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Health & Beauty Magazine

Gov. Terry McAuliffe carves the turkey served to families at Shelter House on Thursday, Nov. 27, in Fairfax.



Photos by Abigail Constantino/The Connection

Homelessness, A Year-Round Issue

Gov. McAuliffe serves Thanksgiving lunch at Shelter House.

By Abigail Constantino
The Connection

o you like the stuffing? I made it," said Gov. Terry McAuliffe on Thanksgiving, as he mingled with guests of Shelter House. Earlier, the governor donned a hairnet and served lunch to invited clients and residents at the Katherine K. Hanley Family Shelter in Fairfax.

"Fairfax County does an excellent job in providing for those who need shelter, who need food," said McAuliffe. "I was so honored to come out here with my family to show our support and give back a little bit." Though he said we all have something to be thankful for, there are those who are really in need.

Mo, his wife, and their two children arrived at the family shelter the night before. He was working two full time jobs when he got hurt at work. He lost one job and started falling behind on his bills. "It was just me providing for my family and I couldn't do it anymore," he said. He has been in the U.S. for 15 years, emigrating from West Africa. "I've never been in the shelter. Most of the time people talk about the shelter, and it's, like, you know, you are somebody who doesn't want to work. And, I'm not like that."

DIRECTOR OF DEVELOPMENT Jolie Smith said Mo's situation is very common. "Really, all they need is a hand up not a handout." With the help they receive, she has witnessed people bounce back. "A couple of month's rent, a secu-

rity deposit and they're off and running," she said.

But there are those whose needs require more than financial help. "Thanksgiving, you're supposed to be with your friends but right now, I cannot be with my family and friends," said "Lee" (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. "He kind of knows I'm in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?"

Lee never called the police because her husband was the only one working in the family. "Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight



A father and son pray before eating their Thanksgiving meal, served at the Katherine K. Hanley Family Shelter by Gov. Terry McAuliffe on Thursday, Nov. 27, in Fairfax.

years. I don't know what I can do." Lee left her children with her husband, while she regains her independence and learns to be self-sufficient. "I want to get custody of them. I want to fight for them," she said.

McAuliffe visited the tables of the families he served and took photographs with them. Jennifer Erazo posed with him and nervously forgot to ask her question about housing for people with disabilities. "There's a lot of housing for low funds, domestic violence. There should be more for people with mental disabilities," she said. She is dealing with mental health issues and domestic violence.

LAST SEPTEMBER, McAuliffe announced his measure to expand healthcare services

to over 200,000 Virginians. Through a series of executive actions, the plan includes care and coverage for people with mental illness. The plan was a reduction from a more ambitious one that was thwarted by the General Assembly when it shot down the expansion of Medicaid in the commonwealth. He said that about \$26 billion of Virginia taxpayer money has gone to Washington, D.C. and the commonwealth has a right to bring that money back. "It's unconscionable that we're not doing that," he said.

About 26.2 percent of sheltered homeless persons have a severe mental illness, according to the Substance Abuse and Mental Health Services Administration. But although mental illness may contribute to homelessness, the lack of low-income housing is the predominant cause of homelessness, according to a 1994 study by Shinn and Gillespie published in American Behavioral Scientist.

November is homelessness awareness month. Shelter House executive director Joe Meyer said that homelessness is not just a holiday or a seasonal issue. "It's a year-round issue that we need to address."

VIEWPOINTS

What are the needs and priorities of the homeless in Fairfax County this winter?

Jolie Smith, director of development, Shelter House:

"Housing. Affordable housing. We always need hygiene products. One thing people don't realize is that with food stamps you can't buy any hygiene products. So, we always ask people to give shampoo, conditioner,



toothpaste, toothbrush. Gift cards. A gift card from CVS can help people buy medications they may need. Gift cards are always in need. Think about what you need and those are the needs of our families."

Joe Meyer, executive director, Shelter House:

"This is a community that really cares about the issue that we have—homelessness and domestic violence. For a community to come together is one of the biggest things that I want to see this winter."





Scott Covino, board member, Shelter House, and daughter Lauren, 10, of Leesburg:

"It's getting the folks who need the help, help. It's usually trying to identify folks and make sure that they are in the system, that they're being recognized and make sure that they are not just out there on their own. And communicating that there are places they can go and things that they can do to help themselves. And we can help them do that."

Gov. Terry McAuliffe (D-Va):

"We need to make sure that this winter, which is expected to be a very tough winter, that we have the shelter for folks to make sure they can [have] shelter, they can have food, they can have healthcare. We need to



do our part to provide for those individuals who need help today."

Brian Ricks, director, Katherine K.

Hanley Family Shelter:

"The biggest issue is affordable housing in Fairfax County. We are a rapid re-housing program. However, though, rents are really



high in Fairfax and we have a lot of families that are low-income that may need additional support in housing. The biggest need is fair market housing in Fairfax."

— Abigail Constantino



Visitors enjoying music under the rain during the traditional Church Street Stroll on Monday, Dec. 1.



Photos by Terrance Moran/The Connection

Jon Vrana of Vienna helping in the celebration at historic Freeman store.

Strolling in the Rain at Vienna's Church Street

Residents, neighbors enjoy traditional season kick-off.

t started 18 years ago when the Historic Vienna organization and Vienna merchants decided to close Church Street for one night and bring holiday cheer.

Stores remained open, performers strolled the streets, a stage was set up and singers from local schools entertained the crowds. Santa came and helped Vienna's mayor light up the Christmas tree across from historic Freeman store. Citizens brought canned foods to share with those in need and bonfires were lit to roast marshmallows and warm visitors hands and hearts.

Dec. 1, 2014, was no different than previous years except this year the skies brought rain. But this did not dampen the spirits of those who came together to watch

their children perform on stage, nor delay Santa from arriving to light Vienna's tree.

The center of each year's holiday festivities is Freeman store, located at 131 Church Street N.E. The store was formed as a historic preservation in 1976 by Vienna's Town Council and offers handmade gifts and holiday items. This year Vienna's Historic society collaborated with artist Rachel Peden, from Farnham, Va. to create and hand-paint 15 historic building replica ornaments. The collectible ornaments are available for sale.

