

# Vienna Halloween Parade Takes Over Town

and Oakton  
**Vienna  
CONNECTION**

**WELLBEING**

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Four-year-old Jana Zaghal of Vienna dazzled in her princess gown at the 68th Annual Vienna Halloween Parade on Wednesday, Oct. 29.

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PHOTO BY DONNA MANZ/THE CONNECTION

NOVEMBER 5-11, 2014

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# ELECTION 2014

VIENNA/OAKTON CONNECTION EDITOR KEMAL KURSPAHC  
703-778-9414 OR VIENNA@CONNECTIONNEWSPAPERS.COM

## Early Voter Turnout Steady

**A**t Wolfrap Elementary School the morning of election day, Nov. 4, voters came in a steady stream, but no large crowds at a single time. Wait time to vote was a couple of minutes. Until about 8:30 a.m., there appeared to be a greater number of male voters than

female, and among those voters who voiced sentiments, several expressed that they were voting more against the status quo than voting for a candidate.

Sample-ballot distributors standing outside the school said there seemed to be an older demographic coming in to vote. By "older," they were referring to voters over 50 years old.

— DONNA MANZ



**Voters talk near the volunteer booths as they exit the polls at Great Falls Library on Tuesday.**

### VIEWPOINTS

What issues influenced your vote today?



**Jackie Bailey**

"I like to support social programs, infrastructure and education."



**Bernadette Berset**

"Wanting to roll back some of the things that have been passed the last couple of years, like Obamacare, and illegal immigration, and abuse of government overreach."



**Randy Beeman**

"The economy is a huge issue. It's not just about getting jobs but getting good-paying jobs. I want someone who represents the people, not just their party."



**James Martell**

"Congressional gridlock. We need a different leader in the Senate. I like Mark Warner but I'm voting Republican. Harry Reid is the problem, so, I'm voting against Harry Reid."



**Peter Wintermute**

"Correcting the direction of Congress and slowing down Obama and his radicalism."



PHOTOS BY DONNA MANZ/THE CONNECTION

**Early-morning turnout at Wolfrap Elementary School brought a steady trickle.**

## Halloween Parade Winners Announced

The Town of Vienna and the Vienna Business Association have announced the winning entries in the 2014 Vienna Halloween Parade. Winners were recognized at the Nov. 3 Town Council meeting.

❖ Best in Show – Creative Worx/Optimist Club/Velocity

❖ Youth Band – 1<sup>st</sup> Place: James Madison High School Band; 2<sup>nd</sup> Place: Marshall High School Band

❖ Adult Band – 1<sup>st</sup> Place: Washington Redskins Band; 2<sup>nd</sup> Place: Northern Virginia Firefighters Emerald Society Pipe Band

❖ Floats (with music) – 1<sup>st</sup> Place: Creative Worx/Optimist Club/Velocity; 2<sup>nd</sup> Place: Northwest Federal Credit Union; 3<sup>rd</sup> Place: Vienna Youth Girls Soccer U10

❖ Floats (without music) - 1<sup>st</sup> Place: Coldwell Banker Realty; 2<sup>nd</sup> Place: Ladies Oriental Shrine; 3<sup>rd</sup> Place: Montessori School of Oakton

❖ Youth Performing Groups – 1<sup>st</sup>

Place: Vienna Jammers; 2<sup>nd</sup> Place: Vienna Dance Academy; 3<sup>rd</sup> Place: Cuppett Performing Arts

❖ Adult Performing Groups – 1<sup>st</sup> Place: Money and King Funeral Home; 2<sup>nd</sup> Place: Bikes@Vienna; 3<sup>rd</sup> Place: Fairfax VA HOGS

❖ Antique/Classic Cars – 1<sup>st</sup> Place: Northern Virginia Corvette Club; 2<sup>nd</sup> Place: National Capital Region Mustang Club; 3<sup>rd</sup> Place: Glen Bates

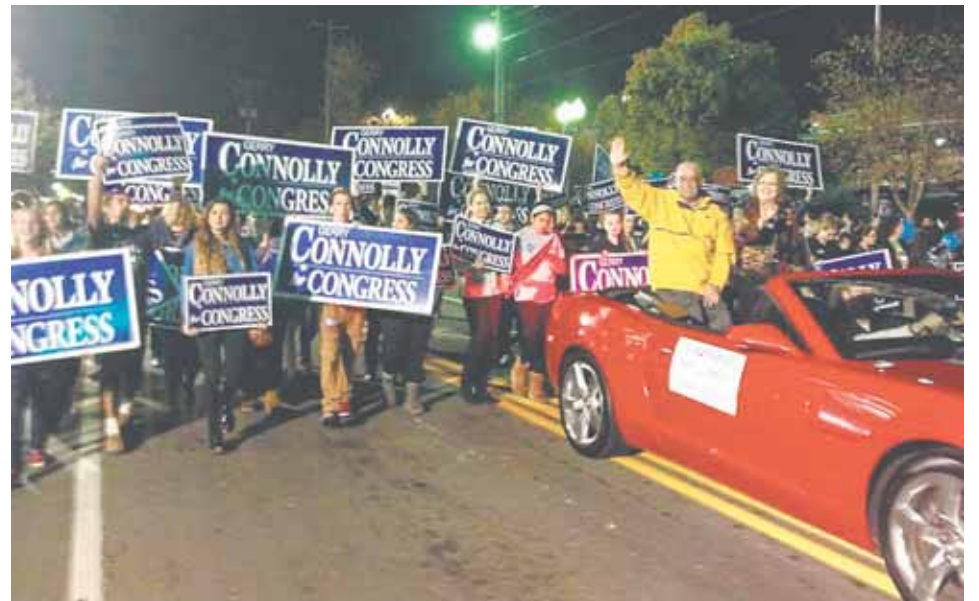
The following Halloween Parade sponsors have been recognized their contributions: Stemtree-Mathanasium, Bright Horizons, JDA Homes, Garai Orthodontics, Hope Center, Island Children's Dentistry, Northwest Federal Credit Union, Plum Tree Financial, Saavy Rest, United Bank, Skintelligence, Govan, 94.7 CBS Radio, Georgen Scarborough, and the many goodie bag sponsors.





PHOTO BY DONNA MANZ/THE CONNECTION

**Costumed kids marched with school groups, clubs, and with their friends and families.**



COURTESY PHOTO

**Rep. Gerry Connolly (D-11) and wife Cathy waving to crowd at the 68th Annual Vienna Halloween Parade Wednesday night. Connolly has participated every year since 1995.**

## Vienna Halloween Parade Takes Over Town

**F**lashing emergency lights, blaring fire and police sirens, and roaring Vienna and Fairfax County police motorcycles kicked off the 68<sup>th</sup> Annual Vienna Halloween Parade on Wednesday, Oct. 29. Thousands of specta-

tors lined Maple Avenue as the parade of costumed children, pop and folk dancers, school bands, the Redskins band, and floats went by. Earlier in the day, many people marked their spots with blankets or chairs, and, along the parade route, caterers served

friends who joined together for a pre-parade supper.

