; donations support the McLean HS theatre program. www.mcleandrama@gmail.com.



The McLean Symphony during the 2011 Holiday Concert.

The McLean Symphony Annual Holiday Concert

The McLean Symphony, together with Maestro Dingwall Fleary, will present their annual holiday concert at 3 p.m. on Sunday, Dec. 16 at the McLean Community Center's Alden Theatre. Go to www.mclean-symphony.org or visit the Alden Theatre box office for tickets. For additional information, call 571-332-2944 or email veronicaroyal@cox.net.

Altar Boyz. 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A cheeky, pop-rock musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30: \$15. students. 703-854-1856 or www.1ststagetysons.org.

SATURDAY/DEC. 15

Holiday Pancake Breakfast with Santa Claus. 8 a.m.-noon at the Vienna Volunteer Fire Department Auxiliary, 400 Center Street S.,

Vienna. All-you-can-eat pancakes, sausage, bacon, juice, coffee and treats prior to Santa's 11 a.m. arrival to greet the children and hear their Christmas lists with tours of fire equipment to follow. \$7, seniors; \$6, children under 12; \$8, adults. Joanie@vvfd.org.

The Nutcracker Tea. 10 a.m., 1 p.m., at the the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean Enjoy the Nutcracker Ballet with afternoon tea and treats while members of the Creative Dance Center put a contemporary twist on

the beloved classic and the pastry team tantalizes palates with tea sandwiches, pastries and sweets. \$75 (includes nutcracker doll for all children). www.ritzcarlton.com/

Gingerbread House Decorating

Class. 10 a.m., 1 p.m., at the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Children ages 3-12 can explore the life-size gingerbread house at the hotel, then make their own sugary homes in a decorating class taught by the pastry chefs; includes all ingredients as well as a souvenir. \$70 per child. www.ritzcarlton.com/tysons.

Mr. and Mrs. Claus and the World's Best Cheddar. 11 a.m.-4 p.m., at Balducci's, 6655 Old Dominion Drive, McLean. Cabot Creamery Cooperative's Mr. and Mrs. Cabot Claus stop in town on their way to the North Pole to hand out children's presents and pose for

pictures. www.balduccis.com. **Annual Community Christmas** Open House. 1 p.m., at the Historic Antioch Christian Church, 1860 Beulah Road, Vienna. The afternoon will include Traditional Christmas Carol Singing, food, gifts and the ringing of the historic Antioch Bell. 703-938-6753 or

www.antiochdoc.org. Altar Boyz. 2 p.m., 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A cheeky, pop-rock musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or

www.1ststagetysons.org.
Alice in Winter Wonderland. 7 p.m., at Colvin Run Elementary School, 1400 Trap Road, Vienna.

SEE ENTERTAINMENT, PAGE 7

McLean Community Center



Winter Classes

Dance, Fitness, Art, Language, Science, Technology, Chess, Computer, Pet Care, Safety, Parent & Child Workshops,

Decorating & Design, Music, Theater, Culinary Program, Writing & more...



For a complete listing of classes, tours, performances and events, pick up a free Program Guide at the Center.

The McLean Community Center



1234 Ingleside Ave., McLean VA 22101 703-790-0123; TTY: 711 www.mcleancenter.org



Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468 Progressive & Welcoming St. ANNE'S EPISCOPAL CHURCH • Reston 7.45 a.m. Holy Eucharis, Rite I 9:00 a.m. Holy Eucharis, Rite II 8 Babi Faith for Northen Virginia ... 703-578/77 Pace Repist Church ... 703-589-589 Ruditis Ruditis Winsery care provided at 9:00 a.m. service The Rev. James Papile, Rector The Rev. Jacqueline Thomson The Rev. Laura Cochran 703-43-76-530 www.stannes-reston.org 1700 Wainwright Dr., Reston FIRST BAPTIST CHURCH OF VIENNA 450 ORCHARD STREET, NW VIENNA, VA 22180 703-938-8525 fbevorffice@verizon.net www.fbcv. org Schadasias Cacholic Cond... 703-89-777 Church of Christ Bread Church of Christ Bread Church of Christ Bread Church of Christ Schadasias Cholic Cond... 703-89-777 Church of Mehrits Presbyterian 703-938-8525 fbevorffice@verizon.net www.fbcv. org Schadasias Cholic Cond... 703-89-777 Church of Christ Bread Church of Christ Schadasias Cholic Cond... 703-89-777 Church of Christ Schadasias Cholic Cond... 703-89-777 Church of Christ Schadasias Cholic Cond... 703-89-777 Schades Christ Schadasias Cholic Cond... 703-89-777 Church of Christ Schadasias Cholic Cond... 703-89-777 Schades Christ Schadasias Cholic Cond... 703-89-777 Schades Christ Schadasias Ch



SUNDAY WORSHIP, 7:45 AM & 11:00 AM CHURCH SCHOOL 9:30AM-10:30AM **MIDWEEK SERVICES, WED. 7:00 PM**

Berea Church of Christ ... 703-893-7040

Disciples of Christ Antioch Christian Church ... 703-938-6753

Episcopal

Church of the Holy Comforter ... 703-938-6521

Seventh-Day Adventist Northern Virginia Christian Fellowship 703-242-9001 Vienna Seventh Day Adventists ... 703-938-8383

Unitarian Universalist Congregation of Fairfax ... 703-281-4230

HOLIDAY ENTERTAINMENT

From Page 6

McLean High School Theatre Company's traveling children's theatre production offers a new twist to an old tale for the holidays; donations support the McLean HS theatre program.

www.mcleandrama@gmail.com. **Ball in the House**. 8 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. An indie band that sings a mix of classics and contemporary hits with a wide, eclectic range of influences from R&B to gospel. \$20, general; \$15w, MCC residents. www.mcleancenter.org.

SUNDAY/DEC. 16

Breakfast Buffet. 8 a.m.-noon, American Legion Post. 180, 330 Center Street N., Vienna. Scrambled eggs, omelets, blueberry pancakes, bacon and all the fixings in a breakfast open to the public. \$8, adults; \$4, children. 703-938-1379.

Gingerbread House Decorating

Class. 10 a.m., 1 p.m., at the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Children ages 3-12 can explore the life-size gingerbread house at the hotel, then make their own sugary homes in a decorating class taught by the pastry chefs; includes all ingredients as well as a souvenir. \$70 per child. www.ritzcarlton.com/tysons.

The Princess Tea. 11 a.m., 2 p.m., at the the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Disney princesses, treats and a special teatime make it a magical day; holiday gift bag and photo with princesses included. \$75. www.ritzcarlton.com/tysons.

Altar Boyz. 2 p.m., 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A cheeky, pop-rock musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or www.1ststagetysons.org.

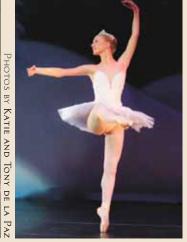
The McLean Symphony. 3 p.m., at the McLean Community Center's Alden Theatre, 1234 Ingleside Avenue, McLean. The 2012 concert features the Baltimore-based classical guitarist Benjamin Beirs and the Symphony Festival Singers. Children 12-and-under, free. 571-332-2944 or veronicaroval@cox.net.