Scottish settlers first settled in 1760 and named the area Ayr-Hill. In 1849 Dr. William Hendrick agreed to settle in Ayr-Hill only if the town's name was changed to Vienna, his hometown in upstate New York. At the time the town of Vienna had 300 residents. Today Vienna's population is 14,000.

The second floor of Freeman's Store is a grand collection of historic paintings, posters, dresses, pharmaceutical items, an organ, and adding machine. Mike Berger, chairman of the Museum Committee, has



Mike Berger of Vienna next to his replica display.

spent countless hours in assembling the display items and enhancing visitors understanding.

Helping in the celebration is Jon Vrana.



Elves Becca Snyder (left) and Rachel Boyle from Vienna helping Santa.

In period costume he entertained the guests by playing the reconditioned organ from 1920 and the ukulele.

—Terrance Moran



The collectible ornaments by Rachel Peden are available for sale.



Visitors to traditional Church Street Stroll on Monday, Dec. 1.

Making Plans for 125th Anniversary

Town of Vienna was founded in 1890.

By Bonnie Hobbs THE CONNECTION

he Town of Vienna's 125th anniversary is next year, and plans to commemorate it are already beginning. In fact, the Town residents could be featured, as well. Council has already allocated \$10,000 for it.

Parks and Recreation Director Cathy Salgado made a list of possible ways the Town could celebrate this historic day. Then she presented it to the Town Council so the members could tell her which ones they liked.

The actual date Vienna was founded was Feb. 28, 1890; and in 2015, it'll fall on a Saturday. But the overall idea is to pay homage to the founding of Vienna by holding special events and doing particular things, all year long. One way in which it could be honored is via a re-enactment on Church Street; and if the weather's good, it could even be held outside.

Another possibility is to have the local businesses stay open one Sunday a month, May through October, while closing a portion of the street for pedestrian strolling, music and a children's activity.

In addition, vertical banners celebrating Vienna and its history could be hung from the tall, light poles

on Maple Avenue. Salgado also said the Town's official crest, or seal, should figure prominently in the celebration. Another idea is replacing the Town Hall's existing weathervane with a new one or having the current one refurbished.

Noting that 25 percent of Vienna's residents are originally from another country, Salgado said they could be highlighted in the Town's newsletter and on the Town website. She said the many longtime

Another suggestion is that Vienna create a new,

Town event in August. It would be a "Dinner in White," to which people would wear white clothing and eat together outside. They'd also sit and eat with people they don't know so everyone could get to know each other better and make new friends.

Yet another idea is to recreate a historic, Vienna horse race on the Fourth of July. Salgado also noted that the Town's official holiday card from 1948 could be revived and recreated.

"The banners would be the biggest cost, but I think they'd look very nice," said Councilwoman Linda Colbert.

"And we could leave them up the entire year," added Councilman Howard Springsteen.

Salgado said there would be a total of eight banners in the center of Town. The Council members especially liked this idea, and Salgado said she'd look into their design and cost and report back to the Council at a later date.



Salgado

WEEK IN VIENNA

Recycle at Northside

Vienna residents may drop off motor oil, antifreeze and car batteries for recycling on Saturday, Dec. 6, from 8 a.m.-2 p.m., at the Northside Property Yard, 600 Mill St. NE. For more information call the Department of Public Works at 703-255-6380 or visit www.viennava.gov.

Vienna Town **Council Meeting**

The Vienna Town Council will hold a work session Monday, Dec. 8, at 8 p.m., in the Vienna Town Hall, 127 Center St. S.

Learn about

Residents may learn more about the Town of Vienna's planned Community Center renovation and expansion at a meeting on Wednesday, Dec. 10, at 7:30 p.m., at the Community Center, 120 Cherry St., S.E. There'll be a new lobby and entrance hall, relocated W&OD Trail, expanded parking and an 8,000square-foot gym.

The design will incorporate many elements that'll create a park-like environment, including living walls,

SEE WEEK, PAGE 8

Community Center

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OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens

or other creative efforts.

EDITORIAL We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student's original ideas. Here are some suggestions:

Drawings or paintings or photographs of your family, friends, pets or some favorite ac-

uring the last week of each year, tivity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

> ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most

> > looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What

is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

* Poetry or other creative writing.

- News stories from school newspapers.
- Photos and text about activities or events. We welcome contributions from public and

private schools, individuals homeschoolers.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children's Connection to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

> — Mary Кімм, MKIMM@CONNECTIONNEWSPAPERS.COM

Vienna & Oakton

www.ConnectionNewspapers.com

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Help! I've Lost Everything!

By Ann Emmons Petri

ou may think McLean is a nice, quiet place to live, but you are wrong. In our living room at this very minute lurks an almost invisible menace. It is small and innocent looking but in reality it is the scourge of our lives. Very simply put, it is our laptop computer. It is not what it seems to be. With a mind of its own, it waits patiently for the ideal time to strike.

"Help! I've lost everything!" is Bill's usual panicked response when things go terribly wrong while he's in the process of creating an important document or trying to compose a crucial email. Of course, you know without asking,

that he is expecting me to perform arrangements is that our temperamiracles! The trouble is, however, I am not the authority he thinks I am. The sad truth is that I am usually teetering just one tiny branch higher on the Tree of Knowledge. The only sure way I know to fix anything is to turn everything off and start from scratch.

Sometimes this works. But sometimes it doesn't and then we are left with only two options: the first is our trusty son-in-law Dan who is a computer genius and good at explaining things via email or on the phone, and the second is a call to our grandson Brian and his wife Ashley who live nearby and can be counted on to come over and sort it all out.

The trouble with either of these

mental computer acts up fairly regularly and we hate to keep interrupting their busy schedules. And sometimes all three are away on business trips or vacations at the same time. And the worst part is, when we have to appeal to them for help it makes us feel like the two bumbling old fogies we are. Usually it only takes them a minute to explain in a few steps what had seemed like the riddle of the Sphinx to us.

So now, we have developed a totally new strategy. It is incredibly simple. We kowtow to, and humor the all-powerful beast. Whatever it wishes: that is our command. We are no longer masters of our own universe, but who cares?