The parade's theme for 2014 was a celebration of girls' sports in Vienna, and many of the floats reflected that theme.

Fairfax Public Access cable, channel 10 vid-

eotaped the parade for viewing. On schedule 26 presentations. Go to <http://www.fcac.org/schedule?channel=10&date=2014-11-01> for program schedule.

— DONNA MANZ

## Restaurants and Apartments Planned for Church Street

**Now vacant lot proposed for redevelopment.**

BY BONNIE HOBBS  
THE CONNECTION

**A**rrington Properties LLC owns the site at 120 Church St. N.W. in Vienna and it has plans to redevelop with a building containing both residential and commercial uses. Details were presented during the Oct. 20 meeting of the Vienna Town Council.

Planned is a 9,000-square-foot, two-story building containing two restaurants, including one take-out, on the ground floor, plus three residential units on the second floor. The site already has 38 parking spaces.

"This building will be designed to code minimum so it'll be all ready for tenants to move in," said Paul Layer, the architect representing Arrington. "And all units will have private elevators to the upper floor."

The plans call for two, two-bedroom, two-bathroom apartments of 1,100 square feet each. Also on tap is one, 2,100-square-foot, three-bedroom apartment with a private porch.

"They'll be rentals," said Layer. "The entire property will be owned by Arrington Properties LLC."

There'd be two parking spaces per apartment, with 59 parking spaces total,



**Artist's rendition of the proposed redevelopment of 120 Church St. N.W. in Vienna.**

including three handicap-accessible spaces. A two-way entry is off Church Street and a one-way entry off Route 123.

"But we're going to put up signs to more accurately direct traffic through the site," said Layer. "They'll read, 'One way, do not enter,' plus we'll have arrows painted on the road. We're also removing one curb cut to reduce the site's entry and exit complexity."

Currently, the parking lot has no landscaping, but Layer said they've created a landscaping plan for it. As for the building, he said, "The back is designed with nearly the same intensity of detail [as the front so it'll be attractive on both sides] and have easy access both ways."

He said it's redeveloping under the Town's Church Street Vision project adopted in the 1990s and no portion of the building will be higher than 35 feet. It'll also feature awnings; and at ground level, there will be a bike rack and four benches.

Furthermore, said Layer, "All the

stormwater runoff will be directed. The vast majority of the water that used to run randomly off the site will be taken care of by two stormwater outlets."

Underscoring his words, Vienna Deputy Director of Planning and Zoning Matt Flis said Town staff and the Department of Public Works reviewed the applicant's stormwater-management plan several times and "it meets our stormwater-management requirements. And the architect said the stormwater runoff from this site will not affect the adjacent condos."

The property is presently a vacant lot. And Flis noted that, since the curb cut in front of the building will be closed, the result will be two more parking spaces on Church Street.

However, Fady Afif, whose mother lives at the corner of Center and Church streets, had a few problems with the proposal. "There are eight air compressors on their plan, and this will be a huge noise issue for

us," he said. "And two trash bins are feet away from the swimming pool."

Besides that, said Afif, "There's not enough turn-around space for trucks and restaurant loading and unloading in back of the building. And only 17 spaces are available for the new businesses' employees and the apartments' visitors to park."

In response, Layer said the air compressors are all "low-level units," there's a brick wall next to them and they'll be shielded from view all the way around. "We feel we've adequately addressed the trash problem; we moved it farther away from the pool and screened it," he said. "So we believe we've improved the site greatly and put the bins in the only place they could go."

Agreeing, Flis said Town staff believes the screening is adequate to address the noise issue. Regarding space for the trucks, Layer said the front-end-loader trash trucks don't have to back up, but "we're looking for something even better. And we increased the amount of parking."

In the end, the Town Council unanimously approved Arrington's site plan, building elevations, master sign plan and site-plan modifications. "We appreciate [the applicant] adding parking spaces above [the amount called for in the] code."

"I think this is a very nice proposal," added Councilwoman Carey Sienicki. "I'm looking forward to seeing how it works with the fabric we already have there."



## WEEK IN VIENNA

### Vienna Mayor's Walking Group

Vienna residents are welcome to join Mayor Laurie DiRocco's walking group. It meets every Friday at 9:30 a.m. at the Town Hall, 127 Center St. S. The walks are about 2.5 to 3 miles, with a different route every Friday. The next walk is Nov. 7.

### Calling All Crafters

The Vienna Woman's Club is seeking crafters and vendors for its 54th annual Holiday Bazaar set for Saturday, Nov. 8, at the Vienna Community Center. Proceeds support the club's scholarship awards. For information and applications, email Diane Abel at [dcabel@cox.net](mailto:dcabel@cox.net).

### Town Cleanup Day Nov. 8

The annual Town Cleanup Day, sponsored by Vienna's Community Enhancement Commission, will be held rain or shine on Saturday, Nov. 8, from 9-11 a.m. Individuals, families and community-service groups are invited to participate in making Vienna a more beautiful community.

People may clean up their own neighborhoods or be assigned an area of town needing attention. Check in at the Vienna Community Center at 120 Cherry St. S.E. on Cleanup Day to receive garbage bags and gloves. Walk-ins are welcome, but organizations are asked to sign up early. For more information, contact Cathy Salgado at 703-255-6356 or [csalgado@viennava.gov](mailto:csalgado@viennava.gov).

### Oakton Farmers Market

The Oakton Farmers Market is held Saturdays, from 10 a.m.-2 p.m., at Unity of Fairfax Church, 2854 Hunter Mill Road in Oakton.

### Town Council Work Session

The Vienna Town Council will hold a work session Monday, Nov. 10, at 7 p.m., in the Vienna Town Hall, 127 Center St. S.

### Beware IRS Scam Calls

Town of Vienna police are advising residents of several recent reports of callers claiming to be IRS employees. The callers claim the resident has either committed tax fraud or improperly filed previous tax returns. The caller says the resident must send a Western Union payment or purchase a prepaid debit card for payment, or the resident will be arrested. But, say police, "This type of call is a scam. Never send a payment unless you have verified the validity of the caller."

### Leaf Collection in Vienna

Vienna's fall leaf collection will continue through December. Residents are asked to rake their leaves to the curb any time between now and Dec. 31. Leaf piles should be free of limbs, sticks, acorns or other debris which may clog the vacuum hose. Or residents may bag their leaves for collection. Place them in clear, plastic bags or paper yard-waste bags. For more information, call 703-255-6380 or visit [www.viennava.gov/index.aspx?NID=163](http://www.viennava.gov/index.aspx?NID=163).

