

The Vienna Town Council and the Vienna Business Association honored the winners of the Town's Halloween Parade at the Nov. 3 Council meeting. Redskins Marching Band won in Adult Bands category: (From left) are Peggy James, Vienna Business Assn.; Bill Harry, Washington Redskins; and Mayor Laurie DiRocco.

# Vienna Honors Parade Winners

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# ELECTION 2014

## Connolly Gets Things Done

**Democratic incumbent Connolly fends off Republican challenger Suzanne Scholte.**

BY TIM PETERSON  
THE CONNECTION

**A**s Huey Lewis and the News' "Power of Love" ballad led a soundtrack infused with '80s pop and modern country music, the mood at the DoubleTree Crystal City hotel in Arlington ebbed and flowed between elated cheers and frustrated boos.

Supporters, families and campaign staff of Democratic candidates Mark Warner, Gerry Connolly and Don Beyer packed the rectangular event hall on Nov. 4. Two massive projection screens on either side of the main stage depicted race results from around the country, gradually revealing the outcome that Republicans had gained control of the Senate.

**VICTORIES** in the flesh answered the blow to Democratic dominance. An impassioned U.S. Rep. Jim Moran started the evening introducing Don Beyer, who won the 8th District representative seat with 62.95 percent of the votes, according to the Virginia Public Access Project (vpap.org).

"Regardless of what may happen tonight, we don't know what the composition of the Senate is going to be," said Moran.

"But what we do know is that this great nation will become more inclusive," he continued. "We will become more just. We will become more environmentally sustainable. Because it is our optimism, the optimism of the Democratic party, our perseverance, that will continue to push this country forward."

While the onlookers and multimedia journalists from around Virginia hung on every tenth of a percentage point update in the Mark Warner-Ed Gillespie race, incumbent U.S. Rep. Gerry Connolly gave the blue population another reason to cheer.

"It is a great feeling," he said after accepting the podium from Gov. Terry McAuliffe, "to be able to say for the fourth time, I get to represent the wonderful people of the 11th district of Virginia."

Connolly won comfortably with 56.77 percent of the vote to Republican challenger Suzanne Scholte's 40.30 percent, according to VPAP.

In Fairfax County, the unofficial returns showed Connolly receiving 82,034 votes and Scholte with 60,133. Libertarian candidate Marc Harrold garnered 2,605 and Green candidate Joe Galdo received 1,405. Scholte planned to hold a party at the Embassy Suites Springfield. She didn't respond to a request to comment.



PHOTOS BY TIM PETERSON/THE CONNECTION

**Connolly defeated Republican Suzanne Scholte to secure a fourth term in the House of Representatives.**



PHOTO BY VERNON MILES/THE CONNECTION

**Despite the election still being too close to call, U.S. Sen. Mark Warner gave his supporters at the Doubletree Hotel in Crystal City a full smile and a victory speech on Tuesday night, Nov. 4.**



**Gerry Connolly's wife Cathy and daughter Caitlin Rose joined him on stage at the Mark Warner party held in the DoubleTree Crystal City Hotel in Arlington.**

**CONNOLLY ECHOED** Moran's acknowledgement of the Senate turnover, but alluded to hope for a Warner win.

"It may be a long night," he said, "but we're going to have another victory at this podium."

The re-elected congressman then addressed the need for more unity, across the board. "We're a divided country," said Connolly. "It's not just Congress that's divided; our communities are divided, our

states are divided, and that's because we share some values and we differ in a lot of others. The elections are always about contrasts and choices."

In an interview after his speech, Connolly said he believes he was running more against a "climate than an opponent," one which he said was full of contrasts.

"Do we believe it's a woman's right to make choices about her own body or not?" his speech continued. "Do we think we need

**"It is a great feeling to be able to say for the fourth time, I get to represent the wonderful people of the 11th district of Virginia."**

**— Gerry Connolly**

to revamp the immigration system in America and make it fair for everyone or not? Do we believe in global climate change or not? Because if the answer is yes to those and many other questions, then actually we have a responsibility to do something about it."

Del. Mark Sickles was among numerous elected officials and staffers in the crowd. "Gerry was real strong, and it's been a tougher year for Democrats," he said. "He's working hard for our region and I'm just thrilled for him really."

Connolly remarked after his speech, "Hubert Humphrey once said, 'Defeat, like victory, is a passing phenomenon in politics.' You have to have that perspective."

Warner and Gillespie were still less than one point apart by the end of the event, with Warner clinging to a paper-thin lead. He declared victory, though Gillespie didn't concede the race until Friday, Nov. 7.



# Stroke Comeback Center Celebrates 10th Anniversary

BY MARISSA BEALE  
THE CONNECTION

**F**or 10 years the Stroke Comeback Center (SCC) has helped people with aphasia and their families receive communication support when these families have lost their insurance benefits. And on Thursday, Oct. 30, the SCC held its 10<sup>th</sup> Anniversary celebrating “The Art of Communication.” The event attracted close to 200 guests, including stroke survivors, family members and professionals.

The SCC is one of only about 10 centers in the United States and Canada providing services to stroke survivors. It has assisted 450 families, and serves close to 100 individuals each week in 40 groups through four speech-language professionals and two fitness instructors.

The SCC began in 2000 when John Phillips, former chairman of the Board of the SCC, sat down with Darlene Williamson, founder of the SCC, and pitched the idea of creating an organization that would help families with individuals who have experienced a stroke. Williamson was Phillips’s primary speech therapist while he was overcoming his stroke, but Williamson also had family members that were affected by the disease, making her all too aware of the support that stroke survivors need.

