

**WELLBEING**

PAGE 12

Great Falls  
To Host  
Holiday Fest

NEWS, PAGE 17

The Great Falls Holiday Fest on Saturday and Sunday, Dec. 5-6, includes shopping, art, food, lights and Saint Nicholas, too! Great Falls Studios member artists will be at the Great Falls Grange and Old Schoolhouse as well as at the Artists Atelier, 756 Walker Road, Great Falls.

Environmental Quality of Life

NEWS, PAGE 3

Great Falls Rugby Hosts  
Annual Benefit Tournament

NEWS, PAGE 3





— REAL STORIES FROM THE EXPRESS LANES —

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

- Luis B.  
Woodbridge, VA

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

See more real stories from the Lanes at [ExpressLanes.com](http://ExpressLanes.com)



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



# Environmental Quality of Life

**Advisory Council issues 512-page vision for county environmental policy.**

BY KEN MOORE  
THE CONNECTION

**F**looding will rise in concern in Fairfax County as a result of climate change, warned Stella Koch, chairperson of the county's Environmental Quality Advisory Council.

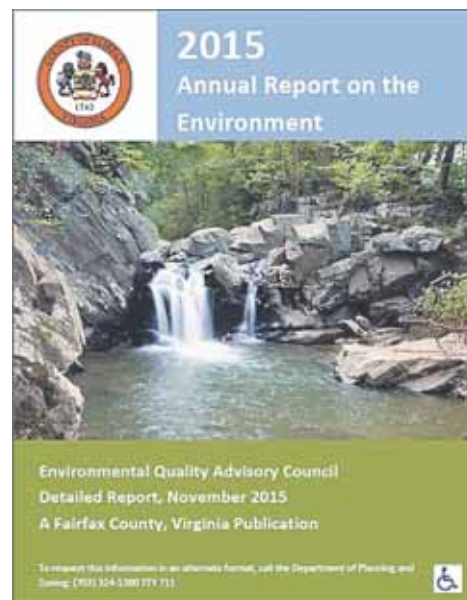
"We want the county to develop policies on development and redevelopment in areas that are vulnerable to sea rise," she said. "We've all seen increased flooding in parts of the county and that will only increase over time. We ask the county to take a focused look."

Preparing for flooding could involve levees, berms and changes in land use, according to the report. Fairfax County would be impacted in a number of locations, but especially in the Belle Haven/New Alexandria area of Mount Vernon, along the tidal Potomac River.

Providence Supervisor Linda Smyth wants the county to find a solution to recycling glass, which is not currently being recycled, according to the report.

"People really appreciate recycling and glass is something you can recycle forever," said Smyth. "This is causing our whole recycling ability not to work the way we want it to."

According to the report: "The majority of recyclables collected in Fairfax County are delivered to third-party material processors



**The cover of the county's annual report on the state of the environment features Scotts Run, in McLean.**

that sort, purify and package target recyclables for resale. As a result, some collected recyclables do not ultimately go to market, due to contamination or the absence of a willing buyer. For example, such is currently the case for glass, for which none of the processors used by county collectors are actually recycling this material;

it is currently considered a discard at area recycling plants and is shipped elsewhere for disposal."

"Has our solid waste ever looked into a separate program for recycling of glass?" asked Smyth.

"We have this discussion frequently because it is not simple," said Koch. "We're working on it."

**THESE ARE JUST TWO** issues raised in the 512-page annual report on the environment, which the Board of Supervisors approved at its Nov. 17 meeting before Thanksgiving.

The nine chapters of EQAC's annual report on the environment present the county's vision on topics ranging from deer management, light pollution, stormwater, recycling and more.

"I always use your report, your annual report as a model and an example of our being able to track our progress on our environmental agenda and making sure things don't fall off our radar screen," said Chairman Sharon Bulova. She said having environment vision is a way "to make sure we stay on top of the recommendations and the things we have committed to do," said Bulova.

Koch recommended increased funding in watershed and environmental improvement programs, as well as funding two positions, an ecologist in the park authority and a wildlife management specialist.

"Most of those projects are cost effective, and they actually save the county money over time," said Koch.

"Funding for the additional wildlife specialist would be really needed," she said.

She asked the Board "to continue to support the environmental projects that you have established. These programs are important if we are to maintain the high quality of life we have in Fairfax County and the high standards we have set for ourselves. We note that for Fairfax County residents, quality of life is not just about good schools and jobs but also about having a clean and healthy environment in which to live and recreate."