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## Sometimes Perception Really Isn't Reality

By JOE MEYER  
EXECUTIVE DIRECTOR/SHELTER  
HOUSE, INC.

Fairfax County is home to one of the wealthiest populations in the country. Unbeknownst to many, the county is also home to the second largest population of homelessness in this region. In fact, more than 1,200 residents of Fairfax County are without stable and safe homes.

Homelessness in Fairfax County is a real problem and many cannot fathom an issue of this nature plaguing their community. There is a need for greater understanding of homelessness in Fairfax County. Some myths must be dispelled, especially if we want to end these cycles.

Homeless doesn't mean jobless. The 2014 Point in Time Data for Fairfax County states 59 percent of homeless adults in families are employed.

Additionally, the American Payroll Association states more than two thirds of Americans live paycheck-to-paycheck.

Shelter House is working to cure the epi-



### COMMENTARY

demic of homelessness in our community. There are differing opinions on how to treat the symptoms, but Shelter House knows the most effective cure for homelessness is prevention. It requires an understanding of the root causes and a compassionate approach. Programs like Housing

First and Rapid Rehousing have proven most effective with the clients.

It is clear the emergency shelter system can only accommodate a small fraction of the growing number of homeless families. Many are forced to live in places unsafe or unsuitable for human habitation. Others move place to place with children, staying intermittently with others. Emergency shelters cannot provide intensive long-term assistance necessary to stabilize lives. While transitional housing provides assistance, families respond better to service interventions from a stable, permanent housing base. Thus the reason HUD's Housing First is a viable option.

SHELTER HOUSE is also finding success in

HUD's Rapid Rehousing Program. The program targets those who would find themselves homeless if not for the assistance. Financial assistance and supportive services are provided to prevent individuals and families from ever becoming homeless.

**FAMILIES DON'T WISH TO BE HOMELESS.** Many aren't interested in handouts, just a hand up. Accountability for a portion of their rent can help to build them up after being torn down by the weight of their world. Case management, financial literacy classes, and credit counseling gets them back on track. They are challenged and supported in developing realistic plans they can implement and see through. There's dignity in the ability to support your family in your own home. This program gives them that dignity. HUD reported 83 percent were still stably housed after two years.

People who are homeless are not a nuisance. We are all part of a community. If we work to change our perception, we can change their reality.

If you want to be part of the solution in ending homelessness in your community please visit shelterhouse.org.

## November Is Adoption Month

Here's how you can help find a forever family for children and teens waiting in foster care.

By JOAN BRADY  
THE CONNECTION

If you are lucky, you don't know what it's like to live in the precarious limbo that defines foster care in this country. A world where you go to sleep at night, not knowing if, in the morning, your social worker is going to show up and tell you that it's time to move, again. A world where each move is faced with the desperate hope that this new family will be the one who commits.

Not everyone is in a position or even interested in adoption. But anyone can help spread the word about specific children who are available for adoption. You could be the person who helps to connect a child to the family who will be there to support and cheer him/her on through life.

November is National Adoption Month. Consider that regionally, there are about 3,000 children in



See more about (clockwise)  
Krishana, Jaheim and Anna at  
[thepicmeproject.wordpress.com](http://thepicmeproject.wordpress.com)

foster care. About 300 teenagers age-out of foster care from around our region without being adopted

or reunited with family every year. Three hundred may sound like a small number, but that's 300 rud-

derless kids every year, dumped into society. (Sources: The Adoption and Foster Care Analysis and Reporting System (AFCARS); The National Capital Region Annual Report on Foster Care by the Metropolitan Washington Council of Governments, 2013.)

The Washington Metropolitan Council of Governments (COG) and I have teamed up to create The PicMe Project. Each child is featured in a one-minute slideshow that introduces his/her story. Leveraging social media to distribute the slideshows, we hope that someone will see each story and want to learn more.

To succeed, we need a network of people. People willing to take just a few moments each month to share each child's story with his/her own network through Facebook, Twitter, friends and family and religious and professional organizations. For just a few minutes every month, you might be the person who helps to connect a child to his/her forever family.

If you are interested in joining The PicMe Project network, contact Anne Havlovick: [anne.havlovick@gmail.com](mailto:anne.havlovick@gmail.com)

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at [joan@joanbradyphotography.com](mailto:joan@joanbradyphotography.com)

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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## NEWS

# Surviving a Real-Life Disaster Film

**Vienna mom and her son shopping at Oakton gift store when 87-year-old motorist plows SUV through the store.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hat started out as a routine after school trip to the Oakton Library last week turned into a real-life disaster film for one Vienna mom and her son.

Monday, Oct. 29, was pleasant fall afternoon, so Shadi Peikari and her son, Bayan, 13, made a last-minute decision to walk to Abbey's Hallmark store in the Oakton Shopping Center.

It was a decision they would soon regret.

"We were looking at Halloween decorations, and we saw a mirror we liked," Shadi Peikari said. "I asked the sales girl to see if it came in a box, and we started to walk to the back of the store with her."

At the same time Peikari and her son were following the salesgirl to the back of the store, an 87-year-old man and his wife were preparing to back out of a parking space directly in front of the gift store.

Instead, the elderly motorist hit the gas pedal, jumping the curb and plowing his Cadillac SUV through the display window, tearing straight through the store to the back of the gift shop.

The driver later told authorities he had accidentally hit the gas pedal when he thought the vehicle was in reverse.

"At first we heard a tremendous crash. A very, very loud crash... When I turned around, I saw the ceiling moving and the sound was getting closer," Peikari said. "I thought the building was collapsing, or maybe someone had attacked the building. I heard people screaming 'run, run.' The salesgirl waved us over 'here, here!' We didn't know what was happening."

Bayan Peikari said he felt like he was in the middle of disaster film.

"It was like all the destruction was coming towards us," the teen said. "The ceiling was falling down, a shelf fell on my leg and I couldn't walk for a few days. If my mom hadn't pulled me out of the way, I would have been flattened like a pancake."

"I grabbed Bayan's hand and yanked him with me as we ran as fast as I've ever run in my life. Honestly, I couldn't feel my legs at all, and thought I'd collapse because I couldn't stand."

Peikari said glass was flying everywhere as she ran to the back of the store with her son. She said she heard what sounded like a train barreling straight towards them.

"I still didn't know what was happening, only that this sound was getting louder and louder and I was terrified," she said.

"When we reached the back of the store, I'm holding Bayan, shaking, and then, boom! We see a car come through and stop. I could not believe my eyes... I mean this massive car was suddenly in the card aisle," Peikari said.