“My husband was still in the hospital when his insurance ran out,” said Williamson. “I started the SCC 10 years ago



PHOTOS BY MARISSA BEALE/THE CONNECTION

**The Fairfax County Board of Supervisors congratulated the Center for 10 years of service for stroke and brain-injury survivors. At the front left: Supervisor Cathy Hudgins (D-Hunter Mill), Marcus Ades, Janice Rodriguez, Sharon Bulova, Chairman of Fairfax County Board, Darlene Williamson, Executive Director of SCC, Paul Berger, Stephanie Mensh, and Supervisor Linda Smyth (D-Providence)**

because I had worked in a hospital most of my career, and a day comes when you have to tell patients that your insurance has been cut off.” The SCC steps in when the insurance no longer covers the cost of treatment

for stroke survivors still in need of care. “Everybody who survives a stroke deserves a Stroke Comeback Center,” said Williamson. With that in mind, Williamson and Phillips both agreed that they would love to expand to other locations granted a lot of work goes into it.

“I’ve been to the Center at least two or three times in the last few years,” said Del. Mark Keam (D-35), who was at the event. Keam’s mother had a mild stroke in the 1970s. “A stroke can happen one night and your life can change instantly. The Center is a great resource, and the people who have lived it are such a great resource.”

“I had my stroke Jan. 11, 2011,” said Bonita Beaudoin, 63. “I came here, I listened for four weeks and then I talked. My speech is much better.” Beaudoin, like many other stroke survivors, maintains a spirit of



**From left: Lee Beaudoin and her older sister Bonita Beaudoin. Bonita suffered a stroke in 2011, but recovered and, with the assistance of the SCC, regained her speech.**

strength and a refusal to let the disease keep her down. “People do die, [but] there are also people who’ve gotten completely better,” said Beaudoin with assurance.

Those who suffer from aphasia have difficulty reading, writing, listening and speaking, resulting in isolation and loneliness. The SCC, as a community, changes that by providing laughter and hope. The evening of the 10<sup>th</sup> Anniversary Celebration Gala concluded with a video which those who had survived a stroke declared confidence in their ability to speak, read and write again. “You handle the stroke,” said Beaudoin. “You don’t let it get you down.”



**Darlene Williamson, current president of the National Aphasia Association, founder and executive director of the Stroke Comeback Center.**



**Paul Berger and Stephanie Mensh. They were presented with the Founder’s Advocate Award, and have been tireless advocates for stroke and aphasia and the Stroke Comeback Center.**



**John Phillip, founder of the Stroke Comeback Center, suffered a stroke at 57 and recognized that stroke survivors needed access to resources to improve their recovery. He collaborated with Darlene Williamson to come up with a way to meet this need.**



## NEWS

# Miniature Recreations of Americana Come to Vienna

## Mount Vernon Miniatures Club Exhibits at Freeman Store and Museum.

**A**t Freeman Store and Museum on Oct. 25 and 26, the Mount Vernon Miniatures Club presented its first exhibit at the Museum, featuring room boxes and doll houses. The exhibit took over Freeman House's parlor and dining room with 30 pieces from mini-miniature to larger-scale miniature vignette recreations. From a holiday dinner to a Parisian waiter, a 50s diner to a tree house, the exhibit brought to mind an earlier time of Americana.

"They're all beautiful," said Edythe Kelleher, browsing the exhibit on Saturday. "The level of detail is amazing, and, the amount of patience that must be required to put these together is astounding."

Historic Vienna, Inc. board member Mike Berger approached members of the Mount Vernon Miniature Club during a miniatures show at Tysons Corner this September. The club agreed to put on an exhibit for Historic Vienna, Inc. Administered by HVI, the Freeman Store and Museum hosts exhibits and oral presentations throughout the year. The store and museum, known throughout the community as "Freeman House," is owned by the Town of Vienna. "His-



PHOTO BY DONNA MANZ/THE CONNECTION

**A look-back at the American country store is a nod to nostalgia for Americana.**

tory of the Country Store" exhibit continues until the end of the year. HVI and the town partner to host the Church Street Holiday Stroll the first Monday after Thanksgiving every year.

Kelleher noted the intricacy of construction and said the diner scene was a "bit different" than most miniature representations. "I admire the efforts of these people who do this work," said Kelleher.

Freeman Store and Museum is located at 131 Church Street, NE, Vienna, and is open Wednesday through Sunday, noon to 4p.m., closed to the public in January and February.



— DONNA MANZ



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**Antique and Classic Cars: Third place, Glen Bates; second, National Capital Region Mustang Club; first, Northern Virginia Corvette Club. (At far right is Mayor Laurie DiRocco).**



PHOTOS BY BONNIE HOBBS/THE CONNECTION

**Youth Performing Groups: Third, Cuppett Performing Arts; second, Vienna Dance Academy (not pictured); first, Vienna Jammers.**

## Vienna Honors Parade Winners

*The Vienna Town Council and the Vienna Business Assn. honored the winners of the Town's Halloween Parade at the Nov. 3 Council meeting.*



**Adult Performing Groups: Third, Fairfax, Va., Harley Group; Second, Bikes@Vienna; First, Money & King Funeral Home.**



**Floats without Music: Third, Montessori School of Oakton; second, Ladies' Oriental Shrine; first, Coldwell Banker Realty.**



**Floats with Music: Third, Vienna Youth Girls Soccer; second, Northwest Federal Credit Union; first, Creative Works/Optimist Club/Velocity.**



**Best in Show in the Vienna Halloween Parade was the float by Creative Works/Optimist Club/Velocity. (From left) are Mayor Laurie DiRocco, Steve Ross, Michele Wright, Phil Charlwood and Peggy James of the Vienna Business Assn.**



## 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. 14.

### 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.

### Vienna Town Council Meeting

The next meeting of the Vienna Town Council is Monday, Nov. 17, at 8 p.m., in the Vienna Town Hall, 127 Center St. S.

### Beware of Yard, Repair Scams

A Vienna resident recently reported that her elderly aunt may have been defrauded out of several thousand dollars from multiple tree companies. Vienna police are investigating this case and are advising all residents to be wary of potential scams.

"When approached by workers who are soliciting repairs or landscape work at your residence, verify that the work is needed, request a written contract

and proof that the company possesses a valid Town of Vienna solicitors permit," say police. "In most cases, the unsolicited workers are not reputable and will attempt to scam residents using intimidation."