Supervisor Jeff McKay asked that EQAC keep monitoring advancing technology and methods to be used to control the white-tailed deer population.

"Obviously controlling the deer population is critical to the natural environment," said McKay.

**SUPERVISOR** Cathy Hudgins asked if the county could find the proper balance between light pollution and creating pedestrian friendly environments especially in transit areas.

"We've made some progress in terms of addressing light pollution and recognizing that the urban settings that we have require a given amount of light for pedestrians," said Hudgins. "Our desire is to be a non-polluting environment but one that is pedestrian friendly."

"We'll be happy to get back to you," said Koch. "We like our homework assignments, because they help us focus."

See <http://www.fairfaxcounty.gov/dpz/eqac/report2015/>.



PHOTOS CONTRIBUTED



## Great Falls Rugby Hosts Annual Benefit Tournament

Sunday, Nov. 22, was a beautiful, chilly and unusually busy day in Great Falls, as Great Falls Rugby hosted its second annual tournament to benefit MedStar National Rehabilitation Center's spinal cord injury programs. Approximately 20 teams from all over the metro-D.C. area

participated in the day-long event raising funds for important research playing rugby on three fields at the same time.

Great Falls Rugby is sponsoring this annual event for children aged 5-18 and is grateful to the Great Falls community for their support of the event. Representatives

of Katie's Coffee House and the Sci-Math School of Great Falls braved the cold to help keep the children and parents warm with hot chocolate, coffee and treats. And Ayoba-Yo (South African style sausage and treats), Kiwi Pies and ASPIRE Beverages also provided food and drink with part of

the proceeds going to the cause. Some of MedStar's therapists and wheelchair rugby players also participated in the event. Rugby Virginia's high school team won the varsity bracket and Gonzaga College High School won the U-17 pool. Great Falls Rugby is inviting prospective players to register for the spring and summer seasons.



# Fairfax Water

## NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

1. An increase in the Availability Charge from \$3,950 to \$4,100†.
2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
4. An increase in the Account Charge from \$36 to \$37.
5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
6. An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 110% to 104%.
11. A decrease in the Overhead Charge for Materials from 25% to 16%.
12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016\*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2015	2016
Personal Services & Employee Benefits	\$ 53,891	\$ 55,581
Power and Utilities	10,677	10,750
Chemicals	6,335	7,857
Purchased Water	6,717	6,090
Supplies and Materials	4,985	5,113
Insurance	1,017	1,050
Fuel	781	880
Postage	637	664
Contractual Services	9,930	10,422
Professional Services	1,146	1,046
Other	2,363	2,447
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
<b>Total</b>	<b>\$ 88,810</b>	<b>\$ 92,284</b>

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,417,000
Improvement Fund	\$11,000,000
General Fund	\$24,131,000

\*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at [http://fairfaxwater.org/current/public\\_hearing\\_2015\\_12\\_17.htm](http://fairfaxwater.org/current/public_hearing_2015_12_17.htm). Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, December 16, 2015** to be included in the record of the public hearing.

## FAITH

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**Celebrate Advent and Christmas** at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Weekly worship is Sundays at 8:30 and 10:30 a.m.; Wednesdays at noon. Holiday events include:

Sunday, Dec. 13, Children's Musical, 10:30 a.m. service.

Sunday, Dec. 20, Lessons and Carols, 10:30 a.m. service.

Thursday, Dec. 24, Christmas Eve, 5 p.m. family service; 8 p.m., Candlelight and Communion; 11 a.m., Candlelight and Communion. [www.imtrinity.org](http://www.imtrinity.org).

The **Churches of the Ecumenical Council** are offering a Blue Christmas worship opportunity Sunday, Dec. 13 at 2:30 p.m. at Katie's Coffee House, 760 Walker Rd., Great Falls. This is an opportunity to come together expressing the griefs, losses and challenges of our lives as we connect to hope and faith. Call Carol 703-582-1640 with questions.

**Chancel Choir**, children and youth of the Great Falls United Methodist Church invite you to join them for worship as they offer "Welcome to Our World," a musical for Christmas written by Claire Cloninger and Robert Sterling on Sunday, Dec. 13 at 10 a.m. The musical includes traditional carols, newer praise songs and original material.