Glorious Sounds of Christmas. 4

p.m. and 7 p.m., at Vienna Presbyterian Church, 124 Park St, NE, Vienna. Join the Sanctuary Choir, Cathedral Brass & Childrens' Choirs of Vienna Presbyterian Church in singing the music of the season. Free-will offering; childcare available. 703-938-9050 or www.viennapres.org/ news_and_events/events/.







Kristen Wolaver as the Snow Queen.

Performing The Nutcracker

Classical Ballet Theatre (CBT) congratulates its talented dancers on another outstanding Nutcracker production: pictured are seniors Kristen Wolaver of Langley High School and Kaley Thornton of Thomas Jefferson High School for Science and Technology.

Classical Ballet Theatre is a not-for-profit organization that is dedicated to providing education, performance and outreach opportunities in the art of dance to Northern Virginia and the surrounding communities. For more information, please visit www.cbtnva.org.

TUESDAY/DEC. 18

Langley Choral Holiday Winter Concert. 7:30 p.m., in the auditorium at Langley High School, 6520 Georgetown Pike, McLean. All six of the high school choral departments, including the Madrigals, join to sing winter and holiday favorites. 703-283-1697.

Toys for Tots. During the day, at the McLean Racquet & Health Club, 1472 Chain Bridge Road, McLean. A collection box for new, unwrapped toys is located in the club lobby. www.mcleanracquetandhealthclub.com.

THURSDAY/ DEC. 20

McLean High School Holiday

Ensemble Performance. 6-7:30 p.m. at the McLean Racquet & Health Club, 1472 Chain Bridge Road, McLean. Players for this event are the members of the McLean High School Philharmonic orchestra, under the direction of Mrs. Katie LaBrie. www.mcleanracquetandhealthclub.com.

FRIDAY/DEC. 21

Altar Boyz. 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or www.1ststagetysons.org.

SATURDAY/DEC. 22

Altar Boyz. 2 p.m., 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or www.1ststagetysons.org.

Welcome Yule! 4:30 p.m., at Vienna Baptist Church, 541 Marshall Road, Vienna. The Vienna Choral Society sings traditional English carols in a wood-beamed church with hot cocoa and Christmas cookies to follow the concert. \$20, adults; \$15 over 64, under 18; and \$35 for families. www.ViennaChoralSociety.org.

t l

Just Like New Reopens Dec. 1st

Same High-Quality Inventory & Service the store has been know for in the last 30 years!

- Unique items from all over the world
- Fine Jewelry, China, Crystal, Silver, Collectibles & Clothing
- Consignments accepted

Just Like New 703-938-8800

145 Church Street, NW, Vienna, VA www.justlikenew.biz







Here's What's Happening at MCC



5 Guys, 5 Voices...That's It!

Ball in the House

Saturday, Dec. 15, 8 p.m. \$20/\$15 MCC district residents

Morning Movie

"Some Like it Hot"

Wednesday, Dec. 19, 10 a.m.
Free admission

Sign up now!

Old Firehouse Teen Center Winter Break Trips

For 5th-9th graders Wed-Fri, Dec. 26-28



One Night Only!

The Capitol Steps

Saturday, Jan. 5, 8 p.m. \$45/\$35 MCC district residents

Closing Notice

MCC will be closed 12/24 and 12/25 for the Christmas holiday.

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



1234 Ingleside Ave., McLean, VA 22101 703-790-0123, TTY: 711



Being Muslim in Fairfax County

Immigrants face the challenge of balancing Islamic faith and American culture.

By Amna Rehmatulla THE CONNECTION

ver the years, Muslims from different countries migrated and settled in the Fairfax County area; however, the children of immigrant parents often struggle the most because they have to balance their Islamic faith along with the influence of American culture.

Sarah Khan has lived in the Springfield area for the past 42 years after coming to America from Pakistan at the age of 11. "In the 1970s, there was one mosque: the Islamic Center in Washington, D.C. Everybody just went to that one. So, as Muslims we were very united.

there are many mosques in the area such as Dar me," Ahmed said. Al-Hijrah in Falls Church, Darul Huda in Springfield and ADAMS in Sterling, to name a few.

Back when Khan was growing up in the area, nobody knew what Muslims were. "The hardest part was when I was fasting as a young girl and my P.E. teacher made me run. I told her I was fasting and she didn't realize what fasting was," Khan care what anyone else judges her for; she is fosaid. When Khan told her teacher she was Muslim, her teacher replied, "What is that?"

Khan admits that it is much easier being muslim in today's society. "Everybody knows your religion. People respect it. You're free to do what you want. You don't have to pretend to be somebody you're not. You can still be yourself and be accepted," Khan added.

SOME MUSLIM PARENTS turn towards putting their children in Islamic schools to help them retain their Islamic identity. Al-Qalam Academy, located in Springfield, is an all-girls Islamic school from grades fifth through 12th. Girls at the school are taught the core subjects of math, science, English and history in addition to learning Islamic studies, Arabic and the holy Quran.

"It is hard to balance my life socially and religiously," Samira Sather, a seventh-grader at Al-Qalam Academy said. "I attend lectures in mosques person simply glared at me with a look of disgust and pray five times a day. Sometimes when I leave the house and one of our prayers pass by, I feel shy to pray in public because I already attract too up in the Northern Virginia area, was only 16 at much attention," Sather said.

born in Fairfax County. "I don't generally call much attention to myself as a Muslim, but some people bomb inside. "This caused the bomb squad to show view me with their perceptions of what a Muslim up to our school, evacuate the entire building of is because I wear hijab [religious head covering]. 4,000 students, blow up his entire locker in front And those perceptions are many times misconcepof his friends and then proceed to interrogate him tions of who I am," Ahmed said.

"Sometimes when I meet people for the first Similarly, Khan's children were treated differently wearing hijab, and immediately think I come from overseas," Ahmed said. "Not that there's anything



Imam Mohamed Magid, executive director of the All Dulles Area Muslim Society, speaks on the importance of faith in peace Feb. 3, 2011, during the ADAMS commemoration of World Interfaith Harmony Week.

Nobody fought with one another. There was like wrong with coming from overseas, but it's just that 50 to 60 families that used to come to the mosque they've already jumped to the conclusion that I'm and everybody got along well," Khan said. Now not even from America, without even speaking to

> Sather looks up to her mother for wearing the hijab. "I think of my mother and wonder how she goes through it all. She looks different and speaks differently, in addition to being a Muslim. I admit it's hard to abide by all the rules Islam gives us. I strive to be like my mother because she doesn't cused on what God will judge her on," Sather said.

> Ahmed admires her father who works as an engineer at the Department of Defense. She said, "He served as the president of our neighborhood civic association and initiated several activities to make our neighborhood a better place to live," Ahmed said. She helped her father by handing out civic association newsletters and neighborhood watch schedules to inform her neighbors and help prevent neighborhood crime.