### 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).

### Police Volunteers Are Needed

The Town of Vienna Police Dept. is seeking people interested in giving back to the community by volunteering with the Vienna police. Opportunities include Auxiliary Police Officers interested in assisting with, but not limited to, General District Court, special-event assignments and traffic control.

Auxiliary Officers are required to attend the Auxiliary Police Officer Academy at the Fairfax County Criminal Justice Academy. Other opportunities include assistance with administrative functions such as data entry, case filing and document scanning. Interested Volunteers must pass an extensive background check and interview. For more information, contact MPO Gary R. Lose at [Gary.Lose@Viennava.gov](mailto:Gary.Lose@Viennava.gov).



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# OPINION

## Thanksgiving Help for Those in Need

### Roll up those sleeves and help.

**T**his week is the week to jump in to help the many organizations that will help needy families through the holidays. Here are a few ideas of how to help, but the opportunities are limitless.

More than 236,000 people living in the area do not have access to enough food to sustain an active, healthy life for all members of their households, according to Catholic Charities. That is to say, more than a quarter of a million people, including many children, go hungry on a regular basis.

Catholic Charities is launching a new food distribution project, the St. Lucy Project, designed to respond to food insecurity in the diocese. "The reality in Northern Virginia is that thousands of our neighbors suffer from gripping poverty and hunger," said Bishop Paul S. Loverde of the Catholic Diocese of Arlington. "Pope Francis has consistently called us to be a 'church of the poor

and for the poor.'" The project will provide food in Alexandria and other parts of Northern Virginia. See [www.cdda.net](http://www.cdda.net) for more.

Our Daily Bread will help 2,000 people for Thanksgiving and through the holidays. They need help. Sign up to deliver a meal, adopt a family or just donate. <https://www.odbfairfax.org/Thanksgiving>

United Community Ministries is seeking donations to its food pantry, donations to help prevent homelessness for 300 families on the brink, plus children's books and toys. <http://www.ucmagency.org/how-to-help.html>

Northern Virginia Family Services needs help with Operation Turkey, for 800 families. Food, money and volunteers needed. <http://www.nvfs.org/>

The Arlington Food Assistance Center is facing record demand, helping more than 8,000 people, and poised to go far above its annual budget. Find out more and donate <http://www.afac.org/>

Cornerstones' annual Thanksgiving Basket Food Drive will help nearly 1,000 families this season. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org).

SHARE of McLean seeks donations of grocery gift cards and more. Checks and gift cards can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. [www.SHAREofMcLean.org](http://www.SHAREofMcLean.org)

LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. On Nov. 15, LINK will distribute food, gently used winter coats/clothing and grocery gift cards to more than 800 families. 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org)

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). Information about supply donations and FACETS holiday gifts drive is available on the website at [www.facetscares.org](http://www.facetscares.org).

You can find a list of local Fairfax nonprofits here: <http://www.connectionnewspapers.com/news/2014/aug/27/newcomers-guide-area-nonprofits/>

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### EDITORIAL

## Resources and Support for the Caregiver

BY JOHN C. COOK  
SUPERVISOR (R-BRADDOCK DISTRICT)



**I**f you have ever been in the position of providing ongoing, long-term care for a loved one, you are very familiar with the sacrifices involved. You should also know that you are not alone. Whether it is a result of illness, disability, or injury, 39 percent of all adult Americans are caring for an older loved one - an increase from 30 percent in 2010.

Most older-adults would prefer to age in place. We know this to be true, and it makes sense. It's a more comfortable, familiar environment. However, it does come with its own stressors and challenges as 80 percent of the care for the elderly is provided by family, friends and

### COMMENTARY

neighbors. Every November we take time to recognize Caregiver Appreciation Month. It is a time to acknowledge and appreciate all those around us who go the extra mile to take care of others.

If you are a caregiver, know that Fairfax County has support services that can help as you continue on the caregiving journey. The Long Term Coordinating Care Council is a wonderful resource to start. You can visit the website at <http://www.fairfaxcounty.gov/hd/lccc/>. Another option, a phone line, 703-324-7948, is the Services for Older Adults. There you will reach social workers that can help you navigate

through the myriad of resources available. The Fairfax County 50+ initiative is also looking to help develop additional services and resources for caregivers. Please contact my office to learn more about the progress of these programs. You may also consider reaching out to ElderLink, a non-profit organization created by a partnership of the Fairfax Area Agency on Aging, the Inova Health System, and the Alzheimer's Association, that seeks to provide affordable care management services to older adults. They can be reached at 703-324-7948. Another helpful resource is the Caregiver Action Network website. It offers a variety of tips and tools - <http://www.caregiveraction.org/resources/toolbox/>.

I also hope that my show this

month on Fairfax County Channel 16, which features several personal caregivers, will help those who find themselves in the position of providing care. The show airs throughout the month and can be seen Sundays at 5 p.m., Wednesdays at 7 p.m. and Fridays at 5 p.m.

It is very important to remember that you must take care of yourself first in order to provide the best level of care to your patient or loved one. It is very easy to become consumed with trying to finish all tasks only to find that many more are waiting. Develop a support network. Find respite and relaxation for yourself. If you are not a caregiver today, you may become one. So reach out to help if you can. By working together, we can build communities ready to serve our neighbors.

### LETTERS TO THE EDITOR

## Kudos for Supervisors

To the Editor:

This week's story "Board Approves Bicycle Master Plan" (Oct. 29), discussed a major update to the county's transportation planning. Although the county did not list climate change as one of the major factors in its decision, this plan will help county travelers reduce their carbon footprint. That is an important benefit to everyone in the county, regardless of whether they commute by bicycle.

Climate change causes increased respiratory conditions, and these diseases are likely to get worse as the climate gets hotter. As a veteran of the health care industry, I care about these illnesses and the costs associated with them. Many legislative bodies are coming to the same conclusion. For example, the board's decision puts it in line with that of the U.S. Catholic bishops, who recently voted to support limits on carbon pollution such as those in the EPA's Clean Power Plan. Regardless of what faith we come from or how we get to work, these decisions put everyone at less

risk for health conditions associated with climate change. Kudos to the board for its wise decision.