Photo by Brian Henske

Bill at the computer: With a mind of its own, it waits patiently for the ideal time to strike.

LETTERS TO THE EDITOR

Meeting a Candidate

To the Editor:

I am not a political person, but I recently attended a young professionals event and met Craig Parisot, Republican nominee running for Virginia House of Delegates, 34th District, and I knew we had a new kind of candidate on our hands.

You think of a politician and you think of the same old tired stump speech, shake hands, swap names, then move on to quickly greeting the next face in the room. When Craig came up to me and initiated our conversation I could tell that this was someone who was eager to learn, listen and lay out a real vision for his candidacy.

He asked what the issues I cared about were, then relayed that he had the same concerns about including our business community in state and local politics, engaging younger people in policy decision making, and The conversation flowed on.

I was particularly impressed with his strong position on reducing regulations and taxes to inis true showing of someone who really understands the struggles of those like me who are new to the workforce and trying to scrape by and save up living in a place like pricey Northern Virginia. Even from this first meeting with Mr.

Parisot, I could tell that he would be a great representative for this

He is a breath of fresh air, and with him being a young, first time candidate with a business and technology background, he would be a perfect fit for this important House of Delegates seat. I urge anyone who isn't already familiar with Craig Parisot crease take home pay - now that to learn more about him at craigparisot.com, and strongly consider voting for him in the special election for the vacated seat in the 34th District.

> Sam Yeganeh Vienna

Write

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

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



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

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Parking, Trail Plans, Glass and Brick

More details of **Community Center** renovation are revealed.

By Bonnie Hobbs The Connection

lated to open in April 2016, the enlarged and renovated Vienna Community Center will be a state-ofthe-art facility with a new, regulation-sized gym. And on Nov. 17, the Vienna Town Council approved its revised site plan.

When the work's completed, the Community Center will have two main entrances ter by bike." in the northeast corner of the building, leading into a new, 900-square-foot lobby. The current lobby would be transformed into new, administrative-office space.

People will enter the building from both Cherry and Mill streets so they may use both nearby parking lots. A glass corridor will building and connect the new gym with the new lobby.

A new, 9,115-square-foot, high-schoolsized gvm will be constructed to the west to wait until the renovations are done; the side of the existing building. It'll be 35 feet high and will contain bleachers and two, 4feet-wide walking/running tracks (with two lanes) around the perimeter. It'll be striped for basketball, volleyball and badminton
Just a small part of the building exterior courts, and will have two electronic will change and, said Salgado, "We've Salgado said they want to make it special. scoreboards.

THE TOTAL ADDITION to the Community Center's north and west sides will be nity Center sign on the building in the shape 13,888 square feet and will also allow space of a clock to mimic the [existing] clock for future expansion. The entrance to the tower and retain some of the history and existing gym will be via a T-shaped corri- fun of the community center." dor going to it and also to the lobby. The second-floor will receive a new electrical system and revamped classroom space.

Nov. 17 public hearing, Parks and Recrethe facility from the parking lot should be requiring little maintenance," plus carpet ation Director Cathy Salgado presented the latest details of the project.

"The handicap parking is closer to the building," she said. "And at the request of the town we care about our plants and the Planning Commission, we added two making the Town beautiful. The vines aren't electric-car charging stations next to the actually on the building, itself, but on a wire gap between phases one and two." handicap parking. We fit in as many bike trellis. We should pick something native to racks as we can, along the sidewalk, because Virginia that should retain some color over make it safer as it passes by the Commu-



The Community Center's new gym will have live plantings on the exterior.

many people come to the community cen-

Salgado said a crosswalk from the trail connects to the front of the building so people can safety cross the street. Deputy Director of Planning and Zoning Matt Flis said they're adding 57 parking spaces, and Councilman Pasha Majdi suggested adding some for expectant mothers. It's all on-site run along the north wall of the existing parking, with another 18 spaces within 400 feet of the facility.

"We combined two parking lots into one," said Salgado. "But the parking-lot work has parking we have now will stay in place un-

She then showed the Council samples of brick, glass and floor colors and materials. matched the brick exactly and tied it in with the rest of the building to marry the old with the new. And we put the Vienna Commu-

She said LED recessed lighting will go underneath the canopy at the building's entrance. Pleased, Councilwoman Carey At a Nov. 10 Town Council meeting and a Sienicki said the place where people enter are considering "finished, textured concrete

> Regarding the living wall planned for outside the gym, Salgado said it's to "tell

Choosing the proper glass for the building is also important. "We don't want glare for people playing volleyball and basketball," said Salgado. "It's supposed to look gray and will also be energy-efficient; and it'll provide natural light for the hall, gym

long-and-narrow overhead lights, rather intersections – to hopefully slow down bikthan wide, bowl-shaped ones that collect bugs and dust. And I think we need to add some ground lights outside and on the building to light it better than it is now. In the long run, the interior lighting will save us 30 percent on energy costs and will also

Noting that there'll be "a nice gathering space" around the building's two entrances, And the Council members said perhaps some attractive feature or sculpture could

She said they want to place art against the brick in the long hallway, and Majdi suggested using artwork from local students. Salgado said the upstairs hallway where children's classes are held "might be a nice place to do that." Regarding the flooring, she said they'd like hardly any tile and for the offices.

"We hope to get this out to bid in early February [2015], with the bid award in early April and groundbreaking May 1," said Salgado. "There'd be at least a 15-month

She said relocating the W&OD Trail will

nity Center so pedestrians don't have to cross it to enter and exit the building. "It now goes adjacent to Park Street and the culvert and makes an S curve as it crosses Park," said Salgado. "The trail will be widened to 18 feet, and we're putting in a teardrop median down the center of the trail Inside, she said, "We're going to try more on both sides – plus rumble strips at the

Artist's rendition of the basketball court inside the

She said they're closing the building's Park Street entrance so they could move the trail to the other side. And at the fire marshal's request, they included a turn-around for a fire truck. The loop in front will remain for buses; and at the Planning Commission's request, there'll be a sidewalk visible from the building for people walking through the

DURING THE PUBLIC HEARING,

Donna Kourtz, a nearby Center Street resident, said her neighborhood's biggest concern is the increased traffic in the Cherry and Mill streets intersection during and after construction. She said it's already heavily congested and, "At times, Mill Street folks have a hard time exiting the parking lot. Maybe another stop sign on Cherry Street or a three-way stop sign would help."