> More than 11 years have passed since Sept. 11, 2001; however, Muslims continue to face prejudice. Ahmed experienced an act of injustice not too long ago. "My older sister and I were going to a local restaurant, and there was a man standing outside," Ahmed said. "As we passed him to go inside I saw him, out of the corner of my eye, spit in our direction, barely missing my shoes. I turned to look at him in surprise. Instead of apologizing, that on his face," Ahmed said.

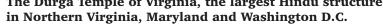
Abdullah Malik, an African-American who grew the time of 9/11. His younger brother, 13 years Maryem Ahmed, an eighth-grader at Al-Qalam old at the time, was framed by his peers at school, Academy, is a third generation American who was in a situation in which they illegally broke into his locker and placed a ticking device mimicking a for hours," Malik said.

time, they seem shocked to hear me speak to them after 9/11 at school. People made fun of their without a foreign accent. It's like, they see me names. People also made fun of their background

SEE REBUILDING, PAGE 10

Focus on Immigration







The Ekoji Buddist Temple in Fairfax Station.

Dynamic and Diverse

Accotink Unitarian Universalist

of mainline Protestant, Catholic or

As immigrants flowed into

Fairfax County from all parts of the

globe in the past four decades, they

brought not only cultural diversity

A 2012 report on religion and

international migration by the Pew

Research Center's Forum on Reli-

gion & Public Life—"Faith on the

Move: The Religious Affiliation of

International Migrants"—finds

that the United States has been the

world's number one destination for

Christian immigrants. Of the 43

million foreign-born people living

in the U.S. as of 2010, an estimated

32 million (74 percent) are Chris-

"Faith on the Move" draws on a

new database created by the Pew

Forum that combines hundreds of

but their diverse religious tradi-

evangelical Christian churches.

Church in Burke.

New immigrants bring religious diversity to Fairfax County.

By Victoria Ross The Connection

Part four of an ongoing series.

Immigration he sight is striking. Brings Religious At the intersection of Hooes Road and Diversity Silverbrook Drive, on the dividing line between Lorton In 1970, religious groups in and Fairfax Station, is the largest Fairfax County mirrored its highly Hindu structure in three states. The homogenous demographic compo-Durga Temple of Virginia—with its sition. More than 93 percent of the multi-tiered, bronze-tipped towcounty was white and middle-class, ers-punctuates the traditional and for the most part, adherents suburban vista of neo-colonial

homes and new shopping centers. On Ox Road, neatly tucked between acres of land and upscale neighborhoods, is a large golden dome mounted atop the sprawling gurdwara (place of worship) of the

Sikh Foundation of Virginia. A short distance away is the campus of the Ekoji Buddhist Temple, its clean architectural lines evocative of many Japanese structures.

Near Walney Road in Chantilly, the circular dome and stylized arabesque arches of the Chantilly Mosque is home to the Ahmadiyya Muslim community.

The East Asian architecture is a powerful visual reminder that Fairfax County has changed.

Julie Knott of Burke, a member of the Accotink Unitarian congregation, said she welcomes the county's increasingly diverse houses of worship. "Our church is just a mile away from the Sikh temple. We stand for many of the same values. We need to support one another."

"How welcoming we are to this diversity will say much about how we grow and thrive in the future," said the Rev. Scott Sammler-

outnumber Catholics in the United States, new immigrants, especially those from Central and South America, are overwhelmingly Michaels, senior minister of the Catholic, suggesting that America is close to becoming a minority Protestant country.

> ❖ Fairfax County mirrors this national data. The Association of Religion Data Archives (ARDA), a free source of online religious information housed at Pennsylvania State University, tracks such trends. According to the ARDA, in 2010 Fairfax County's Catholic population numbered 184,183 while mainline, evangelical and black protestant adherents numbered

❖ Immigration is leading to an increase in the number of Buddhists, Hindus and Muslims in the United States, according to the Pew

❖ In Fairfax County, the ARDA reports about 11,000 adherents to Buddhism in 2010, the first decade in 30 years the ARDA captured that data. In 2010, the ARDA reports about 6,500 adherents to Hindu-

ism in throughout the county. ❖ According to a 2001 study by the League of Women Voters of the Fairfax Area Education Fund, surveys of numerous Fairfax County school population records indicate that about 400,000 Muslims live in the greater Washington metropolitan area, which extends from Rich-

❖ About 150,000 Muslims live in Fairfax, according to the study. Roughly half are native born and half are immigrants or refugees.

census, surveys and other sources ❖ According to the league's reto shed light on the origins, destiport, there are several enclaves of international migrants, according to Jamila Woodson at the Pew Fo-❖ Although Protestants currently



Statues of Radha Krishna the supreme Hindu goddess-at the Durga Temple of Virginia in Fairfax Station.

mostly in the Baileys Crossroads

In addition to Muslims, Buddhists and other non-Christian religions, evangelical Christian churches are flourishing in Fairfax County's suburbs and appeal to many Korean, Chinese and Latino

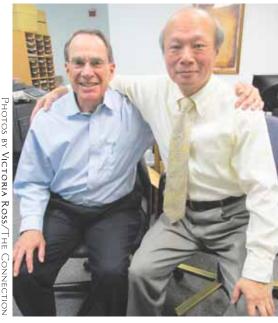
In Chantilly and Centreville, the vast majority of Korean and Chinese immigrants identify as Methodist, Presbyterian, Baptist and Independent denominations.

Chantilly Bible Church, started in 1978 by Pastor Steve Austin, is "purposefully a diverse body of believers" that actively reaches out to immigrants in the community.

"In addition to English, the world's most spoken languages of Mandarin, Hindi and Spanish are Muslims in Fairfax, wealthy Irani- integral parts of our ministry. The ans settled in Great Falls and doors of Chantilly Bible Church are middle-class Iranians, Pakistani, open to our changing society. We Afghani and Indians congregated believe that racial and cultural harin Springfield and Reston- mony reveals the reality of new life Herndon. Recent refugees live and unity in Christ," Austin said.



Anna Song, a music student at George Mason University in Fairfax, plays the violin during Chantilly Bible Church's Sunday services.



Pastor Lew Whittle and Pastor Isaac Huang of the Chantilly Bible Church, who lead Hispanic and Chinese outreach

Bienvenido! Huan yíng! Welcome!

Chantilly Bible Church thrives on diversity by providing outreach to immigrants.

astor Isaac Huang vividly remembers the day he landed in the United States from Taiwan. It was Jan. 7, 1982, and Huang, 25, was looking forward to studying computer science at Old Dominion University. But when he arrived at Norfolk airport, he got a shock.

"We landed during a huge snowstorm, and I had never seen snow before. Snow? What is snow?" Huang said, smiling at the memory. "Remember that Taiwan has a tropical climate, so I was not dressed at all for this cold weather."