**Eileen Erbengi**  
Falls Church

## Preserving the Planet

To the Editor:

Tuesday's win for the Republicans presents us with an opportunity for soul-searching. Many conservative Americans accept the science on climate change. However, many of the Republicans we

elected to represent us in Congress aren't in line with the most basic of conservative impulses: conserving the planet that we live on. In fact, many of the Republicans we elected have established sad track records of letting climate change continue unabated. As a mother and a person of faith, I hope that conservative leaders will take a page from the U.S. Catholic Bishops, who support limits on carbon pollution. It's time for our representatives to represent conservative values at their best.

**Irene Sayne**  
Falls Church

## Vienna & Oakton CONNECTION

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## NEWS



**When avoidance fails, consider thrusting an elbow to the larynx.**

# Vienna Teen Teaches Self-defense

**Charlotte Heffelmire teaches safety strategies and tactics in November.**

**C**harlotte Heffelmire is a Black Belt from Vienna, a McLean High School senior who is a classical musician and a philanthropist. She hopes to attend a military academy and study to become a doctor. This past summer, she completed a training program at the F.B.I. - "Future Agents in Training" - at F.B.I. facilities in D.C. and Quantico.

All that and she's just 17 years old.

On Sunday, Nov. 16, Heffelmire is conducting a free four-hour "safety" workshop for teens at the Vienna Community Center, 1 to 5 p.m. The workshop targets 13 to 19 year-old-girls.

"I know how to protect myself," said Heffelmire. "All women should take a self-defense class. But, then, I started to think that most teenagers don't listen to adults that much. I thought, 'why not have a class written from the perspective of a teenager and taught by a teenager rather than an adult?'"

Heffelmire's workshop plans began in earnest in April with talks with Vienna Parks and Recreation staff and with the Vienna Police Department who assessed Heffelmire's workshop curriculum and worked with her to develop effective strategies and tactics for self-defense.

At her teen safety workshop, Heffelmire will demonstrate avoidance strategies as well as escape tactics. She brings along her pink pepper-mace for show-and-tell and each participant receives a free spray can courtesy of Heffelmire's child-centered charity, Winds of Change.

The ABCs of safety include

avoidance, bearing, and caution and awareness of surroundings. If A, B and C do not work, there's "D" for defense, how to best-defend yourself, from neck strikes to eye or ear attacks.

"Radiate confidence," said Heffelmire. "Don't look vulnerable."

"If you are attacked, do not be embarrassed by it. It's not your fault. Tell everyone, your parents, hospital, police, school and counselors about it."

For a few years, Heffelmire has fundraised on behalf of Winds of Change, a nonprofit she founded that focuses on the welfare of North Korean children. Heffelmire has tied money to helium balloons near the DMZ in Korea. She has earned money for her charity by shoveling snow off driveways and has done a bit of modeling.

Heffelmire has incorporated some of her F.B.I. training tactics to her workshop, along with the techniques she has mastered from personal training and experience in the martial arts.

"Everyone needs self-defense tactics," said Heffelmire. This course, Heffelmire hopes, teaches a teenager how to deal with an attempted assault.

If you are a victim, it was your attacker's crime, not yours for being in the wrong place or time, said Heffelmire.

"Be very vocal about what happened to you. Be persistent. Get someone to listen to you so the attacker doesn't get away with it and do it again and again."

To learn more about registration for Heffelmire's teen-safety workshop, call 703-255-6360.

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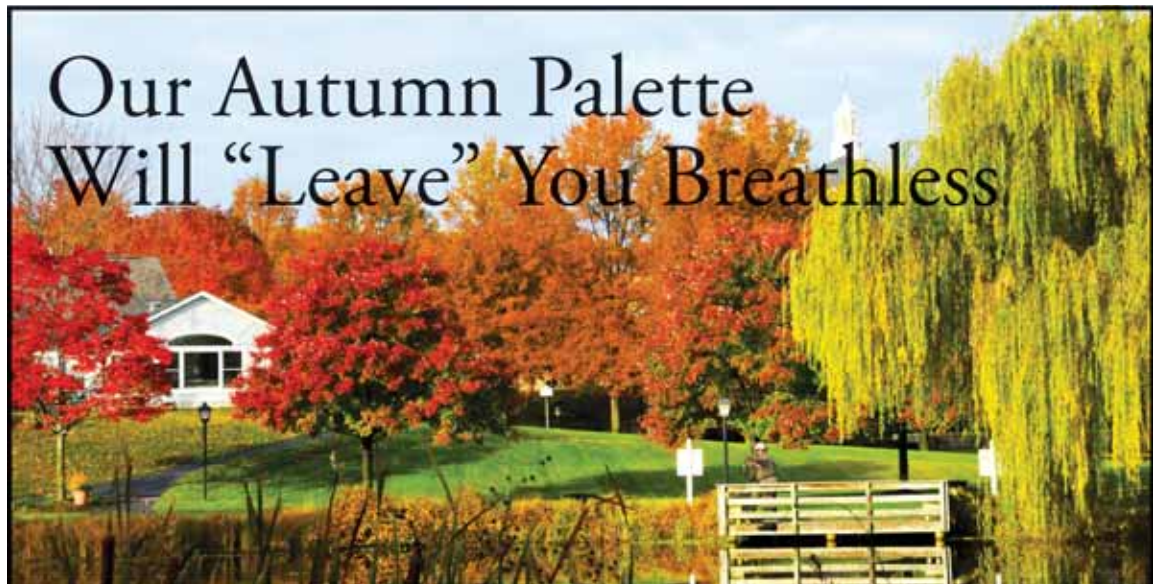
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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## September, 2014 Top Sales in Vienna and Oakton

IN SEPTEMBER 2014, 79 HOMES SOLD BETWEEN \$2,125,000 - \$268,000 IN THE VIENNA AND OAKTON AREA.