Mayor Laurie DiRocco said she and other residents could leave comments on the Town Website. "We'll be meeting with local residents Dec. 10 at the Community Center, and you'll all be getting letters in the mail," added Salgado. "Then we'll have monthly meetings, plus a pre-construction meeting with the contractors, to lay out the

Local Voice Sings Opera

Danielle Talamantes goes from Vienna to NYC's Metropolitan Opera.

Donna Manz Bizet's "Carmen."

community, takes her voice to next level onstage singing debut there in "Carmen," production resumes in February.

"I feel so ready, so at-home at the Met," said Talamantes. "I just can't wait to be ON NOV. 23, at Vienna Presbyterian onstage with colleagues I've come to Church, Talamantes hosted a CD-release know and love."

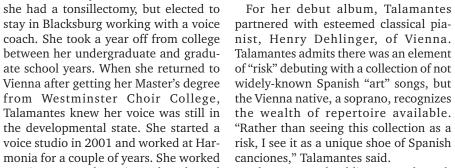
TALAMANTES CHOSE Virginia Tech's Music Department over conservatories because, she said, conservatories seemed too intense of an environment. Besides, she wanted to experience traditional college life. "Turns out that it was the best of both **Danielle** worlds."

In her senior year at Tech, she had a tonsillectomy, but elected to between her undergraduate and graduthe developmental state. She started a voice studio in 2001 and worked at Harmonia for a couple of years. She worked at Vienna Presbyterian Church and started her own private studio there.

The bridge between training and making it to the big-time is competitions, several years Talamantes competed internationally. It was at a New York City competition in 2009 when one of the judges recognized Talamantes' talent and hired her at The Metropolitan Opera. Her Her dreams are falling into place. contract has been renewed every year her stage debut there as Frasquita in visit www.danielletalamantes.com/.

A coach bus has been chartered to take family, friends and fans of Talamante to anielle Talamantes' life story her performance at the Met on Feb. 13, sounds like a Hallmark made- 2015. The coach is open to the public for-TV movie. Local girl sings in with advanced booking. Guests will spend the night in New York and return in international competitions, is discovered by agent of New York's Metropolibeen blocked at the Empire Hotel, 44 tan Opera. Girl understudies for three West 63rd Street, New York, NY 10023 years and in February, 2015, makes her at a rate of \$209 per night for a deluxe king or a double/double. Reservations for singing all eight performances when the hotel room are made directly with the

concert and reception to thank her supporters and promote her debut album, 'Canciones Españolas," a collection of classical Spanish music - canto lirico - from Spain and Central and South America, "It's in my blood," said Talamantes, whose father's side of the family comes from Mexico. "I think people really need to hear this music."



Talamantes and Dehlinger met through a mutual friend at Vienna Presbyterian Church about three years ago. After many casual jams in which the two national and international ones, and for teamed together, they came up with the idea of producing an album.

When she's not touring the country in operas or concerts, Talamantes continues to operate her voice studio in Vienna.

To sign up for the Met-bound bus trip and in February, Talamantes will make on Feb. 13, email leslie3156@aol.com or



Talamantes

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Week in Vienna

From Page 5

nature-inspired color scheme and areas where people may gather. Work is set to start in 2015.

Join the Holiday Reception

Town Council invite the public to celebrate mayor@viennava.gov.

the holidays at the annual Holiday Receptive Help Feed tion on Friday, Dec. 12, from 4-6 p.m., at the Town Hall, 127 Center St. S. Enjoy the sounds of the holiday season with the Madison High Madrigals from 4:30-5 p.m. and the Vienna Choral Society from 5:30-6 p.m.

Vienna Mayor Laurie DiRocco and the office at 703-255-6311 or at ODB will then receive these food donations to residents may bag their leaves for collec- Fairfax Church, 2854 Hunter Mill Road in Street.

Hungry Families

The Whole Foods store in Vienna has made distribute to its Food Bridge clients.

Leaf Collection in Vienna

Vienna's fall leaf collection will continue Oakton Farmers Our Daily Bread the beneficiary of its "Feed 4" through December. Residents are asked to Light refreshments will be provided by the More" program. Through Dec. 31, store cus-rake their leaves to the curb any time be-Vienna Volunteer Fire Department Auxiliary. tomers may purchase a pre-packed bag contween now and Dec. 31. Leaf piles should It's a free event and an RSVP is not required. taining such greatly needed items as pasta and be free of limbs, sticks, acorns or other de-For more information, contact the mayor's pasta sauce, black beans and canned tomatoes. bris which may clog the vacuum hose. Or urdays, from 10 a.m.-2 p.m., at Unity of Road, and at Maple Avenue and Center tion. Place them in clear, plastic bags or Oakton.

paper yard-waste bags. For more information, call 703-255-6380 or visit www.viennava.gov/index.aspx?NID=163.

www.ConnectionNewspapers.com

Maple Avenue Traffic Signals

The Vienna Town Council on Nov. 17 awarded a \$580,000 contract to Arden Co. Public Works Director Dennis Johnson said it's to rebuild both traffic

Calendar

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

THROUGH SUNDAY/JAN. 4, 2015

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.

THROUGH WEDNESDAY/DEC. 24

Santa HQ at Tysons Corner

Center, 1961 Chain Bridge Road, Tysons Corner. Visit Santa's Magical Workshop & Observatory, presented by HGTV - for photos and family activities, located in Fashion Court on level one between Nordstrom and Bloomingdale's - beginning November 14th. Reserve your space online to see Santa. Ongoing event.

THURSDAY/DEC. 4

35th Annual Tiny Tots Holiday

Concert 2014. 10 a.m. & 7 p.m. James Madison High School, 2500 James Madison Drive, Vienna. The James Madison High School Wind Symphony and Color Guard present an exciting concert celebrating the spectrum of seasonal music. Purchase tickets at: http://james-madison-

band.ticketleap.com/tiny-tots **Civil Twilight** with Special Guest Baby Bee. 8 p.m. The Barns Wolftrap, 1635 Trap Road, Vienna. Stirring alt-rock with impassioned vocals and atmospheric melodies. \$22. 703-255



Meadowlark Botanical Gardens, off Beulah Road, features more than 500,000 LED lights in its spectacular Winter Walk of Lights Festival. The walking tour of the light displays and scenes opened on Nov. 14 and runs through Jan. 4, 2015.