Huang, who left his high-tech job for the seminary in 2000, is now an elder at Chantilly Bible Church, an evangelical Christian church that actively reaches out to Chinese, Latino and Indian immigrants

BORN IN TAIWAN in the 1950s, during a time of brutal religious and political oppression, Huang said he desperately wanted to live in America. In 1949, the Nationalist government had imposed martial law. During nearly 40 years of what is known as "the White Terror," more than 140,000 Taiwanese were imprisoned and thousands executed for being perceived as anti-Kuomintang or pro-Communist

"I wanted to live in America; everybody did. I thought it would give me a good future, which I could not have in Taiwan," Huang said. "I always admired the freedoms here and I appreciated the functioning of the American political system."

Huang said he grew up in a Christian family that took a "legalistic approach" to understanding the of the program. Bible, with many "shall nots."

dered the meaning of salvation and I did not feel in Fairfax and Loudoun counties. much of God's love," he said.

In his junior year of college at Old Dominion

By Victoria Ross University, that changed when he attended a cam-THE CONNECTION pus evangelical fellowship meeting.

> "During that meeting, I was deeply touched by the message and came to realize, for the first time, that I was a sinner, but Christ died for me and forgave my sin. As I put my trust in Jesus, my life was forever changed by God," Huang said.

> "He and his wife Ramona demonstrate great compassion for Chinese people who need to know Christ," said Lewis Whittle, pastor to Hispanics and the church's English as a Second Language director. Whittle said that after 20 years of development, the Chantilly Bible Church's Chinese ministry now impacts every area of the church program and is the dominant minority in the 34-year-old church.

Since the 1990s, Huang said more than 150 Chinese have been baptized at Chantilly Bible Church. Some have returned to China, Taiwan or their other countries of origin, but many remain at the church.

The church leadership also wanted to have an outreach to the growing Latino community, which was finally launched in 2004 when the Whittles joined the church after serving Hispanics in Los Angeles. As a member of the pastoral staff, Whittle, along with his wife Dianne, has actively engaged the Latino community.

"Our experience in addressing immigrant needs and our progress in welcoming them at the church proves the benefit of diversity," said Whittle, who has lived in California, Central America and Spain.

In June 2007, Chantilly Bible Church began conversational English classes with volunteer teachers who speak Mandarin and Spanish. Their most recent term. Whittle said, included 128 students from 26 countries. A citizenship class is also part

Steve Austin, the senior pastor and founder of My childhood was filled with physical illnesses - Chantilly Bible Church, said that the latest cross and emotional struggles. Even though I attended cultural ministry to become part of the church fochurch every Sunday with my parents, I rarely pon- cuses on the burgeoning Asian Indian population

SEE CHURCH, PAGE 10

Other findings show that:

Focus on Immigration

A child and her parents during prayer services at the Sikh Foundation of Virginia in Fairfax Station on Thursday, Nov. 14. The Dias where Guru Granth Sahib (the Holy Book) is adorned is called Darbar Sahib (Holy Court).



PHOTO BY
ROBBIE HAMMER/
THE CONNECTION

Sikhs Bring Foundation of 'Service to Others'

Fairfax Station temple active in community outreach.

By Victoria Ross The Connection

n a recent Thursday evening, Ajaib Singh, 78, one of the founding members of the Sikh Foundation of Virginia, politely escorts a visitor to the area where one removes shoes and dons a headscarf.

In the background, the melodic vibrations of a harmonium blend with the sounds of men, women and children chatting as they sit together on mats on the floor. They are chopping large bowls of onions and other vegetables for a communal meal after an outreach service.

"You see, no one is more elevated than any other," said Singh, noting that everyone sits on the floor during communal meals and during worship service.

Singh said that equality and service to others are key tenets of Sikhism, a monotheistic faith. "I like to say we're a grassroots movement," Singh said, smiling.

Ajaib Singh came to the United States as a graduate student to University of California, at Davis, in August of 1958. After completing his Ph.D. studies in chemistry in 1961, he came to the east coast as a research fellow at Harvard University in Cambridge, Mass.

He and Majit Kaur consider themselves proud members of the SFV congregation and proud American citizens. Ajaib said he wants to share the SFV mission with others, to promote respect and understanding of Sikh values.

ON SATURDAY, NOV. 17, the Sikh Foundation hosted people from different faiths to share their thoughts on selfless service, what it means in their faith and how they personally pursue it in their lives. The panel included protestant missionaries and a Coptic Christian immigrant from Ethiopia. During the event, the Sikh community also collected dozens of boxes of winter clothes to send to those still suffering from the aftermath of Hurricane Sandy.

"This event will be marked as the beginning of a new era of interfaith efforts followed by many similar projects where the youth of different faiths will work collectively and help the needy," said Surinder Singh, an active member of the foundation.

Although Sikhs do not have a particular day of worship, the Fairfax Station temple holds services on Thursdays and Sundays. A formal gurdwara service includes the singing of hymns and recitations from the Guru Granth Sahib, Sikhism's Holy Scriptures

The temple is a welcoming home to many immigrants from India as well as those born in the United States, Singh said.

The Fairfax Station gurdwara, like many around the world, includes classrooms, a Langer Hall for community meals, a sanctuary and a community center, which Singh said is a sign of the religion's values of service and equality.

"Sikhism was founded in an area and in a time in which inequality was rampant," said Navdeep Singh, assistant executive director at the Sikh American Legal Defense and Education Fund and a member of the Fairfax Station Temple his entire life. "If you were a woman, you were less than a man. If you were poor you were less than a rich person. Based on what caste you were, that defined your entire life. Sikhism was a rejection of those ideas."

SINCE THE 9/11 TERRORIST ATTACKS by Islamic extremists, Sikhs sometimes have been mistaken for Muslims, because of their beards and turbans, and have been the target of hate crimes and discrimination. Many American Sikh women dress like other Westerners or wear the salwar kameez, a colorful north Indian garment of a long shirt and loose-fitting pants.

Gurpreet Singh, a member of the Fairfax Station Temple, said most men wearing turbans are Sikhs, not Muslims.

"I remember the bumper stickers that appeared on cars after 9/11. 'I am Sikh. I am American.' But it shouldn't matter whether it's a mosque or a temple. Hate is hate, and it's wrong."

Navdeep Singh said the Sikh community in Fairfax Station was profoundly touched by the outpouring of support from neighboring churches in the wake of the deadly attack on the Wisconsin Sikh Temple on Aug. 5, when a gunman shot and killed six followers. During a candlelight vigil held at the temple, more than 300 people of all faiths gathered for an evening of unity, resilience and hope.

Politicians and police officers, Muslims and Jews, children and seniors stood side by side on the grounds of the temple, holding up candles, murmuring prayers of peace and listening quietly as community leaders promised solidarity with the Sikh community and reflected on the violence in Wisconsin.

"One might say our community should retreat and live in fear," Singh said, "but Sikhs will keep the doors of the gurdwaras open."

For more information on Sikhism, contact Dr. Ajaib Singh of the Sikh Foundation of Virginia at 540-720-5755 or visit www.sfova.org.