Ana Mastrogiuseppe, a cashier working in the store at the time, told authorities she initially thought a customer had broken a plate, but soon realized it was more serious. She said the car accelerated as it went through the store.



**A salesgirl at the Oakton Hallmark store helps the passenger out of the car after her husband, 87, accidentally plowed his Cadillac SUV through the gift store on Monday, Oct. 29.**

PHOTOS BY SHADI PEIKARI



**Vienna mom Shadi Peikari and her son, Bayan, 13, were in Abbey's Hallmark in Oakton Shopping Center on Monday, Oct. 29, when an elderly motorist accidentally jumped the curb and smashed through the window of the store in a Cadillac SUV. The car tore through the store, finally stopping at the gift card section in the back of the store.**

"After the accident, everyone was completely and totally shocked. I was crying and shaking, another lady who was in the same aisle was crying and shaking," Peikari said. "The employees, two teen girls, were completely shocked, but going around asking everyone if they were ok. Everyone else seemed totally stunned to me." Firefighters at the scene reported no serious injuries; however the building sustained some structural damage, according to reports.

"It was a miracle everyone was ok. Thank God everyone survived," Peikari said.



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# WELLBEING

## Natural Treatments for Anxiety

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen 35-year-old Andrea Evenson decided to try meditation, exercise and yoga to deal with her anxiety, she had already been on a myriad of anti-anxiety medications. The Alexandria resident had seen several psychiatrists, who'd prescribed a variety of anti-depressants and anti-anxiety medications with side effects that ran the gamut from weight gain to lethargy, but never quite controlled her symptoms, which included irritability and mood swings.

"Some of the medication helped with some of the symptoms, but I was never able to find the right combination to help me feel like my old self again," said Evenson. "I tried a combination of meditation and exercise along with medication, and that is when I began to see a difference."

Mental health professionals say anxiety is a normal human emotion everyone experiences at one time or another. Common anxiety often manifests itself in the form of a nervous feeling that many experience when faced with common life difficulties. However, anxiety disorders such as Evenson's can interfere with a person's ability to lead a normal life; they can be crippling,

serious mental illnesses.

"Anxiety is a feeling similar to worry or nervousness," said clinical psychologist Stacie Isenberg, Ph.D. "To a lesser degree it is adaptive and serves the purpose of keeping us alert and aware so that we perform at our best. For example, having some anxiety about a test can motivate one to pay close attention to the question. To a greater degree, it causes intense discomfort and can be overpowering for example freezing on the test and not completing it, or avoiding the test altogether."

"Complementary treatments such as meditation, mindfulness, yoga, massage and exercise can also be effective in managing anxiety," Pamela Schultz, an Arlington-based psychotherapist.

"That doesn't mean that these treatments should be used instead of traditional medicine, especially for a person with anxiety that has reached the level of mental illness and affects their ability to function."

**"I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual's needs."**

— Bud Earley, Annandale

**ONE OF THE MOST COMMON** complementary treatments for anxiety is yoga. "Just one yoga class has proven to lower ... stress levels," said Luann Fulbright, director, certified yoga instructor and therapist at Dream Yoga Studio and Wellness Center in McLean.

"I also have worked privately with many students on anxiety and panic disorders [called] therapeutic yoga with success. This is a dominant reason folks come to yoga."

"I've had clients who've used Reiki, a treatment where a practitioner lays his or her hands on or just above a person, and reported experiencing a sense of calm," said Schultz. "I've also had clients report that yoga nidra, a sleep-like state where a client experiences extreme relaxation, is helpful."

Exercise, both strength training and aerobic, helps manage anxiety, said Christian Elliot, founder and CEO of True

**Experts say complementary medical treatments can help relieve anxiety and other mental disorders.**

Health and Wholeness in Arlington. "A lot of it has to do with the chemicals that exercise releases in your brain. They help with mood and digestion" he said. "[Exercise] has benefits across the hormone spectrum. There are not many hormones that it doesn't benefit positively. Exercise is your body's way of saying 'This person is serious. I'm going to have to shut down the system and clean it up.'"

Elliot adds that exercise not only improves sleep, it enables deeper sleep. "Some of my clients will come in feeling grumpy and come out feeling a lot more positive." Elliot recommends exercising at least three to four times each week.

Bodywork and therapeutic massage therapist Bud Earley, said, "I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual's needs. I will also employ ... breathing techniques to help relax the client and to support the changes from the bodywork."

Earley says that when a person experiences anxiety of any degree, "their functional field becomes more limited, and thus,

SEE REMEDIES, PAGE 9

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PHOTO COURTESY OF MIND THE MAT YOGA AND PILATES

**Laura Schwartz, a yoga instructor at Mind the Mat Yoga and Pilates in child's pose. Complementary treatments such as yoga and meditation can help alleviate anxiety.**

## Natural Remedies

FROM PAGE 8

more narrow and rigid," he said. "The 'fight or flight' response kicks in in response to threats, real or imagined. The response can become chronic, where the sympathetic nervous system is continually discharging hormones to keep the individual prepared to respond to perceived threats."

Early says he has seen complementary medical treatments help clients first hand. "I had a client who was an expert in a particular type of kung-fu," he said. "However, a high level of stress and anxiety prevented him from functioning at the level he desired."

"I did intensive work with the client, in conjunction with a therapist experienced in neurofeedback, which teaches self-regulation of brain function," he said. "Over a matter of several months, it was a pleasure to see his countenance change dramatically and to see him functionally and obviously so much more relaxed and at ease within himself and with his surroundings."

Sara VanderGoot, co-owner of Mind the Mat Pilates and Yoga in Alexandria and Arlington, teaches clients to use meditation and mindfulness, a practice of keeping one's thoughts in the present moment. "Our team has worked with clients with [post-traumatic stress disorder], as well as terminally ill clients," said VanderGoot. "In both cases, the practice of yoga, deep breathing and meditation have reduced the stress response significantly, and, in many cases, have been the only practices that these clients could

turn to for relief."

**NATURAL ANXIETY** treatments can be created on an individual basis. "For some students, having a very vigorous practice, perhaps in a heated room, and then a time to meditate in savasana, [also known as] corpse pose, reduces anxiety," said VanderGoot, certified message therapist and registered yoga teacher "For others, deep breathing and the quiet repetition of an affirmation, such as 'I am relaxed,' does the trick. Either way, these practices must be done consistently over time. Scientific studies have shown that steady practice of deep breathing and meditation can significantly reduce levels of anxiety as well as aid in the healing of depression."

"Yoga, breath practices and meditation curb the flight or fight response of an activated sympathetic nervous system and aid the practitioner to shift into a state of awareness, where he/she can observe what is happening in his or her body without judgment or a need to change it," said VanderGoot. "From awareness, a natural sense of well-being often arises and the need to fight or flee disappears. Then the practitioner is able to enjoy full presence in the moment regardless of what sensations arise in the body."