1900. http://www.wolftrap.org/ Barns.aspx.

48th Annual McLean Holiday

Homes Tour. 10 a.m. to 3 p.m. Tour starts at 1173 Ballantrae Lane. Showcases four distinctive homes in central McLean. \$25 in advance, \$30 on tour day. Sponsored by Woman's Club of McLean. Tickets at Mesmeralda's, McLean; Karin's Florist Vienna: Great Dogs of McLean; tour houses. Benefits local charities. No children. 703-556-0197 or www.mcleanwc.org

FRIDAY/DEC. 5

35th Annual Tiny Tots Holiday

Concert 2014. 10 a.m. James Madison High School, 2500 James Madison Drive, Vienna. The James Madison High School Wind Symphony and Color Guard present an exciting concert celebrating the spectrum of seasonal music. Purchase tickets at: http://james-madisonband.ticketleap.com/tiny-tots for

FRIDAY-SATURDAY/DEC. 5 - 6

Renaissance Feaste. 7 p.m. Capital Church, 10233 Leesburg Pike, Vienna. Langley High School's choirs including the Madrigals and the Women's Chamber Choir, present Renaissance-style dining and musical event. The holiday celebration features costumed servers, jesters minstrels, and musicians in a festive "Greate Hall" environment.

Fashioned after a 16th-century gathering of landed gentry, the event offers entertainment and traditional Madrigal songs such as "Masters of This Hall," "Gloucestershire Wassail," and "Deck the Halls."

Tickets adults \$30; student \$20. For more information on the Langley choirs and tickets for the Renaissance Feaste, visit www.langleychorus.com.

FRIDAY-SUNDAY/DEC. 5-14

Christmas Market & Winterfest.

Friday, 11 a.m.-9 p.m., Saturday & Sunday, 10 a.m.-8 p.m. Tysons Corner Center Outdoor Plaza, 1961 Chain Bridge Road, Tysons Corner. Festival will include 30 vendors selling German holiday goods. Plus, mulled wine, German beer, German fare, hot chocolate and coffee. Enjoy the spectacular Christmas tree, entertainment, beer garden and other festive activities. Ongoing event.

SATURDAY/DEC. 6

Holiday Sing-A-Long. 4 p.m. Wolf Trap's Filene Center, 1645 Trap Road, Vienna. No tickets are required, but patrons are encouraged to bring an unwrapped toy donation for Toys for Tots. For more information, visit wolftrap.org

The Nutcracker Tea. 10 a.m. & 1 p.m. Ritz-Carlton, Tysons Corner, 1700 Tysons Boulevard, McLean. Delight in a contemporary twist on the beloved holiday classic while you enjoy afternoon tea, petite sandwiches and pastries. All children will go home with a nutcracker doll and pictures to remember their day. \$79 per person. Event also takes place on Dec. 13 and 20.

Authentic Darjeeling Teas. 1-3 p.m. Colvin Run Mill, 10017 Colvin Run

Road, Great Falls. From India's Himalayan foothills, the "Champagne of Teas" has recently been granted Protected Origin Status. Taste and compare the unique qualities from the four seasonal flushes and learn why tea garden location can impact the final flavor of Darjeeling teas. Tea infused treats included. Advance reservations and payment (\$30 per person) required through the Mill at

Holidays with Santa Paws. 12-2 p.m. Clemyjontri Park, 6317 Georgetown Pike, McLean. The Friends of Clemyjontri, Inc. will join with the Fairfax County Park Authority to ring in the holidays with Santa Paws. There will be holidayinspired crafts and goodies along with plenty of photo opportunities on the magical grounds of the newly renovated Clemyjontri Park. Bring your Pennies for Clemy and receive a Holiday treat from the Friends. www.friendsofclemy.com.

Holiday Ballroom Dance. 8-9 p.m. Viennese Waltz lesson, 9-11:30 p.m. dance. \$20 for the evening. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from the Dance-tet playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. 703-759-2685 or www.colvinrun.org.

SATURDAY-SUNDAY/DEC. 6-7 **Gingerbread House Decorating**

Class. 10 a.m. & 1 p.m. Ritz-Carlton, Tysons Corner, 1700 Tysons Boulevard, McLean. Learn to make your own sugary home at a Gingerbread House Decorating Class, taught by The Ritz-Carlton, Tysons

SEE CALENDAR, PAGE 11

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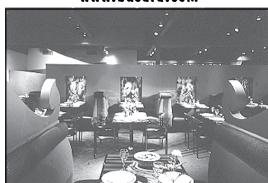


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Every Thanksgiving weekend, the Vienna Community Center hosts the three-day juried holiday craft show presented by the Northern Virginia Handcrafters' Guild. Shoppers and browsers come from throughout the region to choose one-of-a-kind handcrafted gifts for friends and family.

— Donna Manz



Photos by Donna Manz/The Connection Hand-painted decorative art pieces herald the holiday season.



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Health Fair on Dec. 13

Antioch Christian Church and Everest College Nursing Students will host a fun filled carol singalong and informative Health Fair on Dec. 13. This health fair will be a four-hour Open House event held on Saturday at Antioch Christian Church located at 1860 Beulah Road in Vienna. The fair will have 26 different stations that provide a wide array of health information for women, men, teens, children and the elderly. Topics range from Heart Health Diabetes Disease, Ebola Awareness, Keeping jolly during the holidays to Stranger Danger. Participants will be able

to gather health information, talk with the nursing students about their researched health projects and participate in demonstrations, blood pressure and blood sugar screenings. Participants will be able to obtain a freshly baked treat at the bake sale and participate in four service projects: Food Collection for CHO, winter coat collection, Medical supplies collection for Brother's Brother, and an opportunity to select a toy or outfit to purchase for our Adopted Family Project for a family with 3 school-aged children. Consider participating in one of these service areas when you visit the fair.