Church Attracts Chinese Immigrants

From Page 9

"Since the arrival and membership of several Indian families in 2007, key leaders like Manoj Mathai and Sujay Phillips have made Chantilly Bible Church the base for a creative outreach to this community. It even touches India through frequent visits that include evangelism and Bible distribution," Austin said.

Whittle said all three of the ministries are an integral part of Chantilly Bible Church, and none plan to become separate churches.

"Chinese, Hispanics and Indians serve alongside North Americans at every level of the church. The children and youth programs are fully integrated. There are immense benefits for these second and third generations. Bicultural couples are comfortable at Chantilly Bible Church, and, as you would expect, mixed marriages are on the rise," Whittle said.

IN FACT, THE CHURCH ATTRACTS so many immigrants that they offer headsets during worship services so those who speak limited English can listen to sermons

interpreted in Mandarin or Spanish. And the songs are projected in English with Mandarin translations.

"Being bicultural and bilingual gives you a special joy in life," Whittle said.

Huang said the language outreach is especially critical for older Chinese immigrants.

"As first generation immigrants, we hold on to our Chinese identity. Chinese is still the mother language," he said.

Huang also said there's a more profound reason for interpreting sermons into Mandarin.

"The older Chinese, like me," he said, smiling, "they need to hear the scripture in Mandarin, so it can enter their heart."

Huang said his greatest joy is baptizing fellow Chinese immigrants. "For Chinese immigrants, wherever they come from, church becomes an attraction. They are longing for something they can't have in their homeland. It's a very special moment. This is something people are afraid to do in Hong Kong or Taiwan.... I can't express how happy I feel during a baptism," he said.

Rebuilding the Trust

From Page 8

even though they had never even been to Pakistan. Some children said, "Oh, you are hiding in the mountains!"

Khan raised her children with the intent that America is their home.

"We are Americans, we are Pakistani-Americans, but that's where the challenge came after 9/11. The kids asked, 'Are we American or are we Pakistani? What are we?' So that was a big thing, a big challenge that came," Khan said.

KHAN'S NEIGHBOR, who she had been living next door to for the past 20 years, stopped speaking to her the day after 9/11. Prior to that, the two friends would exchange Christmas and Mother's Day presents. "We basically watched each other's kids," Khan said. However, it took a long time before Khan's neighbor came around and started speaking to her again.

Another thing that came out of 9/11 was that both Muslims and non-Muslims were hurt. "That trust was gone and it takes time

to rebuild that trust. But one good thing that came out of 9/11 was that the younger generation of Muslims started getting very involved politically and socially," Khan said.

Five months after 9/11, Malik started an interfaith dialogue program with a local synagogue and church. "I worked on educating people about our religion and the peace it teaches," Malik said.

Sather has noticed that over the years, people have treated Muslims a little better. "When I attempt to wear the head scarf, people treat me with more respect than when I don't wear it," she said. "Also, as I get older, I realize there is absolutely nothing to be ashamed of."

Khan hopes that her future generations take the good from her background as well as their American background and blend the two. "Some of the good things of American culture are honesty, respect, and tolerance for others. Some of the good things of my culture are religion, family values and traditions. The biggest challenge is to make sure that the generations to come have both," Khan said.

Home Life Style

Preparing Your Home for Holiday Guests

Experts offer checklist for getting a house in tip-top shape.

By Marilyn Campbell
The Connection

n addition to shopping, decorating and attending parties, many are making a mad dash to get their homes ready for the holiday visitors. Take a deep breath: local experts have developed a checklist for creating a guest-ready home.

"Many people feel better about their home when everything is in order and in place," said Steve Magill, a remodeling consultant with fred, the home repair division of Case Design/Remodeling, Inc., and an Oak Hill resident. "It makes the homeowner feels more at ease when minor details are taken care of."

The kitchen is one of the most important rooms in a home, especially during the holiday season. Experts say to make sure your microwave oven, toaster and coffeemaker are in top working condition, or to replace them if necessary.

For extra storage space for cookware, experts suggest installing a pot rack. Also, consider adding extra stools or chairs for guests who like to gather in the kitchen.

Next, survey the living or family room. Experts suggest cleaning carpets or area rugs so that they are free of signs of foot traffic. Consider updating the room with holiday home accents or adding new items, as well as accessorizing sofas and chairs with holiday pillows and throws.

"Take a magic eraser to clean up small smudges on walls like around light switches," said Magill, whose firm developed a holiday readiness checklist.

If guests are staying overnight, experts say to make space in a closet or drawer so visitors have a place to put their clothing. Since not everyone falls asleep at the same time, a bedside clock and reading lamp are helpful accessories

"Your guest room should be warm and inviting and make your visitors feel as if they are at home," said Magill.

MAKE A GREAT FIRST IM- PRESSION by ensuring that all outdoor lighting, including holiday lights, is functioning properly



Experts suggests cleaning carpets and area rugs in a home's family or living room before holiday guests arrive.

and turned on when it is dark. Outdoor lighting is a key to ensuring safety during the holidays.

Check the front door for signs of wear and consider giving old doors a new coat of paint. "Some of the most impact transformations . . . are projects like painting," Paul Zuch of the National Association of the Remodeling Industry said in a statement. In addition, polish and tighten door hardware and oil hinges to prevent squeaking.

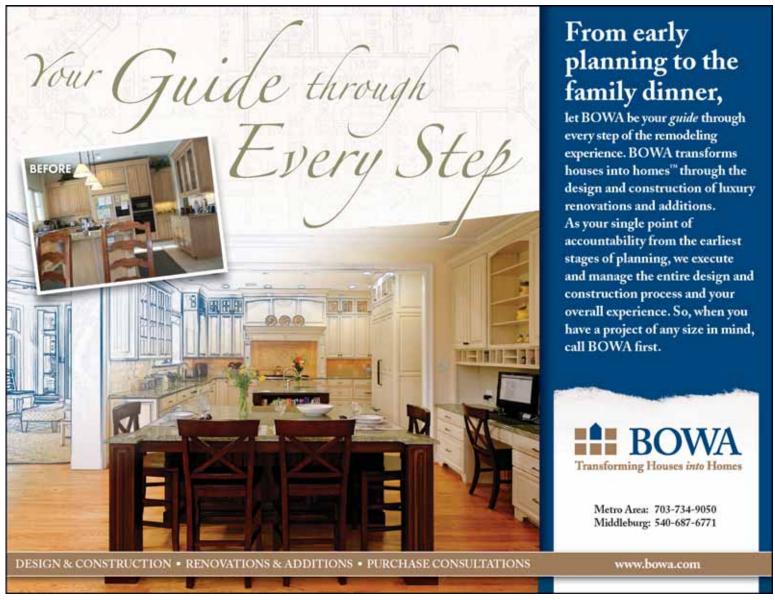
Considering adding a small rug or welcome mat to the entryway. Establish a place in your home's entrance to collect coats, hats, boots and gloves. Make sure there is extra space and hangers in your coat closet.