Robert R. "Mitch" Mitchell, Director of Music Ministries at Great Falls UMC, former U.S. Army Bandsman, and local area Piano teacher/freelance Musician will be conducting the choir and narrators. Church keyboardist Thomas Pandolfi will be accompanying the musical. Great Falls United Methodist Church is located at 10100 Georgetown Pike, right next to the Fire Station in the center of the village. All are welcome.

**Emmanuel Lutheran Church**, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and

more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or [www.elcvienna.org](http://www.elcvienna.org).

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church** Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Christian Healing Rooms** are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**Centering Prayer Group** meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at [mmthomas211@hotmail.com](mailto:mmthomas211@hotmail.com) or call the church at 703-759-3509.

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Langley senior Halle Duenkel on Nov. 13 signed a National Letter of Intent to play lacrosse at James Madison University. Pictured from left: Langley lacrosse coach Maggie Kovacs, Duenkel, principal Fred Amico and DSA Geoff Noto.

PHOTO CONTRIBUTED

## Langley Senior Duenkel Signs with JMU

Langley High School's Halle Duenkel on Nov. 13 signed a National Letter of Intent to play lacrosse at James Madison University.

A four-year starter, she is closing in on the all-time leading scoring records at Langley High School with 112 goals and 53 assists. Duenkel was an offensive weapon on the 2013 Saxon team that went to the state finals. She was named to the Brine All-American team in 2014, and was a Washington Post All-Met honorable mention in 2015. A 6A/5A North All-Region selection in Virginia for lacrosse, she was also first-team all-conference for the past two years.

Duenkel looks to complete her high school career with 13 varsity letters. She is a regional finalist long jumper and all-region field hockey player for the Saxons. She is the president of the Spanish National Honor Society, has a 4.1 GPA, and was a U.S. Lacrosse Academic All-American in 2015.

Outside of school, Duenkel is the founder of the faith-based nonprofit, Compassion in Actions, where she has helped to donate over 540 cubic feet of gently used sporting equipment to poverty-stricken nations. She plans to major in business for James Madison University and contribute to a perennial top 20 Division I lacrosse program.

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# Tying Down Time for Tying Up

BY KEN MOORE  
THE CONNECTION

**"M**an's best friend deserves legal protection," said Peggy Marshall, who adopted her best friend, Bianca.

Bianca endured a life on a chain for years until stray dogs attacked her.

"She tried to defend herself but couldn't run away and was badly bitten," said Marshall. Marshall's testimony at the Nov. 17 public hearing of the Board of Supervisors covered the intent of the Board's proposed amendment regarding cruelty to animals, including dog tethering.

Bianca was then dropped off at an animal shelter to be euthanized. An animal care assistant intervened, got Bianca a week of medical attention and from there a rescue group intervened.

"Happily, Bianca's story ends with an unchained life and Boar's Head roast beef every day," said Marshall.

Tethering a dog for more than one cumulative hour during any 24-hour period, unless the dog is under the direct supervision and control of its owner or custodian, is now prohibited in Fairfax County. The Board of Supervisors voted Tuesday, Nov. 17, to amend the Fairfax County Code to incorpo-

rate the Code of Virginia's cruelty to animals provisions along with the tethering provision.

**MORE THAN 20** people testified for more than two hours at a public hearing at the Nov. 17 meeting of the Board of Supervisors, and not all were in favor of the new regulations.

The Board of Supervisors met some resistance when proposing limits to dog tethering, the amount of time animals could be left unsupervised on a leash or a line in the backyard.

"When Supervisor [Jeff] McKay and I introduced this in late spring after working with some of the shelter staff," said Supervisor Michael Frey, "we never contemplated the idea that this would limit the amount of time you could walk your dog on a leash because that was tethering" or that if a groomer had a leash on a dog for more than an hour that would violate the ordinance.

Some people worried that dog groomers could be in violation of the new provision if they needed to tie a long haired dog for more than an hour.

"That was an interpretation that never occurred to us, but I've talked with some folks and I've worked with our staff and the county attorney's office to propose an amendment that I think takes care of those

concerns," he said.

Frey started the public hearing by saying the Board would add qualifying language to the proposal that would allow a dog to be tethered for longer than an hour if "the dog is under the direct supervision and control of its owner or custodian."

"That will take care of some of the concerns that were addressed," Frey said.

Capt. John Naylor, commander of the Animal Control Division, said tethering can deprive dogs of their ability for survival necessities, such as water and food. Limited to a life on a chain regularly can make dogs aggressive as well as potentially cause strangulation, he said. They can be at risk for hypothermia and heat stress, which can lead to severe health problems.