CALENDAR

From Page 10

Corner's Pastry Team. The class includes all the ingredients to construct a beautiful gingerbread house as well as a special souvenir. \$75 per child, ages 3 to 12, inclusive of tax and gratuity. Event also takes place on Dec. 13, 14, 20 and 21.

FRIDAY/DEC. 12

Annual Holiday Reception. 4-6 p.m. Vienna Town Hall, 127 Cedar Street S., Vienna. Mayor Laurie DiRocco and the Town Council invite the public to celebrate the holidays at the annual Holiday Reception. Enjoy the sounds of the holiday season with the James Madison High School Madrigals from 4:30 to 5 p.m. and the Vienna Choral Society from 5:30 to 6 p.m. Light refreshments will be provided by the Vienna Volunteer

Fire Department Auxiliary. No cost and no RSVP required. For more information, contact the Mayor's office at 703-255-6311 or mayor@viennava.gov.

SATURDAY-SUNDAY/DEC. 13 -14

Visit from Santa. 1:30-3:30 p.m.
Santa Claus will be visiting the
Freeman Store. Seated in his special
chair next to Historic Vienna's
beautifully decorated Christmas tree
– courtesy of the Optimist Club and
the Ayr Hill Garden Club – he will
meet his young visitors and hear
their Christmas wishes. Parents (and
grandparents) are encouraged to
bring their cameras to capture the
looks of joy and wonder as the little
ones talk to the Man In Red. For
information call 703-938-5187 or
visit www.historicviennainc.org.

WEDNESDAY/DEC. 31

New Year's Eve in Entyse Wine

Bar & Lounge. 9 p.m. to Midnight. The Ritz-Carlton, Tysons Corner, 1700 Tysons Boulevard, McLean. Celebrate the New Year with live musical entertainment provided by The Christopher Linman Jazz Ensemble and culinary delights. As the clock strikes midnight, welcome 2015 with a complimentary champagne toast. \$100 minimum food & beverage purchase per person.

THURSDAY/JAN. 8, 2015

Dobet Gnahoré. 8 p.m. The Barns Wolftrap, 1635 Trap Road, Vienna. Discover delicate ballads and sensuous African grooves from this Grammy-winning vocalist, percussionist, and dancer praised as one of contemporary African music's most charismatic talents. \$25-30. 703-255-1900.



SPORTS

Oakton Girls' XC Places 4th at Nike SE Regional

Madison harriers compete at Foot Locker South.

he Oakton girls' cross country team, which captured its second straight VHSL 6A state championship on Nov. 15, finished fourth at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

The Cougars posted a score of 176. Blacksburg (Va.) won the event with a score of 86, followed by Western Cary (N.C., 106) and Lake Braddock (143), which placed runner-up in 6A at the VHSL state meet.

The top two teams and the top five unattached individuals qualified for the national meet on Dec. 6 in Portland, Ore.

Sophomore Casey Kendall led the way for Oakton, finishing 15th with a time of 18:07.7. Sophomore Leya Salis finished 24th for the Cougars with a time of 18:16.7. Senior Allie Klimkiewicz finished 35th

(18:30.4), freshman Kira Buttrey was 80th (19:01.7) and junior Jill Bracaglia finished 97th (19:19.3).

Patriot High School sophomore and VHSL state champion Rachel McArthur won the individual competition with a time of 17:16.

Klimkiewicz (third), Kendall (fourth), Salis (11th) and Buttrey (15th) earned allstate honors at the VHSL state meet.

Members of the Madison girls' cross country team competed at the Foot Locker South regional meet on Nov. 29 in Charlotte, N.C.

Madison sophomore Devon Williams finished 24th with a time of 17:57. Senior Amanda Swaak came in 28th (17:59), junior Morgan Wittrock finished 36th (18:08), senior Laura Sullivan took 93rd (18:48) and junior Catherine Stone finished 136th

Ryen Frazier, a senior at Ravenscroft School in Raleigh, N.C., won the event with a time of 16:27.

The Madison Warhawks placed third at the state meet. Williams (eighth), Swaak (10th) and Wittrock (13th) earned allstate honors.



Oakton sophomore Casey Kendall, seen during the VHSL state meet Nov. 15, finished 15th at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

Photo by Craig Sterbutzel/The Connection

Langley Boys' Basketball Enters 2014-15 with Increased Depth

Saxons have just one senior on the roster.

By Jon Roetman THE CONNECTION

econd-year Langley boys' basketball coach Scott Newman hopes to build on the success the team experienced near the end of last season, when it finished third in Conference 6 despite a slow start.

Increased size and depth should help the Saxons' cause.

While Langley's roster includes just one senior, Newman said this year's team has the talent to allow him to play 10 or 11 players on a given night rather than the rotation of seven or eight he played last season. Mix in five players listed at 6 feet 3 or taller and Newman is excited for his second year at the helm.

"Our greatest strength is our depth," said Newman, who was a Langley assistant before taking over head-coaching duties last season. "... It's unlike any team I've coached at Langley."

One big reason for Newman's optimism is 6-foot-4 forward Nate Shafer. The junior is a shot-blocking force at the defensive end and can score in the paint.

"Nate Shafer is just a tremendous shotblocker and interior defender," Newman said. "... When we're forced to help [on



Aaron Kim, seen last season, is one of five members of the 2014-15 Langley boys' basketball team with varsity experience.

defense], Nate can [make a difference]. ... Nate at the back of the defense ... really guard Aaron Kim return with varsity expe-[helps. He] cleans up a lot of mistakes that we make. ... I would be really surprised if he was not one of the two or three guys in discussion for Defensive Player of the Year in our league."

Along with Shafer, senior guard Alex

Callaghan, junior guard Daniel Salamone, Whenever we have a breakdown, having junior forward Chris Miner and sophomore

> Callaghan will start at point guard for the Saxons. Salamone and junior guard Tavon Tarpley are two of the Saxons' top perimeter players.

"[Salamone has] really matured and ad-

"Our greatest strength is our depth. ... It's unlike any team I've coached at Langley."

- Langley boys' basketball coach **Scott Newman**

vanced his game," Newman said. "He'll be one of our key perimeter threats. ... [Tarpley is] long, he's athletic, he's quick and he's our best perimeter defender. He's also crafty on offense and gets to the rack."