"Make sure you think about ev-



When preparing your home for holiday guests, make sure there is a space near the entrance to collect coats, hats and boots.

ery room in your home when preparing for the holidays," said Tom Dodd, another fred remodeling consultant. "Thinking about these things ahead of time will help make for an enjoyable and relaxing holiday season."

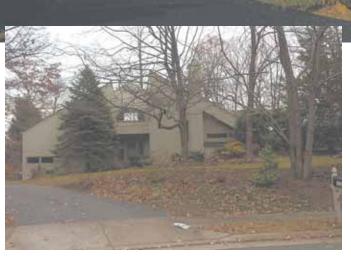




October, 2012 Top Sales in Great Falls, McLean, Reston, Oakton and Vienna

10312 Mystic Meadow Way, Oakton — \$1,350,000

> 11576 Lake Newport Road, Reston — \$1,025,000



9880 Palace Green Way, Vienna — \$1,317,500

Address BR FB HB Postal City Sold Price Type Lot AC PostalCode Subdivision Date Sold
10 606 DEERFIELD POND CT 5 7 1 GREAT FALLS \$3,000,000 Detached 1.75 22066 DEERFIELD POND 10/26/12
2 11205 MONTPELIER RD 7 7 0 GREAT FALLS \$2,800,000 Detached 5.08 22066 JEFFERSON RUN MANOR 10/09/12
3 10690 CHESTERWOOD GLEN LN 55.2 GREAT FALLS\$2,150,000 Detached 1.76 22066 CHESTERWOOD ESTATES 10/19/12
3959 DUMBARTON ST 6 6 1 MCLEAN \$2,100,000 Detached 0.44 22101 COUNTRY ACRES 10/09/12
5 1344 KIRBY RD
6 . 6 . 2 MCLEAN \$1,690,000 Detached 0.30 22101 ROSEMONT
3184 ARIANA DR 5 4 2 OAKTON \$1,420,000 Detached 1.25 22124 WINDSONG SOUTH 10/01/12
3 10312 MYSTIC MEADOW WAY 5 4 1 OAKTON \$1,350,000 Detached 2.32 22124 HUNTERBROOKE 10/12/12
9880 PALACE GREEN WAY 6 6 1 VIENNA \$1,317,500 Detached 0.27 22181 WILLIAMSBURG COMMONS 10/05/12
11576 LAKE NEWPORT RD 4 3 1 RESTON\$1,025,000 Detached 0.48 20194 RESTON



SPORTS

Marshall Places Third At McLean Meet

Generals beat McLean, Marshall, Lee, Wakefield at Monday meet.

By Alex Van Rees For The Connection

n a rematch from February's Northern Region championship meet, the Washington-Lee Generals again defeated the McLean Highlanders in a girls' gymnastics meet on Monday, Nov. 10 at McLean High School.

About 10 months ago, the Highlanders and the Generals battled each other down to the wire with a region championship on the line. W-L was able to squeak past McLean by less than four-tenths of a point (145.191-144.851) to take home the title. Although it was not as close on Monday night (139.55 to 131.35), it was still a thrilling competition.

Senior Kylie Auble finished sec-



Photo by Craig Sterbutzel/The Connection

The Marshall gymnastics team placed third at a meet on Dec. 10 at McLean High School.

ond individually in the all-around with a score of 36.5, two points behind the winner, senior Morgan Stahl of Marshall High School.

The Marshall gymnast scored 38.55 points by winning each of the four events during the meet (vault, bars, beam and floors). Although she performed well, it was not enough to help Marshall push

past McLean as the Statesmen finished the meet in third place with 122.9 points.

Both Robert E. Lee High School and Wakefield High School failed to break 100 points. The Lee Lancers finished in fourth place with a score of 96.5, edging the Warriors, who collected 95.5 points to round out the event in fifth place.

Sports Roundups

Madison Swim and Dive Beats Marshall

The Madison swim and dive team defeated Marshall on Nov. 30 in the first Liberty District meet of the season. The Madison boys' team won, 222-93, and the Madison girls' team won, 209-106.

First-place boys' finishers were: Connor Simon (200 free), Ian Russiello (200 IM and 500 free), Grayson Smith (100 free and 100 back) and Evan Owens (50 free and 100 breast). The boys also won all three relays: the 200 medley and both 200 and 400 freestyles.

First-place finishers for the girls' team were: Laura Sullivan (200 free and 100 back), Mallory Dyson (200 IM), Ali Queen (100 fly and 100 breast), Sidney Owens (100 free) and Laura Kellan (500 free).

The girls also won all three relays.

Grayson Campbell, a freshman diving at his first meet, broke the Madison High School record with six dives and a score of 271.40.

McLean Wrestling Places Eighth, Marshall 26th at NOVA Classic

The McLean wrestling team finished eighth at the 32-team 2012 FinalAutoPrice.Com NOVA Classic Dec. 7 and 8 at Fairfax High School.

The Highlanders had three grapplers place third in their respective weight classes. One Highlander finished fifth and one placed eighth.

McLean's Conor Grammes defeated Fauquier's

Caleb Strum via 12-0 major decision in the 106-pound third-place match. McLean's Forrest Stieg placed third in the 152-pound bracket with a 7-2 decision against Centreville's Will Fulton and Bryson Davis pinned Thomas Jefferson's Paul Bentz to win the 182-pound title.

McLean finished with 115.5 points. Battlefield won the event with 194.5 points. Centreville and Fauquier tied for second with 180 points, followed by Paul VI (fourth, 154.5), Lake Braddock (151.5), Mount Vernon (135) and Annandale (131.5).

Marshall finished tied with Bishop O'Connell for 26th with 46.5 points. Christian Valencia was Marshall's top finisher, placing third in the 120-pound division.

Madison Wrestling Finished 18th at NOVA Classic

The Madison wrestling team had three grapplers place in the top eight of their respective weight classes and the Warhawks finished 18th out of 32 teams at the 2012 FinalAutoPrice.Com NOVA Classic Dec. 7 and 8 at Fairfax High School.

Madison's Connor Eckhardt took fifth in the 138-pound division with a 5-1 decision against West Springfield's Zach Bolduc. Nick Hoy placed fifth in the 195-pound bracket with a medical victory against Mount Vernon's Tasi Mathias. Madison's Kolton Starr placed sixth in the 126-pound division.

Madison finished with 84 points.







When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.

Call Specific Agents to Confirm Dates & Times

Centreville

6487 Trillium House Ln.....\$999,900...Sat 4-9......Jean Marotta.....Birch Haven...703 402-9471

Clifton

6324 Deepwood Farm Dr...\$589,000...Sat 12-3............AJ Zaman.......Century 21...703-945-4489 6324 Deepwood Farm Dr...\$589,000...Sun 1-4.......Blaise Barnes.......Century 21...703-618-5563

Falls Church

3804 Munson Rd\$829,000...Sun 1-4.....Patrick Kessler..Keller Williams..703-405-6540

6909 Hickory Hill Rd........\$659,000...Sun 1-4..Marcus Rondeau.......Century 21..703-964-6585

To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or donpark@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

Instincts...