But others raised concerns about the meaning of "direct supervision and control."

"I've been a dog owner my entire life," said Supervisor Pat Herrity, who asked that the proposal be deferred for more consideration. He raised the example of taking his dog with him when he plays rugby, with the dog tethered in sight, but for more than an hour for the game. County staff replied that the scenario would not be allowed, and that the dog should be directly supervised by someone during the game.

Alice Harrington, legislative liaison of the

Virginia Federation of Dog Clubs and Breeders, spoke in opposition.

"This bill is written and assumes all tethering is bad, and that is not true," she said.

"There is no link [in this proposal] between tethering of a dog and the condition of the dog. Anyone who tethers a dog for 61 minutes can be charged with animal cruelty," even if there is no harm to the dog.

Allison Volpert, who serves on the county animal services advisory council, participates with two of her dogs in agility classes at Frying Pan Park. She regularly leaves one dog tethered for somewhat more than an hour, with a cooling pad and water in summer, while she participates with her other dog in class. But with the new provision she will no longer be able to do so.

**SHE URGED** the supervisors to delay the vote and to work with a more diverse group of animal lovers to make recommendations.

Arlington County animal control officer Jennifer Toussaint said Arlington County uses its tethering law and enforcement to educate homeowners how to be more effective dog owners.

Holly Hazard, of the Humane Society of the United States testified in favor of the

SEE DOGS, PAGE 13



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## WEEK IN GREAT FALLS

### Land Use and Zoning Issues to be Discussed

The Land Use and Zoning Committee of the Great Falls Citizens Association (GFCA) will hold a public meeting at 7:30 p.m. on Monday, Dec. 7 at Forestville Elementary School, 1085 Utterback Store Road, Great Falls, to discuss several land use issues. The primary purpose of the meeting is to consider the rezoning application for a portion of the former Hill's Nursery.

❖ **Hill's Nursery Rezoning.** A rezoning application has been filed by Gulick Group to construct a residential cluster development of 10 lots, accessed by an extension of Challedon Rd. With a Fairfax County Planning Commission hearing scheduled for Feb. 17, 2016, GFCA is holding this public meeting to hear from adjacent neighbors, County staff and the applicant.

❖ **Brooks Farm Rezoning.** A Fairfax County Planning Commission hearing has been scheduled for Jan. 21, 2016 to consider the application of Basheer and Edgemoor for a cluster development of 20 lots. In May 2015, GFCA members passed a resolution outlining their concerns about this rezoning proposal and reiterated them in a letter to Supervisor John Foust (D-Dranesville) in September.

❖ **Marmota Farm.** Located at 9800 Georgetown Pike the 22.78 acre parcel is for sale and zoned residential. It could be subdivided and developed by a potential purchaser by right. Several area stakeholders have raised concerns about the future use of this property and a group of residents has proposed that it be purchased as a local park.

GFCA has no decision-making authority on these matters and is serving as a facilitator of information, facts and dialogue. There will be an opportunity for stakeholder groups to address the audience as well as a Q&A period for individuals at the end of the session.



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**Community support allows The Arts of Great Falls Foundation to run the School and provide community art events all year! Visit [www.greatfallsart.org](http://www.greatfallsart.org)**



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# OPINION

## Fixing I-66

BY STEWART SCHWARTZ  
COALITION FOR SMARTER GROWTH

**W**e all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General Assembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

### COMMENTARY

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways – again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And “if you built it we will come” — new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they hit Constitution Avenue in D.C. or exit onto

local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor’s proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017. The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still more growth 30 miles beyond D.C. and yet

Politics is getting in the way  
of long-term solutions.

more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have to drive.

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to have.

*Stewart Schwartz is executive director of the Coalition for Smarter Growth  
www.smartergrowth.net*

## Where Domestic Violence and Homelessness Meet

BY JOE MEYER  
EXECUTIVE DIRECTOR & CEO  
SHELTER HOUSE, INC.

**W**hat if you wake up one day in fear of your physical safety? What would you do if you had absolutely no access to any of your bank accounts? What if you found yourself completely isolated from your friends and family and had no resources? Unfortunately, these are the very real situations that victims of domestic violence find themselves in before they seek out support and shelter.