Six-foot-4 sophomore Sami El-Rafey could see significant time at forward. Six-foot-6 junior John Rau provides Langley with additional size in the paint.

Langley opens the season with a home game against Osbourn at 7:30 p.m. on Wednesday, Dec. 3. After hosting Herndon on Dec. 5, the Saxons will travel to face rival McLean on Dec. 12.

"The No. 1 thing that I've taken away from my first year going into my second year is I'm trying to be much more level as a coach and more consistent and even-keeled," Newman said. "I'm taking an approach to build their confidence and believe in their abilities."

WELLBEING

GMU Chosen To Join Healthy Campus Initiative

George Mason was recognized for its commitment to health and wellness.

> BY MARILYN CAMPBELL The Connection

eorge Mason University's well-being and wellness programs recently received national recognition when the Fairfax-based university

was chosen as the first higher education institution in Virginia to join the Healthy Campus Initiative, an effort to encourage colleges and universities to make their campuses healthier by adopting guidelines around food and nutrition, physical activity and pro-

Last month, the Partnership for a Healthier America unveiled the pilot program at the American Public Health Association's annual conference in New Orleans. (Leaders from The Healthier Campus Initiative praised Mason for its commitment to a health and for agreeing to adopt more guidelines on food and nutrition, physical activity and programming in the next three years.

"We are proud and challenged to continue this energy toward a Healthier Campus Initiative," said Bill Ehling, executive director of Mason recreation. "I am continually appreciative of the past efforts and results to provide a genuine sense of a healthier community at George Mason University."

Mason officials point to statistics from The American Public Health Association, which show that during the first year in college, students' overweight and obesity rates increase by more than 15 percent. Additionally, most college students do not meet dietary and physical activity guidelines. PHA officials say, at the same time, the college years are a time when lifelong habits begin to form because most students are making their own choices about healthy eating and fitness.

"As a Mason alumni," said Kerry Ross, director of benefits and faculty/staff well-being, "it gives me



George Mason University's wellness efforts recently earned national recognition for the school.

"It gives me great pride to see our community coming together in the areas of wellness and well-being."

- Kerry Ross, George Mason University

great pride to see our community coming together in the areas of wellness and well-being. Mason has demonstrated its commitment to these initiatives for years with opportunities like the annual Health and Fitness Expo, Wellness by Mason, the Well-Being Learning Community, and now our strategic goal of becoming a Well-Being University. We are honored ... to take that commitment to a new level as a partner in the Healthier Campus Initiative under the auspices of The Partnership for a Healthier America."

The Partnership for a Healthier America was created in 2010 in conjunction with first lady Michelle Obama's Let's Move! Campaign with a goal of developing strategies to end childhood obesity.

"We know that going to college is a time of change for many students. We also know that means it's a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow," said the partnership's CEO Lawrence A. Soler in a



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Since It Ain't Broken...

By KENNETH B. LOURIE



Apparently, at least in the near term, we're (meaning my oncologist) not going to fix it. And by fix it, I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-thanhoped-for creatinine levels, (which led to a one week's delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought - to quote my deceased father, "that the idea had merit." And it does have merit and my oncologist has always been concerned about the effect. In fact, per his orders, I had seen a nephrologist (a kidney specialist) a few years back. After examining me on multiple appointments, the doctor suggested there was no real need for a return appointment. Though my creatinine levels were abnormally high, her assessment was, considering my pre-cancer/pre-chemotherapy lab work history had been normal, it would likely go back down if we stopped chemotherapy; but since it's highly unlikely that we'll be stopping chemotherapy, given my diagnosis, there was nothing to be done other than watching and managing the levels as my oncologist has been doing. And that's what we've done and I've not been back to see her since.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme/point of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on/in as semi usual. And thus begins, according to my oncologist, my new normal: I will continue to be scheduled for infusion every three weeks with my prechemotherapy lab work completed the Wednesday before the Friday. If my creatinine levels are high, we'll delay, and reschedule the infusion for a week later as happened during this past interval. Now, we didn't discuss what schedule we'd follow if abnormal creatinine levels persist. As has been established during previous conversations between Team Lourie and my oncologist, scenario questions are not helpful and we rarely venture into any what-ifs/what-abouts until absolutely necessary.

But what we did discuss at this last appointment was my future, a little bit. Considering the "shrinkage" written about in last week's column, my oncologist was very encouraged and characterized my treatment going forward as something we're going to be doing for awhile. But he said it so matter-offact, that we sort of took it for granted. He didn't really fuss about it and we didn't either. He said it. He didn't really emphasize it. But he meant it. It was all good, that's for

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired/been said. It was certainly news with which we could live and that's what we intend to do. I'm not about to look a gift oncologist in the mouth. Since nothing seems broken, I'm not looking to fix anything.

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

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News



Nature Visions' Best in Show in Fine Art: "Delicate Nectar Gatherer" by Kathrin Swoboda.

Exploring the Beauty of Nature

athrin Swoboda, of Vienna, received the Nature Visions' "Best in Show in Fine Art" award at the recent 2014 Nature Visions Photo Expo. Her photograph is titled "Delicate Nectar Gatherer." The photograph was taken from her Vienna home. Nature Visions is one of the premier photography expos in Northern Virginia. The expo

was held Nov. 14-16 at the Hylton Performing Arts Center in Manassas. "This year there were 1,335 entries from 155 local photographers for our nature and fine art competitions.

Kathrin Swoboda.

Corbett, McLean Photo Club and President, Nature Visions Photo Expo. Camera clubs and their membership from throughout Northern Virginia and beyond were contributors to the Expo. "I am a physician turned

The talent and creativity is a

joy to behold," said Bill

stay-at-home mom turned amateur nature photographer.

I like exploring the beauty of nature with a camera to capture what can't be seen with the naked eye," said Swoboda. "This award inspires me to seek art in nature," added Swoboda.

—DAVID SIEGEL

BULLETIN BOARD

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

WEDNESDAY/DEC. 3

Human Rights Defenders: Relevant

International Law and Strategies. 7:15-9 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. A presentation by David Padilla. international human rights consultant. How lawyers and other activists try to defend victims of human rights violations around the world. www.uucf.org.