While Schultz said complementary practices can be effective, she offers a caveat. "The key is complement," she said. "I would recommend these modalities be used while also working with a licensed mental health professional."

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**BOXWOOD HILL FARM** - Exquisite family compound has it all: lovely 1812 farmhouse, HW flrs, pool/pool house, live fireplaces, 9+ ceilings, high-speed Internet, unique barn, mtn views, idyllic setting, pond, tennis, skeet. Fenced w/creek. Walter Woodson 703-499-4961 Alex Woodson 703-608-1776

**LO8175796** **\$1,765,000**

**ROBIN CIRCLE, LEESBURG** - Stone, brick and cedar estate on 3.54 acres. Heated indoor pool, a sports pub, racquetball court w/ hoop, audio/video system, roof top pavilion. 2, 2-Car garages & caretaker apartment. Peter Pejacevich 540.770.3835 Scott Buzzelli 540.454.1399

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**PURCELLVILLE** - Antique brick & stone home on 6.5 beautiful acres w/ mtn views. 7 fireplaces & solid cherry floors, 5 bdrms, 3 1/2 baths. Carriage house wing has two bedrooms/ large living area/kitchen area. Peter Pejacevich 540.270.3835

**FQ8451022** **\$895,000**

**LAUREL HILL** - Charming Log Home on 20+ acres at the base of Little Cobbler Mt. Original log house c.1840. Property also has a 4 stall barn, fenced for horses, pool, sauna and wine cellar, mature landscaping and gardens. Jane Hensley 571-550-2728

**FQ8110815** **\$795,000**

**UPPERVILLE** - Property is not only a great residence, but also qualifies for numerous uses, including ag-related & home-based businesses. Property has high visibility on historic John Mosby Hwy. Home is very charming, with 3-4 bedrooms, 2.5 baths. 7.5 a/c's next to Blackthorn Inn. Patricia Burns 540-454-6723

**FQ8482311** **\$675,000**

**MARSHALL, VA** - private & convenient turn key 3 br 2 ba just off of Atoka Rd between Upperville & Middleburg! Great kitchen w/ upgraded appliances, HW floors, a new deck & patio as well as a separate 2 car garage w/ loft space! Ted Zimmerman 540-905-5874

**LO8245968** **\$990,000**

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# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

## THROUGH SATURDAY/NOV. 15

**East & West.** Tuesday-Saturday, 10 a.m. – 4 p.m. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave. W, Vienna. Artist Libby Eckert exhibits her oil paintings inspired by her travels across America. Call 703-319-3220 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more information.

## WEDNESDAY/NOV. 5

**Cre8tive Movies Part 2.** 10 a.m. – Noon. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. The Cre8tive series of workshops will introduce attendees to different forms of art using Windows 8.1. Edit, add effects and sound to your own movies. Free. Call the Shepherd's Center of Oakton Vienna (SCOV) office to register for classes or for additional information, 703-281-0538.

**GFL Pokemon League.** 4:30- 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. Ages 5 to 15.

## THURSDAY - FRIDAY/NOV. 6 - 7

**Justin Hayward.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Featuring the guitarist of The Moody Blues. Tickets: \$75. For more information call 877-WOLFTRAP.

## THURSDAY/NOV. 6

**Artists Meet for Coffee.** 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists meet for coffee. All are welcome to drop in.

## FRIDAY/NOV. 7

**Field Trips Medieval Times.** 3:30-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Trip departs from and returns to teen center. \$50/40 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Bonhoeffer Documentary Screening.** 7:15 p.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. One of the foremost Christian theologians of the 20th century, Dietrich Bonhoeffer was a leader in the Confessing Church and a vocal opponent of Hitler. He was imprisoned by the Gestapo in 1943 and executed in a concentration camp in 1945—just a few days before it was liberated by the Allies. Come learn more about his life and legacy. Light refreshments will be served. Q&A with filmmaker Martin Doblmeier to follow.

## SATURDAY/NOV. 8 - SUNDAY/NOV. 9

**McLean Antiques Show & Sale.** Saturday 10 a.m. - 6 p.m., Sunday 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Ave. \$10 good for both days. [www.mcleancenter.org](http://www.mcleancenter.org).

## SATURDAY/NOV. 8

**Annual Fall Bazaar.** 10 a.m. – 4 p.m. Vienna Fire Department, 400 Center Street, South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their bazaar sale that includes crafts, holiday decorations and more. For information, or to reserve a space, please call Carol at 703-309-3468 or email [Dancers1023@aol.com](mailto:Dancers1023@aol.com).

**Great Falls Farmers Market.** 9 a.m. – 1 p.m. Village Centre, 778 Walker

Road, Great Falls. Bring recyclable bags. For more information visit [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).

## SUNDAY/NOV. 9

**Trio Galilei Benefit Concert.** 4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. To support Trio Galilei's ongoing work with wounded warriors and their families. The concert is free and open to the community. Contributions are encouraged but not required.

**Capitol Steps Performance at Langley.** 7 p.m. Langley High School, 6520 Georgetown Pike, McLean. The nationally acclaimed Capitol Steps comedy troupe will be performing. Tickets: \$30.

## SUNDAY/NOV. 9 - SUNDAY/NOV. 30

**Rumors of Another World.** Opening, Nov. 9, 2-4 p.m. JoAnne Rose Gallery, Lake Anne Plaza, 11404 Washington Plaza W, Reston. An exhibit of poured, not painted, works by Cape Breton Island artist Celeste Friesen. Free. 703-476-4500.

## MONDAY/NOV. 10

**GFL Read to the Dog.** 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend. Call branch at 703-757-8560 to sign up.

## TUESDAY/NOV. 11

**CR Dance Lessons.** 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. \$12 per person includes lesson and snacks. Contact Ed Cottrell at 703-435-5620 or [EdCottrell@MACP.org](mailto:EdCottrell@MACP.org)

for more information.

## WEDNESDAY/NOV. 12

**The History of the Mark Turner Family.** 7-9 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Mark Turner III presents a photographic history of his family across three generations from his perspective, presenting his family photo collection, then turns to historic sources to trace the family's ancestry.

**GFL Pokemon League.** 4:30- 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. School age 5 to 15.

## FRIDAY/NOV. 14 - SUNDAY/JAN. 4

**Meadowlark's Winter Walk of Lights.** 5:30 p.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. A winter wonderland, including a flowing stream of softly glowing lights, a two story animated fountain and a Gingerbread Village. Admission: \$13 adults, \$8 children ages 3-12; children under 3 are free.