**1 2571 Yonder Hills Way, Oakton — \$2,125,000**

**2 400 Mashie Drive SE, Vienna — \$1,877,000**

**3 609 Park Street SE, Vienna — \$1,700,000**

**6 1900 Ballycor Drive, Vienna — \$1,357,000**

**5 104 Elm Street SW, Vienna — \$1,420,080**



	Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1	2571 YONDER HILLS WAY	5	..	5	..	2	OAKTON	\$2,125,000	Detached	1.77	22124	BRIDGES OF OAKTON	09/08/14
2	400 MASHIE DR SE	5	..	5	..	1	VIENNA	\$1,877,000	Detached	0.52	22180	WESTBRIAR CC MANOR	09/30/14
3	609 PARK ST SE	5	..	5	..	1	VIENNA	\$1,700,000	Detached	0.50	22180	KINGCREST	09/29/14
4	371 HOLMES DR NW	5	..	5	..	1	VIENNA	\$1,429,713	Detached	0.23	22180	VIENNA HILLS	09/23/14
5	104 ELM ST SW	6	..	6	..	1	VIENNA	\$1,420,080	Detached	0.24	22180	WEST VIENNA WOODS	09/24/14
6	1900 BALLYCOR DR	6	..	4	..	0	VIENNA	\$1,357,000	Detached	0.90	22182	SADDLEBROOK FARMS	09/24/14
7	1410 WYNHURST LN	5	..	5	..	1	VIENNA	\$1,325,000	Detached	1.76	22182	BROWNS MILL FOREST	09/30/14
8	10600 HANNAH FARM RD	5	..	4	..	1	OAKTON	\$1,315,000	Detached	0.88	22124	HANNAH HILLS	09/29/14
9	10306 FOREST MAPLE RD	5	..	4	..	1	VIENNA	\$1,300,000	Detached	1.74	22182	VICTORIA FARMS	09/24/14
10	2186 AMBER MEADOWS DR	6	..	5	..	1	VIENNA	\$1,275,000	Detached	0.20	22182	VIENNA ESTATES	09/19/14

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## McLean Location for 2015 DC Design House

### House will benefit Children's National Health System.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**he new country estate at 956 Mackall Farm Lane in McLean will be the location for the 8th annual DC Design House, a project that raises money to benefit Children's National Health System. The 2015 DC Design House will be held from April 11 to May 10.

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House," said Skip Singleton, co-founder of the DC Design House. "The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

Built by Artisan Builders and designed by Harrison Design, the 8,869-square-foot home replicates an old American farmhouse. The home is reminiscent of a Virginia countryside home, but offers modern



PHOTO COURTESY OF THE 2015 DC DESIGN HOUSE

amenities. The interior floor plan is an L shape, which was popular among early farmers because of the ease and efficiency of adding future rooms.

"My partners and I are truly thrilled that Artisan Builders' new old farmhouse in McLean, Va., has been selected as the 2015 DC Design House," said Stephen Yeonas of Artisan Builders. "Our entire team is committed to making the event the best ever, while helping a great cause, Children's National Health System."

**THIS MODERN FARMHOUSE** offers light-filled interior rooms that blend old

elements, such as reclaimed wood and antiques, with new features, including top-of-the-line kitchen appliances.

A gallery finished with stone from an old Virginia farmhouse and a library paneled in quarter-sawn oak are among the vintage touches. The exterior features covered porches, antique style lighting, and natural stone in a random, hand-cut pattern. Landscape design is by Fine Landscapes and sales by Yeonas & Shafran Real Estate.

Some of the area's top designers previewed more than 20 rooms in the three-level home, which includes first floor formal and family foyers, dining and living

rooms, library, kitchen, breakfast room, family room, mudroom and front and rear covered porches. Among the rooms on the upper level are a master suite with reading nook and three secondary suites, while the lower level offers a bistro and bar, media and game rooms, and an additional bedroom and bath.

"We'll be announcing designers by the end of November," said Susan Hayes Long, chair of the DC Design House, "and we're sure the 8th annual DC Design House will continue our tradition of exceptionally innovative designs and inspiration, all while raising money for our beneficiary: Children's National Health System."

The interior designers create presentation boards, which show how they would design the home. Volunteer staff choose the designers who will donate their time and talent to transform the house into a showcase home.

The DC Design House began in 2008 as an event for the DC Metro area in which top area designers showcased their talents in a "flowing design home" to raise funds for a local charity. What began as a single event goal to raise funds for Children's National Health System, formerly Children's National Medical Center, has developed into an annual residential design attraction and fundraiser.

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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.

### FRIDAY/NOV. 14

**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).

### 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.

### SATURDAY/NOV. 15

**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.

**Amadeus Strings with Josef Spacek, violin soloist.** 4 - 6 p.m. Saint Francis Church, 9220 Georgetown Pike, Great Falls. This concert will feature works by Johann Sebastian Bach, Astor Piazzolla, and Dmitri Shostakovich. Tickets are \$30 at the door, and season passes are available for purchase at [www.amadeusconcerts.com](http://www.amadeusconcerts.com), or you can call 703-759-5334.

**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).

**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.

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

**Craft Fair.** 9 a.m. - 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna. Oakton Girl Scout troop 1323 is sponsoring a craft fair. Bring the family for a great shopping

experience to kick off the holiday season. They'll be food, drinks and activities for the younger members of the family to include face painting and fun hands-on crafts.

**Rotary Fun Day & Magic Show!** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls Rotary Club is providing a day of fun at the library. There will be a Magic Show, prizes, snacks, drinks and a Book Exchange. Please bring a gently-used children's book to exchange.

**Chew the Fat.** 1-4 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. What can you do with fat? Many things! Come help the Claude Moore Colonial Farm family make soap, candles and even dubbin. Educational and fun. Great family activity. <http://www.1771.org/directions.htm>

### MONDAY/NOV. 17

**Foreign Language Storytime for All Ages.** 1:30 p.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. Become a language star. Join for a fun foreign language storytime in Mandarin, Spanish, French or Arabic. No previous knowledge needed.

**Learn to Draw Cartoons.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn to draw cartoons with artist Bud Little. Ages 6 and up. Please register for this program.