By KENNETH B. LOURIE

...related to having been diagnosed with stage IV, non-small cell lung cancer, the terminal/"incurable, but treatable" kind, according to my oncologist. The kind whose median life expectancy at diagnosis is eight months. The kind that John Rhys Davis as Sallah from the 1981 movie "Raiders of the Lost Ark" might have described as "very bad," just as he had described the asps slithering below on the floor of the tomb he and "Indy" had just unearthed. So the news I received in late February, 2009 such as it was, was never very good. In fact, for an asymptomatic, non-smoking, 54-and-halfyear-old male with an immediate-family history of NO cancer, it was, well, "shocking" barely scratches the emotional surface of what I was feeling.

Forty-five months later, I am still dealing with feelings - as in still living, for which I am amazingly fortunate. However, those feelings seem to sometimes have a mind of their own, and accordingly tend to take over and rewire one's brain (figuratively speaking). Moreover, thoughts, actions and behaviors change, and not always for the better, and rarely for the best; most likely a direct result of the cancer's emotional wallop. Thoughts you don't want/ never had seep in despite your best attempts at minding them. Behaviors previously uncharacteristic manage to exert more control than you ever imagined. Actions previously unfamiliar cause one to wonder if who you were - precancer, you will ever be again. You don't want to lose yourself inside the whole cancer culture, but being told you're going to die prematurely: in "13 months to two years," has a way of rewriting your record books, whether you intended to or not. Not giving in to this cancer consequence has been my greatest struggle.

Early on, I remember asking my oncologist: "Is it OK to still buy in bulk?" For all you know, based on much of what your doctor is saying, and what you are sensing, your future is tenuous and extremely unpredictable (a version of the humorous advisory to "not buy green bananas"). I mean, the diagnosis is terminal cancer; "HELLO." What are you supposed to think? This is how your mind takes over and you sort of lose it/lose control of it. As former Vice President "Dan" Quayle said in a speech to the United Negro College Fund (not about cancer), "What a terrible thing it is to lose one's mind." Still, it certainly applies.

Another brain drain has to do with specific events scheduled in the future, a future whose guarantee - for me, has been invalidated. I'm watching television during the summer of 2012 and I see ads for Downton Abbey's third season premiere in January, 2013, and instinctively I wonder, will I be alive to see it?

Road projects are another example. At the beginning of the construction of the Intercounty Connector in Maryland (a cross-county highway being built near my house), regularly I would be stuck in the project's related road closures/redesigns and bridge-type flyovers and I would always think to myself: "Am I going to be alive when this project is finished or am I just going to suffer its building pains?"

Next May, the LUNGevity Foundation (www.LUNGevity.org), the largest foundation in the country dedicated to lung cancer research (and on whose Web site my cancer columns are now being posted) will be hosting their annual "Hope Summit" in Washington, D.C. I have been invited to attend and/or speak. My first thought upon receiving the invite: "Am I going to still be alive in May?"

I want to be positive. I am positive. But cancer is a huge negative. It's a constant battle of good versus evil. Sort of like the Indiana Jones movies. But this isn't the movies. This is real. This is cancer, the true definition of "very bad."

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

EMPLOYMENT

Administrative Asst./

Receptionist

Pediatric Office in McLean is looking for

an Administrative Asst./Receptionist to

work part time. Insurance Experience

required. Please fax resume to:

703-734-3823 Attention: Janice

RGIS inventory specialists,

the world's largest inventory service,

has immediate openings in the

Northern Virginia area.

We offer:

• \$9/hr starting wage • Paid Training

No experience necessary

Flexible schedules

Work in a team environment

Advancement Opportunities

Must be at least 18 years old and have

access to reliable transportation.

Visit us online at www.rgisinv.com

RGIS Inventory Specialists is an

equal opportunity employer.

Freelance Reporter

To cover news plus events features

in Mount Vernon. Rewarding,

flexible work, pay is nominal.

Email letter, resume plus clips to

mkimm@connectionnewspapers.com

CONNECTION

Advertising Sales

Work part-time in and near your home office

Enjoy commissions and flexible hours

in and near your home. Use relationship selling to create and

expand community print and internet advertising campaigns to

local businesses for Connection Newspapers, Northern Virginia's

Keep productivity high and commuting low while working close to home. After a short training period, travel to our Old

Town Alexandria headquarters and production facility required

only once or twice a week during off-peak traffic hours. Call 703-778-9431 for details.

best-read community newspapers and websites

Great opportunity for outside sales person to work primarily

Needs You!

ZONE 6: • ARLINGTON • GREAT FALLS HOME & CARDEN

CONNECTIONNEWSPAPERS.COM

703-917-6400 ZONE 6 AD DEADLINE:

Monday Noon

CLEANING

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded

Quality Service at a Fair Price Satisfaction Guaranteed-Angies List 2011-Super Service Award! Comm/Res. MD VA DC

<u>acleaningserviceinc.com</u>

703-892-8648

ELECTRICAL

ELECTRICAL

K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE

Recessed Lighting Ceiling Fans Phone/CATV

Licensed/Bonded/Insured

Computer Network Cabeling Service Upgrades Hot Tubs, etc

Office 703-335-0654 Mobile 703-499-0522

Gutters and Downspouts Cleaned Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!

HANDYMAN

HANDYMAN

Hand and Hand Handyman

General Remodeling Residential & Commercial Specializing in:

Kitchen/Bathroom/Basement Remodeling Plumbing • Electrical • Custom Carpentry Doors Windows • Hardwood Floors Crown Molding • House Cleaning Interior/Exterior Painting • Brick/Stone Work Ceramic Tile • Decks, Fences, Patios HOA Maintenance, Granite Counter Tops **Realtors Work and Much More**

Licensed and Insured Serving Northern Virginia 703-296-640<u>9</u>

IMPROVEMENTS IMPROVEMENTS

R&N Carpentry

+BASEMENTS →BATHS →KITCHENS Foreclosure specialist/Power washing **◆Exterior Wood Rot More!**

Deck & Fence repair, Screen Porches

No jobs too large or small Free est. 37 yrs exp. Licensed, Insured 703-987-5096

Picture Perfect Home Improvements (703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FAST & Reliable Service
- Exterior & Interior Repair, Painting, Carpentry, Wood Rot,
- NO \$\$\$ DOWN!
- Drywall, All Flooring, Decks
- Handyman Services Available
- "If it can be done, we can do it" Licensed — Bonded — Insured

IMPROVEMENTS IMPROVEMENTS

"Let us help you Re-imagine your Home" 703.373.7278

The Best Homes are Built by US

Design/Build

Large Additions, Second Story Additions, Whole House Remodeling & Custom Homes www.ushc.info



320-B Maple Ave. East, Vienna, VA 22180

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!! Proudly serving Northern VA - 46 yrs. e:

We Accept VISA/MC Licensed

703-441-8811

A&S Landscaping

- All Concrete work
- Retaining Walls Patios
- Decks Porches (incl. screened) • Erosion & **Grading Solutions**
- French Drains Sump Pumps
- Driveway Asphalt Sealing

703-863-7465 LICENSED Serving All of N. Virginia

LAWN SERVICE LAWN SERVICE

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

J.E.S Services LANDSCAPE & CONSTRUCTION

Drainage Problems

- PatiosWalkways Retaining Walls
- Landscape Makeovers
 - Call: 703-912-6886 **Free Estimates**

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.