## FRIDAY/NOV. 14

**Field Trip: Double Feature at AMC Tysons.** 3:30-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Trip departs from and returns to teen center. \$30/20 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Christopher K. Morgan & Artists: "Inconstancy."** 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden, Professional Artists Series. \$30/\$20 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Gasland Part II Screening.** 7:30 p.m. Unity Church of Fairfax, 854 Hunter Mill Road, Oakton. Free screening of the film Gasland Part II, an explosive follow-up to the Oscar-nominated film Gasland. Filmmaker Josh Fox uses dark humor to take a deeper, broader look at the danger of hydraulic fracturing, or fracking. Discussion following the film led by Dusty Horwitt, senior counsel, Environmental Working Group. For more information visit [www.faithforclimate.org](http://www.faithforclimate.org).

## SATURDAY/NOV. 15

**Model Railroad Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trains. Free admission.

**ThanksGIVING Toy Sale.** 9:30 a.m. - 12:30 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Items include: dolls, cars, trucks, legos, trains, games, puzzles, books, videos, bikes, sports equipment, strollers, holiday dresses, costumes and much, much more. Proceeds of the sale will go to sponsored charities and educational scholarships. In conjunction, we will also be collecting gently used coats to be donated to the broader D.C. community.

**The Mystery of Oolong Teas.** 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Taste a variety of "wulong" teas as you learn how they are created and what makes each style special, while enjoying some tea infused treats. Advance reservations and payment (\$30 per person) required through the Mill at 703-759-2771.



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Brightly colored flowers adorn Barbara Hueske's yard.



Maria and Mark Woodward's well-manicured yard.



Nancy Christmus' backyard garden.

PHOTOS COURTESY OF STEPHANIE BAYNES

## Beauty, Sustainability Awards Presented to Homeowners

The Town of Vienna recently honored three local homes with Community Enhancement Commission Beauty and Sustainability Awards. They acknowledge the hard work Vienna residents put into beautifying their yards and gardens, while encouraging others to adopt greener and sustainable lifestyles.

Commission member Tara Ruszkowski and Town Mayor Laurie DiRocco presented the homeowners with their awards during the Oct. 20 Town Council meeting.

Barbara Hueske's house at 108 Elmar Drive S.E. was recognized for its "exceptional landscaping." Mark and Maria Woodward's home at 909 Lullaby Lane S.E. was honored for its "exceptionally sustainable garden," and Nancy Christmus's house at 1303 Cottage St. S.W. was recognized for its "beautiful backyard."

— BONNIE HOBBS



PHOTO BY BONNIE HOBBS/THE CONNECTION

(From left) are Laurie DiRocco, Maria and Mark Woodward, Ginger Styles, Barbara Hueske, Nancy Christmus and Tara Ruszkowski.

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# Oakton Girls' XC Wins Conference 5 Championship

A scheduling mishap led to members of the Oakton girls' cross country team having additional time away from competition.

The Cougars did not appear rusty on Oct. 30.

The defending state champion Oakton girls' cross country team repeated as Conference 5 champions, winning the conference meet with a score of 30 at Burke Lake Park.

Each of the Cougars' five point-scoring harriers placed in the top 10, and Oakton's seven best each placed in the top 15. Robinson finished runner up with a total of 49, followed by Westfield (83) and Chantilly (116).

"We have some kinks to get out because we haven't raced in a while, but overall they were good performances, for sure," Oakton head coach Alisa Byers said. "They all ran beyond what I thought they were ready to run, so that's always a good sign."

Byers had planned on the Cougars competing at the Glory Days Invitational on Oct. 11, but thought the meet was full, so she cancelled the trip to Bull Run Regional Park. It turns out Oakton was already signed up, Byers said, and the error led to additional time away from competition.

It didn't matter on Oct. 30, as Oakton jammed seven runners into the top 15.

Allie Klimkiewicz led the way with a third-place finish, recording a time of 17:46. Casey Kendall placed fourth (17:48), Leya Salis finished fifth (17:54), Kira Buttrey was eighth (18:24), Jill Bracaglia finished 10th (18:28), Kara Kendall took 13th (19:03) and Thi Nguyen placed 14th (19:04).

Robinson's Lauren Berman won the individual competition with a time of 17:39.



The Oakton girls' cross country team won the Conference 5 championship on Oct. 30.

"We want to make it back to states, obviously, and do the best we can," said Byers when asked about the team's goals. "Training-wise, we're a little bit behind where we were last year."

The Oakton boys' team finished runner-up, earning a regional berth. Chantilly won

the event with a score of 47, followed by Oakton (52), Robinson (62) and Centreville (86).

Simon Iyob led the way for Oakton, placing third with a time of 15:24. Chris Holland placed eighth (15:42), Isaac Mills finished ninth (15:43), AJ Woodhouse finished

14th (15:59) and Phillip Hrinko was 18th (16:13).

The 6A North region championship meet is scheduled for Wednesday, Nov. 5 at Burke Lake Park.

— JON ROETMAN

## Madison Girls' XC Dominates Conference 6

The Madison girls' cross country team produced the top four individual finishers during the Conference 6 championship meet on Oct. 29 at Burke Lake Park and cruised to the team title.

Each of the Warhawks' point-scoring runners placed in the top 15, and the team's seven best finished in the top 16. Madison won the event with a score of 24, followed by Washington-Lee (54), McLean (99) and South Lakes (106).

Amanda Swaak led the way for Madison, winning the individual conference title with a time of 17:39. Devon Williams finished runner-up with a time of 17:54, followed by teammates Morgan Wittrock (18:05) and Laura Sullivan (18:24).

"They ran well," Madison head coach Craig Chasse wrote in an email. "They were seeded to go 1-4 and had to do well to make it come true. It did tie our all-time low score for winning the conference/district."

Jeana Bogdon placed 14th for Madison

with a time of 19:04. Amelia Wilson was 15th (19:04) and Marissa Marsh finished 16th (19:19).

"Jeana Bogdon and 'Campbell' Amelia Wilson had a great race," Chasse wrote, "and finished well to get the last two medal spots and finish 5/6 for us."

The Madison boys' team qualified for regionals with a runner-up finish. Washington-Lee won the title with a score of 38, followed by Madison (61), South Lakes (88) and Fairfax (108).

Eli Galiano led the way for the Warhawks, placing fifth with a time of 16:09. Sean Grimm placed eighth with a time of 16:17, Jackson Schueler finished 10th (16:26), Ross Kolko was 18th (16:43) and Patrick Murphy came in 20th (16:51).

"Jackson Schueler (10th overall) had a minute personal record," Chasse wrote, "and Patrick Murphy had a 56-second personal record to finish as our fifth runner."

The 6A North region meet is scheduled for Wednesday, Nov. 5 at Burke Lake Park.