**Kids' Book Club.** 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The incorrigible Children of Ashton Place: The Mysterious Howling by Maryrose Wood. Ages 8-12. School age.

SEE CALENDAR, PAGE 13



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# CALENDAR

FROM PAGE 12

## TUESDAY/NOV. 18

**Great Falls Writers Group Presents Jim Lehrer.** 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled "Top Down," about the Kennedy assassination.

## THURSDAY-SATURDAY/NOV. 20-22

**Brethren's 21st Annual Christmas Craft Show.** Thursday and Friday: 10 a.m. - 7 p.m.; Saturday: 10 a.m. - 4 p.m. Oakton Church of the Brethren, 10025 Courthouse Rd., Vienna. Come browse around and find unique presents and stocking stuffers.

## THURSDAY/NOV. 20

**James Cotton.** 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Widely regarded as one of the best harmonica players of all time, this instrumentalist and blues legend has made his mark on music history. Tickets: \$25. For more information, visit [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY/NOV. 21 - SATURDAY/NOV. 22

**Chris Smither & The Motivators.** The Barns at Wolf Trap, 1645 Trap Road, Vienna. Tickets: \$30-\$35. For more information, visit [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY/NOV. 21 - SUNDAY/NOV. 23

**45th Annual Treasury of Art Juried Show and Sale.** Sales



**The Alden in McLean's resident contemporary dance company, Christopher K. Morgan & Artists, returns for its fourth annual season with an evening of mixed repertory that includes two world premieres. "Inconstancy" will be performed at 8 p.m. on Friday and Saturday, Nov. 14 and 15. Tickets are \$30, \$20 for McLean tax district residents. The Alden is located inside the McLean Community Center, 1234 Ingleside Avenue**

hours are Friday, 10 a.m. - 9 p.m.; Saturday, 10 a.m. - 7 p.m.; Sunday, noon - 4 p.m. Vienna Community Center, 120 Cherry Street, Vienna. Vienna's largest art exhibition of the year. Hundreds of original works in all media by artists from Virginia, Maryland, Washington, D.C. and beyond will be for sale. Meet the artists, enjoy light refreshments and music by the Serenada String Quartet at the Awards Reception, Friday Nov. 21, 7 - 9 p.m. Free and open to the public. [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org)

## SUNDAY/NOV. 23

**Vienna Turkey Trot: 10K, 5K and Fun Run.** 8 a.m. All proceeds benefit the James Madison High School Band and the Vienna Volunteer Fire Department. This year's Marching Band has proudly accepted an invitation to perform at the BOA Grand Nationals in Indianapolis. Registration is now open and currently offering sponsorship opportunities. More information can be found at [www.viennaturkeytrot.com](http://www.viennaturkeytrot.com)

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**The Taste of Scotland**  
Friday, Dec 5 from 6:30 - 11 pm

**Holiday Marketplace**  
Saturday, Dec 6 from 10 am - 4 pm

**The Scottish Christmas Walk Parade**  
Saturday, Dec 6 begins at 11 am

**Holiday Designer Tour of Homes**  
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# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION  
**Oakton's Allie Klimkiewicz placed runner-up at the 6A North region meet on Nov. 5.**



**Amanda Swaak, left, Devon Williams and the rest of the Madison girls' cross country team qualified for states with a runner-up finish at the 6A North region meet on Nov. 5.**



**Oakton's Isaac Mills finished 13th at the 6A North region meet on Nov. 5.**

## Oakton Girls' XC Wins 6A North Region Title

**Cougar girls, boys to compete at state meet Nov. 15.**

BY JON ROETMAN  
THE CONNECTION

**T**he Oakton girls' cross country team earned the opportunity to defend its state championship. The Cougars, who won the 6A state title in 2013, captured the 6A North region championship on Nov. 5 at Burke Lake Park, securing a trip back to the state meet. The 6A girls' race is scheduled for 1 p.m. on Saturday, Nov. 15 at Great Meadow. Oakton returns four of its top five harriers from the team that won states in con-

vincing fashion last year — senior Allie Klimkiewicz, sophomore Casey Kendall, sophomore Leya Salis and senior Kara Kendall. Klimkiewicz finished runner-up at the region meet on Nov. 5 with a time of 17 minutes, 30 seconds. Casey Kendall placed sixth (17:45), Salis took eighth (17:51) and Kara Kendall finished 52nd (19:14).

While the Cougars have experience, some new faces helped Oakton win the region title. Freshman Kira Buttrey was Oakton's No. 4 runner, finishing 18th with a time of 18:28. Junior Jill Bracaglia was the Cougars' No. 5, coming in 26th with a time of 18:38.

Oakton sophomore Thi Nguyen finished 45th (19:07).

Even with her top three harriers back, head coach Alisa Byers isn't taking anything for granted.

"Every state meet is different," she said.

"Experience-wise, we are still kind of young."

Oakton won a tightly-contested battle with Madison to take the region championship. The Cougars finished with a score of 58, and the Warhawks, who also qualified for states, were runner-up with a total of 67. Each team's top four produced a score of 34, but Oakton's Bracaglia finished nine points better than Madison's No. 5.

"It was big in the sense that she was the best fifth runner on the day," Byers said. "She's been a consistent performer for us. ... [Bracaglia is] one of our captains and she's a great leader."

Madison's Amanda Swaak placed fourth with a time of 17:44, and Devon Williams placed fifth (17:44). Morgan Wittrock (ninth, 17:56), Laura Sullivan (16th, 18:23) and Marissa Marsh (34th, 18:54) completed the Warhawks' top five.

Patriot sophomore Rachel McArthur won the individual title with a time of 17:21.

The Oakton boys' team also qualified for the state meet, placing second at regionals. The Cougars posted a score of 86, finishing behind champion Lake Braddock (37).

Simon Iyob was Oakton's top finisher, placing 12th (15:31). Isaac Miles placed 13th (15:31), AJ Woodhouse was 19th (15:44), Chris Holland finished 22nd (15:48) and Phillip Hrinko took 30th (15:58).