-Thomas A. Edison

Educational **Internships**

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connect ionnewspapers.com



• McLean • Vienna/Oakton

ZONE G: • ARLINGTON • CREAT FALLS HOME & CARDEN

CONNECTIONNEWSPAPERS.COM

703-917-6400 ZONE 6 AD DEADLINE:

Monday Noon

ZONE G: • ARLINGTON • GREAT FALLS McLean
 Vienna/Oakton



703-917-6400

ZONE 6 AD DEADLINE: Monday Noon

LANDSCAPING LANDSCAPING



703.919.4456 Free Estimates oldsLandscapingOnline.com

INSTALLATION SPECIALIST

Paver & Flagstone Patios / Walkways Retaining Walls Stacked Field Stone Plants / Trees / Shrubs

WET BASEMENT / WET YARD Water Proofing Foundations Standing Yard Water French Drains / Swales Downspout Extensions No sub-contractors, or day labors. •15 Years Designing and Installing
The Owner is physically on your job site. •On time and Professional.

MASONRY

MASONRY

BRICK AND STONE Custom Masonry 703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways Repairs & New Installs · All Work Guranteed

3dr Generation Masonry Company Family Owned & Operated Since the 1950s

For All of Your Masonry Needs Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE FLAGSTONE - CONCRETE BEB

EP Henry & Belgard Pavers Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

www.masonryspecialist.com for ideas, pictures & coupons! All Work Guaranteed - Licensed & Fully Insured Class A License #VA2705087240A

ROOFING

ROOFING

Falcon Roofing



Roofing & Siding (All Types) Soffit & Fascia Wrapping

New Gutters • Chimney Crowns Leaks Repaired No job too small

703-975-2375 falconroofinginc.com

TREE SERVICE TREE SERVICE

Charles Jenkins TREE SERVICE

Seasoned Firewood

Topping, trimming, Stump Grinding

Lic. & Ins! 540-829-9917 or 540-422-9721

CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden: 703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

HAULING

AL'S HAULING Junk & Rubbish Concrete, furn., office, yard, construction debris

Low Rates NOVA 703-360-4364 703-304-4798 cell

7 DAYS A WEEK

ANGEL'S HAULING

Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out, Furniture & Appl.

703-863-1086 703-582-3709 240-603-6182

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding Patios • Decks • Driveway Sealing Asphalt • Retaining Walls 703-863-7465

ANGEL'S LAWN MOWING Leaf & * Tree Removal

PAINTING

PATRIOT PAINTING

ww.PatriotPainting.net Wallpaper Removal, Carpentry, Power Washing.

Int/Ext Painting ree Est. • Satisfaction Guar

703-502-7840 Cell 571-283-4883

TREE SERVICE

ANGEL'S TREE REMOVAL Brush & Yard Debris Trimming & Topping
Gutters & Hauling

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews papers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connection newspapers.com

CONNECTION

21 Announcements

ABC License
MWB DEVELOPMENT 1, LLC trading as World of Beer, 901 N. Gleve Road, #105, Arlington, Virginia 22203-1853. The above establishment is apply-ing to the VIRGINIA DEPART-MENT OF ALCOHOLIC BEVERAGE CONTROL for a

Wine and Beer On & Off Premises & Keg License to sell or manufacture alcoholic beverages. Evan Matz, Managing Member. NOTE: Objections to the issu ance of this license must be ubmitted to ABC no later than 30 days from the publishing date of the first two required

newspaper legal notices. Objections should be regis-tered at www.abc.virginia.gov or 800-552-3200

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, sintings/art glass/clocks. Schefer Antiques @ 703-241-0790.

Email:theschefers@cox net

If tomorrow were never to come, it would not be worth living today.

-Dagobert Runes

101 Computers 101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH * Serving the Area Since 1995

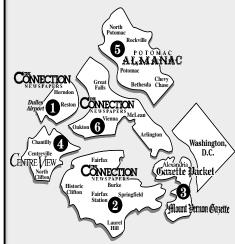
- **Speed up Slow Computers** > Troubleshooting
- ➤ Virus Removal
- ➤ Computer Setup

(571) 265-2038 * jsmithhdi@aol.com

Employers:

Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- **Reach readers in addition** to those who are currently looking for a job.
- Proven readership.
- Proven results.

CONECTION

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers • Great Results!

21 Announcements

21 Announcements

21 Announcements

Experience a Real Virginia-Grown Tree! A Real Tree Experience grown and sold by the Virginia Christmas Tree Growers Association makes Christmas come alive!

A Real Virginia Christmas Tree

connects grown-ups with cherished traditions of Christmas past and creates joy for children that lives on into Christmas future. Use the website to find your tree!





www.VirginiaChristmasTrees.org

21 Announcements 21 Announcements 21 Announcements

Donate A Boat or Car Today!



"2-Night Free Vacation!" 1-800-CAR-ANGEL

www.boatangel.com

21 Announcements 21 Announcements 21 Announcements

71% of Americans have used a newspaper, a newspaper website and/or a newspaper mobile



Virginia Press Services will run this business card

size display ad across Virginia for one low price! For more details. contact Adriane at 804-521-7585.

Virginia

21 Announcements 21 Announcements 21 Announcements

AIRLINE CAREERS BEGIN HERE



Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified – Housing available. Job placement assistance. SCHEV certified.

CALL Aviation Institute of Maintenance 888-245-9553

21 Announcements 21 Announcements 21 Announcements

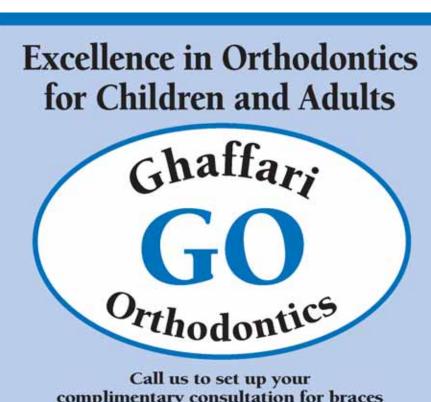
MEDICAL CAREERS BEGIN HERE

Train ONLINE for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV authorized.

> Call 888-354-9917 www.CenturaOnline.com







complimentary consultation for braces

Dr. Ashkan Ghaffari 703.281.0466

> 100 Church Street, NE Vienna, Virginia 22180

DrGhaffari@ViennaBraces.com WWW.VIENNABRACES.COM