### SPORTS ROUNDUPS

#### Madison Football Drops Heartbreaker

The Madison football team lost to Langley, 21-20, after the Saxons scored a touchdown and added a two-point conversion in the final minute on Oct. 31.

Langley drove 80 yards in less than 2 minutes and pulled to within one when quarterback Jack Anderson hit Daniel Salamone for an 11-yard touchdown with 17 seconds remaining. Running back Tyler West carried in the two-point conversion for a 21-20 Saxons lead.

Madison got the ball down to the Langley 32 in the final seconds, but missed a 49-yard field goal attempt.

Madison quarterback Jason Gastrock threw a pair of touchdown passes, including a 59-yarder to Nate Williams on the game's first play from scrimmage. His 9-yard scoring toss to Matt Bacigalupo gave the Warhawks a 20-13 lead with 1:55 remaining. Wiley Counts' 16-yard touchdown run gave Madison a 13-0 lead in the first quarter.

The Warhawks (4-5) will conclude the

regular season with a road game against Marshall at 7:30 p.m. on Friday, Nov. 7.

#### Oakton Football Blanked by Westfield

The Oakton football team lost to Westfield 38-0 on Oct. 31, dropping the Cougars' record to 4-5.

Oakton will close the regular season with a home game against Robinson at 7:30 p.m. on Friday, Nov. 7.

#### South Lakes Boys', Girls' XC Teams Qualify for Regionals

The South Lakes boys' and girls' cross country teams earned regional berths with top-four finishes during the Conference 6 meet on Oct. 29.



## SPORTS



PHOTO CONTRIBUTED

The Vienna Broncos finished the 2014 season with a 7-0 record.

## Vienna Broncos Finish Regular Season at 7-0

Scoring a league-high 247 points and holding opponents to a league-low 42 points, the Vienna 100-pound American Broncos finished a perfect regular season. Quarterback Colin O'Connor was 18 for 32 for 332 yards over the course of the season. The Broncos rushed for 1,137 total yards, with Jared Cole (592 yards), Michael Indelicato (274 yards), and David Wallis (179 yards) accounting for the majority. Offensive linemen Jack Taylor, Michael McMahon, Tanner Hughes, Jack Gurley and Marvin Coon owned the line of scrimmage

enabling a highly potent offensive attack. Linebacker/Kicker Justin Duenkel was the second-leading scorer adding 66 points from 2-point conversions and field goals. The Broncos defense posted three shutouts and did not allow an extra point during the course of the season. Impressive end-of-season wins against playoff-bound teams from Lee Franconia (42-12) and Gainesville (40-6) were a testament to a hard-hitting defensive unit. Joey Murray and Hughes led the team in tackles, with Jared Cole, Jacobs Oliver, David Hibbs and Duenkel close behind.

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# Dos, Don'ts and What-Ifs

By KENNETH B. LOURIE



Instinctively, I am not the most open-to-new-ideas/new-things kind of person. However, an unexpected diagnosis of stage IV, non small-cell lung cancer (NSCLC) at age 54 and a half – along with its equally unexpected “13-month to two-year prognosis,” changes a few things. And thanks to a great friend, Rebecca Nenner, whom I have written about previously, I have/have had to become more open, and consequently, have assimilated into my life many non-Western, non-traditional alternatives (pills, supplements, super foods, activities/behaviors, etc.) with which I was totally unfamiliar (I’m a sports and chocolate kind of person), in an attempt to outlive my prognosis. And nearly six years later, I am here to say: been there, still doing that; by following many of Rebecca’s suggestions. Moreover, as a passionate health and fitness advocate, and now “Certified Holistic Health Coach,” Rebecca has guided me through the maze which characterizes life living with cancer. Presumably, given the fact that I’m still in the game, it’s likely her recommendations have contributed to my overall good health and unexpected life expectancy.

Nevertheless, stories abound electronically and in literature, of cancer patients who have eradicated their tumors in unconventional ways; ways that I’m not at present pursuing. Rebecca, for one, has regularly provided me with an evolving array of information/success stories for my consideration. In spite of it all, I don’t, generally speaking, feel compelled to add as many new things as I once did; finally, the point of this column: I want to feel good about what I’m already doing, rather than feel bad about what I’m not doing. Heck, I should be one of those success stories with patients wanting to know what I’ve accomplished.

Even though being alive 68 months post-diagnosis is a “miracle,” according to my oncologist, I really shouldn’t/can’t rest on my still-alive laurels and close back up again. I’d like to think I’ve learned something from my survival. Yet I don’t want to feel as if I have to add something new because something old might not be working anymore. Part of my hesitation is, “if it ain’t broke,” why should I fix it? Maybe my thinking should be: just because it was broke, don’t mean it can’t be fixed. If I don’t add/dare I say, upgrade – or worse, subtract and start following my not-very-open instincts – I may be closing the only opening I have left. Or, and here’s where the problem/decision on how best to proceed gets muddled (at least in my head), might I be affecting my status as quo, which given the February, 2009 prognosis, is pretty amazing? My worry is: if I added some new things, would I be threatening my present or securing my future? Unfortunately, there’s no way to know. Whatever I do/don’t do however, my goal is to feel good about what I’m doing/not doing, not bad about it. And as I’m sure you all can imagine, as a characterized-as-terminal cancer patient, there’s already plenty to feel bad about. The trick is...heck, there is no trick. It’s just mind over matter, and try not make matters worse while somehow not being afraid to make matters better.

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

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## OBITUARY

**Eleanor Kress Werthmann, 74, of McLean, VA, died peacefully on October 21, 2014 while vacationing in North Myrtle Beach, SC. She was born in Newark, NJ, was a graduate of St. Michael's School of Nursing and worked at St. Michael's Hospital where she met Dr. Milton Werthmann whom she married on June 1, 1963. They made their home McLean, VA in 1972. Eleanor was an avid sports fan and the first female president of McLean Little League Baseball. She was actively involved in St. Charles Borromeo Catholic Church in Arlington where she served on several ministries. She was preceded in death by her daughter, Tiffany, and is survived by her husband, Milton, her sons, Owen and Kevin, her daughter, Danielle, two daughters-in-law, and eight grandchildren whom she adored. A memorial mass to celebrate her life will be held on November 22, 2014 at 11 am in St. Charles Borromeo Catholic Church in Arlington, VA. In lieu of flowers, the family requests that donations be made to The St. Jude Children's Research Hospital.**

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## OBITUARY

**FRANKLIN, Patricia Ann TUTHILL (PAT),**  
On November 3, 2014, formerly of Falls Church and Vienna, Virginia, most recently residing in Warrenton, Virginia. Beloved daughter of the late Floyd G. Tuthill (Tut) and Gertrude Tuthill of Falls Church, Virginia. Beloved wife of the late John Gilbert Franklin, Loving Mother of Penny Franklin of Falls Church, Virginia, Trudy Franklin of Warrenton, Virginia, Debby Fischer and Husband Doug Fischer of Centerville, Virginia, John (Jay) Franklin of Annandale, Virginia. Also survived by brother Robert F. Tuthill, Sr. and wife Marge Tuthill of Woodstock Virginia, 5 Grandchildren and 2 Great Grandchildren, and many Nieces, Nephews, Aunts and Cousins.