SATURDAY/DEC. 6

Region 1 Listening Tour. 9 a.m. Hunters Woods Elementary, 2401 Colts Neck Road, Reston. Superintendent Karen Garza invites students, parents, employees, and community members to join her at the Region 1 Listening Tour Meeting. Garza will discuss school issues and the priorities for Fairfax County schools and listen to ideas, comments, and questions from the audience. Those planning to attend the meeting are asked to please register at https:// www.surveymonkey.com/s/listeningtour2014-

TUESDAY/DEC. 9

Great Falls Citizens Association Meeting.

Great Falls Library, 9830 Georgetown Pike, Great Falls, Dranesville School Board Representative Jane Strauss will be the featured speaker. Strauss will speak to residents about current local schools issues, including school renovations and the annual budget process. She will take questions following her remarks. Also participating in the program will be the four PTSA presidents from Forestville, Great Falls

Elementary, Cooper Middle and Langley High schools. A holiday social with Strauss will follow the formal program. The meeting is open to the

WEDNESDAY/DEC. 10

Expansion and Renovation Meeting. 7:30 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna.Learn more about the Town of Vienna's planned Community Center renovation and expansion. The Vienna Community Center, originally built in 1966, is one of the town's most vital sites. The renovation is slated to begin in 2015 with funds budgeted from two Capital Improvement Plan periods. Further community update meetings will be held as plans progress.

erndon Bus Operations Facility Meeting. 7 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon, A meeting held to present the proposed renovations to the Herndon Bus Operations Facility.

League of Women Voters Meeting on **Fairfax Schools.** 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Later high school start times and full-day Mondays: what do these mean for the rest of the Fairfax school calendar and schedules for students and parents? Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

FRIDAY-SATURDAY/DEC. 19-20

Citrus Sale. Friday: 8 a.m. - 6 p.m. Saturday: 8 a.m.-noon. American Legion, 1355 Balls Hill Road, McLean, Proceeds used to support veteran needs, local community, youth, and patriotic activities. Seedless Grapefruit, and Navel Oranges fresh from Florida. Pure Maple Syrup will be available at all sales. Call 703-356-8259 for additional details and reservations.

Capitol Steps Performs at Shepherd's Center

he sold-out audience was roll ing in the aisles when nationally recognized comedy troupe, Capitol Steps, appeared at the 2014 benefit performance for the Shepherd's Center of Oakton-Vienna (SCOV). SCOV serves older adults in Oakton, Vienna, Merrifield, Dunn Loring and portions of Fairfax and Reston.

Founded in 1997, the Shepherd's Center of Oakton-Vienna is a volunteer-based non-profit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. Last year SCOV's services, personal enrichment and volunteer opportunities reached more than 3,000 older adults (50+) in the region.

In 2014 the agency was recognized by the National Volunteer Caregiving Network with their Program of the Year award. In 2012 SCOV was voted the Best Nonprofit of the Year by the Vienna Tysons Regional Chamber of Commerce.

Each year more than 200 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness counselors,

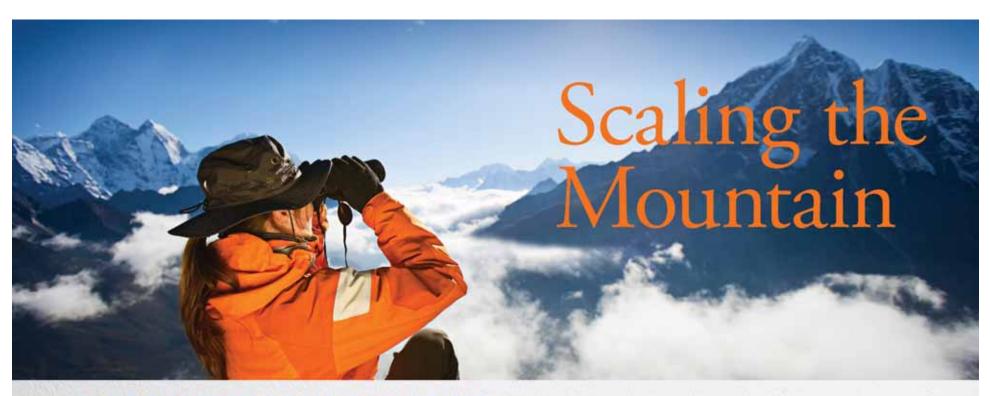


Pictured at pre-event reception are, from left, Jude and Richard Duesterhause ,SCOV Board Chair; Mark Eaton, Capitol Steps; William Kirby, SCOV Board Vice Chair and Nina & Don Kissenger, Homewatch CareGivers of Falls Church, Silver Sponser.

fundraisers, and grant writers. These volunteers run programs such as Lunch n' Life, Adventures in Learning, trips and outings, special events, and caregivers' support groups. Services and programs are available to anyone age 50+ who lives in Oakton, Vienna, Merrifield, Dunn Loring and portions of Fairfax and Reston.

The 2014's SCOV Capitol Steps event received additional support from Ready Hands Home Care, Presenting Sponsor and Navy Federal Credit Union, Platinum Sponsor. Additional Sponsorship support was provided by the Estate Planning & Elder Law Firm, P.C.; VLP Financial Advisors; The Law Office of Michele H. Wright, P.L.C.; Booze/Allen/Hamilton; Arden Courts; Ashby Ponds; Heavenly Paws; Home Care Assistance; Homewatch Caregivers of Falls Church; Money & King; Sunrise Senior Living; A First-Class Move; Heavenly Paws; Tall Oaks Assisted Living; Greenspring; The Balch Family; Goodwin House; Fisher Group, LLC; Advent Funeral Home; Arbor Terrace of Herndon; Doc Talker; Garai Orthodontists; Great Falls Assisted Living; Hale, Ball, Carlson, Baumgartner, Murphy, PLC; Title One Settlement Group; The Woodlands; Westminster at Lake Ridge; Vienna Manor and Comfort Keepers.

To learn more about SCOV and how you can support their mission, visit their website at www.scov.org or call Michelle Scott, Executive Director at 703 281-5088,director@scov.org.



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