"They performed really well," Byers said. "We knew that at the conference meet, we hadn't performed our best. We went back and evaluated what we could do."

Lake Braddock's Alex Corbett won the individual title with a time of 14:41.

The 6A boys' race is scheduled for 1:45 p.m. on Nov. 15 at Great Meadow.

## Vienna Broncos Leave No Doubt, Finish Season 9-0

The 100-Pound American Vienna Broncos won the Fairfax County Youth Football League title on Saturday, defeating the Lee Franconia Wolverines 38-24.

Vienna's Jared Cole rushed for 224 yards and two touchdowns behind a herd of Broncos. Michael Indelicarto added 82 yards and two touchdowns, while David Wallis rushed for a 63-yard touchdown.

The defense clamped down on a very athletic Lee Franconia offense when they needed to most, led by Tanner Hughes, Joey Murray and Jacobs Oliver. Colin O'Connor had an interception to stop a critical Wolverine drive, and Justin Duenkel added four two-point kicks to put the game out of reach.

The Broncos were coached by Jim McGrath and Ted Hollingsworth. Members of the championship team: Cole, Indelicarto, Wallis, O'Connor, Murray, Oliver, Duenkel,



PHOTO CONTRIBUTED

**The Vienna Broncos finished the season undefeated.**

Hughes, Collin Gardner, Jack Gurley, Jack Taylor, Ryan Moses, David Hibbs, Michael Leone, Marvin Coon, and Michael McMahon.

The Broncos roster contained players from Vienna, Great Falls, Reston, Chantilly and Burke.

## Oakton, Langley Football Reach Postseason

The Oakton and Langley football teams each earned a spot in the 6A North region playoffs.

Oakton enters the postseason as the region's No. 14 seed and will travel to face No. 3 Lake Braddock at 7:30 p.m. on Friday, Nov. 14.

The Cougars defeated Herndon 21-16 in both teams' regular-season finale on Nov. 7. The win improved Oakton's record to 5-5 and helped the team earn a playoff berth. The Cougars' reward is a first-round matchup with Lake Braddock, which finished the regular season with an 8-2 record. The Bruins lost to a pair of playoff teams, Robinson and West Springfield, but also defeated playoff teams Westfield, Annandale and South County.

Oakton's lone win against a playoff-bound team came against Robinson on Oct. 24. The Cougars won the Northern Region in 2012, but missed the playoffs last season.

Langley enters the playoffs as the No. 15 seed and will travel to face No. 2 Westfield at 7:30 p.m. on Friday.

The Saxons defeated rival McLean 36-13 on Nov. 7, extending their winning streak to four games while securing a winning record (6-4) and a playoff berth.

Langley did not beat a playoff team this season. The Saxons will face a Westfield team that went 9-1, including a double-overtime victory over defending state champion Centreville. The Bulldogs have reached the region final each of the last three seasons. The Saxons have qualified for the playoffs five years in a row.



## NEWS

The baseball field in Glyndon Park will receive lights and synthetic turf.



PHOTO COURTESY OF VIENNA LITTLE LEAGUE

# Vienna Little League, Town Join Forces

Will both chip in to renovate Glyndon Park baseball field.

BY BONNIE HOBBS  
THE CONNECTION

On Oct. 27, the Town of Vienna and Vienna Little League representatives met with the neighbors living by Glyndon Park to discuss plans to renovate and improve the baseball field there.

The meeting was held on site, and Parks and Recreation Director Cathy Salgado explained the project to install synthetic turf, expand the field's fence line and install lights, and answered residents' questions.

Exactly one week later, last Monday, Nov. 3, the Town Council unanimously approved spending the money to make it a reality. First, though, Salgado presented further details to the Council members.

She said Vienna would actually "ride" Fairfax County's contract with Field Turf USA for the synthetic turf, and another company would install the lighting. Although Glyndon's a public park, the Little League uses its baseball field extensively, so it's helping to pay for the improvements.

"We're contributing up to \$200,000 toward this, and the Vienna Little League will get bank financing and contribute the rest [of the money needed] for the field and the lights," said Salgado. "We're straightening out the fence line and enlarging the right-field area to make it a standard, 200-foot, Little League field."

**THE TOTAL COST** is anticipated to be \$455,396, which includes a \$25,000 contingency fund. "It's in case there's bad soil when they start to remove it," said Salgado. "And, with good luck, we won't need that contingency – and then the price will go down to about \$430,000. The site is really elevated and we've had the engineers out there numerous times.

So we feel very confident that we shouldn't encounter any unforeseen problems."

The plan is for the Vienna Little League to give the Town a check for \$460,000 – enough to cover the full cost of the project – and the Town will pay for the work from those funds. Town attorney Steve Briglia said the Little League will take \$100,000 out of its budget and get loans totaling \$360,000 for the rest.

Besides the turf and field work, an important part of this project is the installation of special, state-of-the-art, LED lights. "They're more costly than the older style of lights, but the benefits of this type of lighting will far outweigh the cost," Salgado told the Council. "The LED lights won't disturb the nearby residents, and we'll also save on future electric bills."

Councilman Pasha Majdi asked about the expected height of the light poles, and Salgado told him that normal light poles are about 70 feet tall, but the new ones with LED lights are just 45 feet high. "That's important because of where this park is situated because the tallest trees are 85 feet, but the shortest trees are just 45 feet," she said.

**THERE'LL BE SIX POLES** total and the lights will shine downward, with a reflector shield illuminating the playing field. "This company has had good results with them," said Salgado. "But this is the first neighborhood, local install they've done, so we're very excited about it, as are they. The lights will last 100,000 hours, or a little under 100 years."

Councilman Emil Attanasi asked if the project involved more parking, but Salgado said no additional spaces are needed – although the parking lot needs relining. Councilwoman Linda Colbert then made a motion to approve the Town's monetary expenditure, subject to receiving the approved financial contribution from the Little League, and the Council members all voted yes.

"I talked to the neighbors about this, and they received a well-coordinated presentation from the Town and the company [doing the work]," said Majdi. "And the feedback from the residents was positive."