Family and Friends may call at Money and King Funeral Home, 171 Maple Ave. W., Vienna, VA 22180. 703-938-7440

Visitation November 7, 2-4 pm and 6-8 pm, Funeral on November 8 at 10:00 a.m.

Interment at Oakwood Cemetery in Falls Church, Virginia.

In lieu of flowers, contributions may be made to The American Heart Association, or the American Cancer Society.

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

### THURSDAY/NOV. 6

**GF Rotary Club.** 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Great Falls Rotary Club Weekly Speaker Series. Download a membership form on their website. Open to anyone who has a personal connection to Great Falls and is interested in furthering Rotary's mission of Service Above Self.

### FRIDAY/NOV. 7

**"Forecasting Weather and Life in Times of Turbulence."** 12-1:15 p.m. Maggiano's Little Italy, Tysons II Galleria Mall, 2001 International Drive, McLean. Enjoy lunch while hearing a business leader discuss integrating faith and spiritual values with work and life. Register by Nov. 5 to [phil.kratovil@viennapress.org](mailto:phil.kratovil@viennapress.org).

### SATURDAY/NOV. 8

**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 2. \$7/\$5 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

### MONDAY/NOV. 10

**Alzheimer's Association "Know the 10 Signs: Early Detection Matters."** 10 - 11 a.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. This free workshop is for anyone who would like to know more about Alzheimer's disease and related dementia. The warning signs of Alzheimer's often are dismissed as side effects of normal aging. Early detection provides a chance to begin drug therapy, enroll in clinical studies and plan for the future. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

### TUESDAY/NOV. 11

**NARFE(National Association of Active and Retired Federal Employees)Vienna-Oakton Chapter 1116 Meeting.** 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The guest speaker will be Tammy Flanigan, Senior Benefits Director, National Institute of Transition Planning, Inc., discussing Medicare Issues. The meeting is free and is open to all members and their guests. For further information please call 703-938-9757.

### SATURDAY/NOV. 15

**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Medication Safety. \$7/\$5 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**NAACP Branch Election.** 10 a.m.-12 p.m. 9002 Burke Lake Road, Burke (behind Kings Park Library). Election of branch officers and at-large members of the Executive Committee. To vote, you must be a member in good standing and your branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.

### MONDAY/NOV. 17

**Vienna/Oakton Vision Impaired Resource Group Meeting.** 10:15 a.m. - Noon. Patrick Henry Library, 101 Maple Avenue East, Vienna. Ms. Doherty will cover issues related to Metro Access, as well as Free Travel Training and the Reduced Fare Program. If you live in the vicinity and need a ride, please call: The Shepherd Center at 703-281-0538 (3 days advance notice required) or Steve Sedgwick 703-255-0515.

### FRIDAY/NOV. 21

**McLean Art Society Meeting.** 10 a.m. - Noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Jamaliah Morais, a teacher and oriental brush painter who is a resident artist at the Torpedo Factory in Alexandria, will be the featured presenter. Morais is a member of the Sum-e Society of America which supports the ancient Chinese and Japanese technique. She has exhibited at the Audubon Society, the University Club and the Embassy of Malaysia as well as the World Bank.

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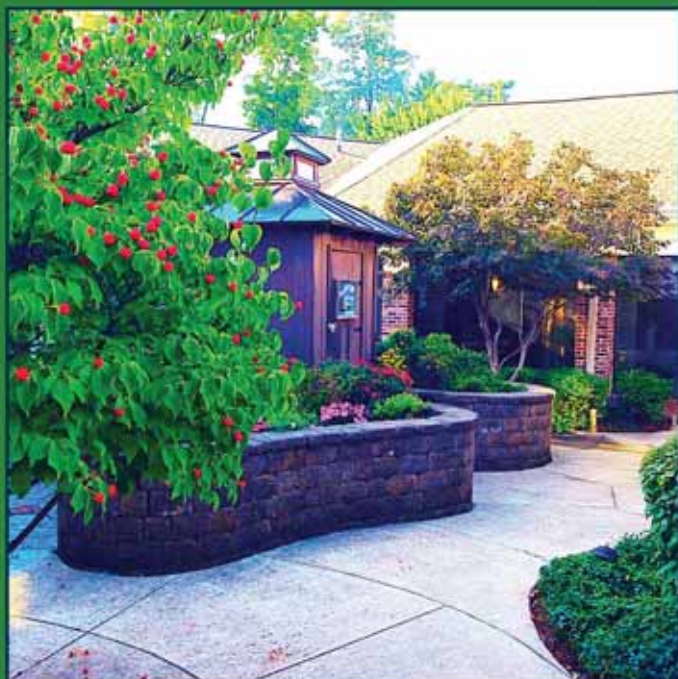
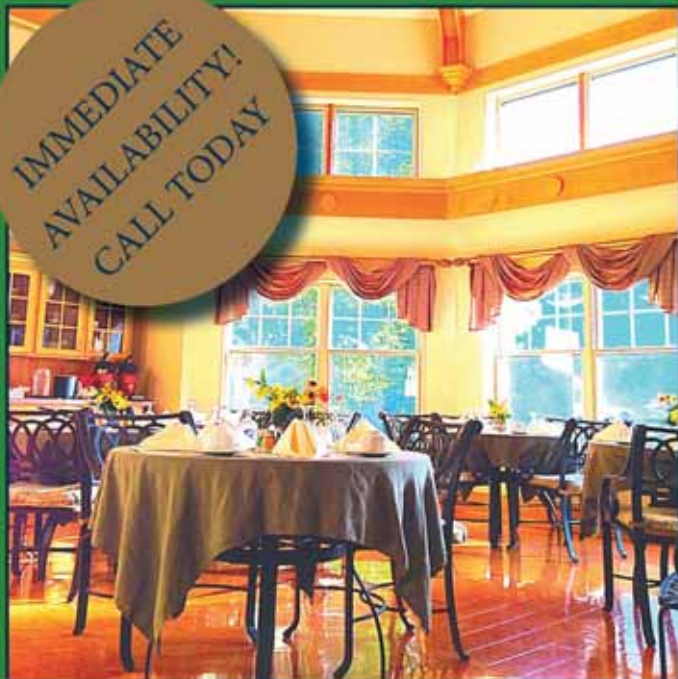
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