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Andrius Pranskevicius,  
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## Excuse Me



By KENNETH B. LOURIE

Early on during my indoctrination/assimilation into the cancer-patient world in which I now reside, I remember asking a fellow cancer patient/friend if I could use cancer as an excuse for whatever it was needed excusing (directly or indirectly related), and she said: absolutely, "blame the cancer." Years later, after a chemotherapy infusion, I saw my oncologist walking through the Infusion Center and asked him if my thinning hair might be a result of this most recent chemotherapy drug (not all chemotherapy results in hair loss). His response was similar to what my friend had advised me in 2009. He said: "You can blame me," (which of course, I understood to mean, cancer/the treatment of cancer) "for anything."

Now, I have to tell you, having such an acceptable, ready-made, beyond-reproach kind of excuse such as cancer as the reason for anything you want to do/don't want to do/can't do, etc., is incredibly tempting. It's almost like having a super power, a power which cannot be questioned or compromised in any way. And quite frankly, conjures a wide range of emotions/reactions; from one perspective, it places the cancer patient in a position of strength, and on the other, creates a kind dependence that is hard to resist. My fear has always been that relying on cancer too much as an excuse somehow weakens the immune system and so I have been hesitant to use its power. Can you say slippery slope?

As an example: if "the dog ate my homework" became an acceptable excuse, one would use it as such until it no longer passed muster; and as we all know, eventually it doesn't pass anything. However, cancer as an excuse – in my experience, will always pass muster and then some. Moreover, the seriousness of it will likely prevent the patient from ever having to answer any show-proof type questions: "Show me your port." "Name your most recent chemotherapy cocktail." "How long does a typical infusion last?" As a consequence, the potential for use and abuse is almost overwhelming.

Nevertheless, in spite of the temptation, I have rarely used my disease as an excuse for anything, other than when it was obvious by my appearance – during heavy duty chemotherapy – that I was unavailable, shall we say. It always felt as if I might be manipulating situations if I were to start using "cancer" as an excuse; as believable and understandable an excuse as it was/is. It's so easy. So unquestioned. No one is going to ask: "Really?" "Are you throwing up that much?" "Are you sure you can't get out of bed?" Besides, I haven't wanted to give in to my cancer whereby it begins to control my life more than the regular medical appointments, lab work, diagnostic scans, infusions and the 40+ pills I ingest and restricted diet already do. I've wanted to maintain some control and try not to become a victim of my own circumstances. Easier said than done, I assure you.

But I have persevered and survived five years and nearly nine months. Through a combination of good genes, a healthier lifestyle and diet, a variety of non-traditional alternatives/supplements and a bit of blind luck, not to mention a super-positive attitude which I inherited from my father, life goes on. However, if anything goes wrong, I know who/what to blame: "cancer." It wasn't anything I said or did. In a way, there's comfort in having such a good excuse. Unfortunate, certainly, but very convenient.

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

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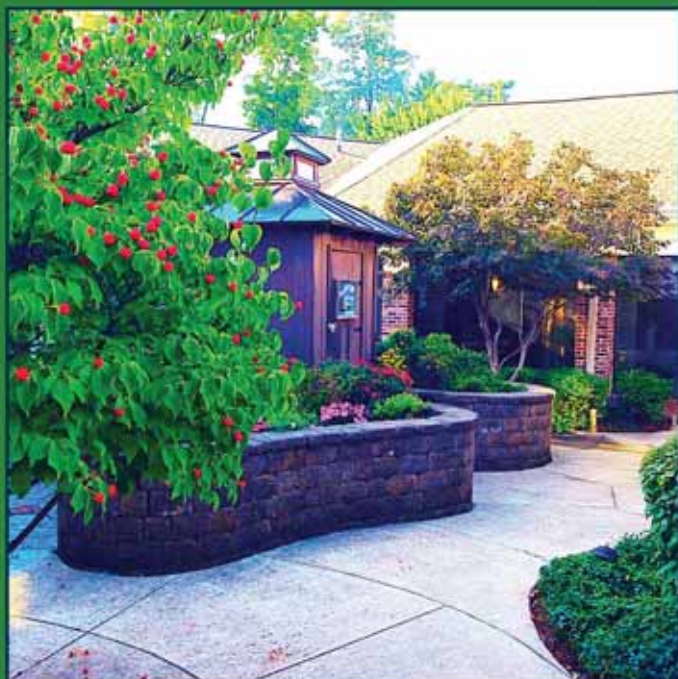
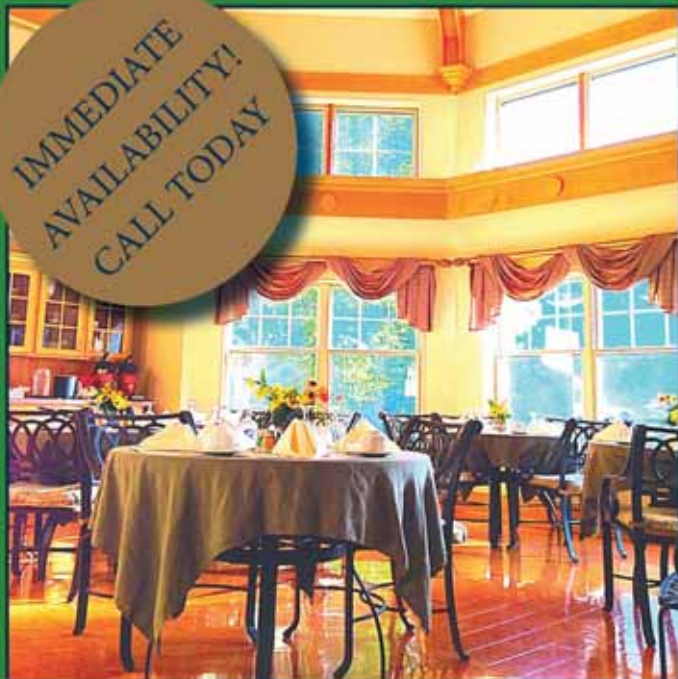
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