Shelter House, Inc. operates Fairfax County’s only 24-hour emergency domestic violence shelter, Artemis House. This past year, Artemis House increased its bed capacity from 34 to 42 trying to meet the needs of the 60-100 individuals who call the Artemis House hotline on a monthly-basis.

One recent Artemis House resident “had no access to the family account, credit/debit cards. [The abuser] did not even give her, as we often see, an ‘allowance.’ She could not even ask for feminine hygiene products. He made all the financial decisions and still accused her of stealing money,” says Suzanne Pigg, director of Artemis House.

Statistics show that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. Chances are you either have been or know someone who has been in a situation of domestic violence. And in 2015, 41 percent of adults in families who were homeless reported that it was because of domestic violence. This is an alarming increase from 33 percent in 2014.

Because of the overlapping circumstances of homelessness and domestic violence, Artemis House isn’t the only safe-haven for victims of domestic violence. Shelter House operates two other family shelters — Katherine Hanley and Patrick Henry Family Shelters, that house an overwhelming amount of homeless families who have also experienced and been affected by domestic violence. This is an addition to Shelter House’s transitional and permanent supportive housing services — programs that also see a large amount of cases where families are affected by domestic violence.

Why are so many families who are homeless affected by domestic violence? One big reason is 98 percent of domestic violence cases involve financial abuse. Many families who are homeless have experienced having an abuser control their access to accounts, imposing a strict allowance

of funds or coercing them into signing documents for loans or leases. The ways in which financial abuse occurs varies, but is consistent threat and serves as an effective and damaging way for an abuser to keep a victim under their control.

Domestic violence, and the homelessness that it can lead to, are not separate or isolated issues. They are intertwined issues that affect individuals and families and communities. It is up to us as a community to speak out against abusers and stand in solidarity with those who have been victim of domestic violence and financial abuse. Part of Shelter House’s outreach efforts this year have included participating in the Purple Purse Challenge, a national month-long awareness and fundraising campaign held in October aimed at promoting financial empowerment. But much like homelessness and domestic violence, our outreach does not end in October. Help us raise awareness and make an impact by visiting [www.shelterhouse.org](http://www.shelterhouse.org) and find out ways you can get involved.

*If you or someone you know is experiencing domestic violence, contact the 24-hour county hotline or Artemis House hotline to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940*

### LETTERS TO THE EDITOR

## Board of Supervisors Promotes Right to Vote

To the Editor:

The League of Women Voters of the Fairfax Area (LWVFA) commends the Fairfax County Board of Supervisors (BOS) for their 2016 Legislative Program that includes specific requests in support of qualified Virginians’ right to vote.

The Legislative Program asks for “no-excuse” absentee voting and ex-

tended polling hours; legislation to find an appropriate balance between “maintaining integrity of elections” without interfering with the right to vote; examining effects of voter ID law before enacting any future voter ID laws. In addition, ...“reactions at the state and federal levels to the recent Supreme Court decision, striking down Section IV of the Voting

Rights Act which eliminated the requirement that changes to Virginia’s election laws be ‘pre-cleared,’ should be closely monitored. Additionally, the Legislative Program also requests greater state financial support for election administration.”

The LWVFA also commends the BOS for their foresight in recently purchasing new voting machines and

in training election staff to use them before the 2016 Presidential election.

The LWVFA will continue to lobby for the introduction and passage of bills that would increase voter participation in elections and would protect eligible Virginians’ constitutional right to vote.

**Helen Kelly**

League of Women Voters of the Fairfax Area

Great Falls  
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**NEWS DEPARTMENT:**  
[greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Ken Moore**  
Community Reporter  
240-393-2448  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](https://twitter.com/jonroetman)

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**Andrea Smith**  
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703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
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## AREA ROUNDUPS

### Colonial Wassail at the Claude Moore Farm

The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean, is hosting Colonial Wassail on Sunday, Dec. 13, 1-4 p.m. In the dead of winter the Claude Moore Colonial Farm's apple trees need encouragement to bear well in the coming year. Gather in the Farm's orchard to wassail the trees with singing, dancing and chants to ensure a "howling crop." Enjoy hot spiced cider, sugar cakes, a roaring bonfire and 18th-century games. Great family and group holiday event.

Regular admission: Adults: \$3; children 3-12 and seniors: \$2; children under 3 complimentary admission. Free parking. Directions at [www.1771.org](http://www.1771.org). Weather permitting.

### Fairfax Chamber to Become the Northern Virginia Chamber of Commerce

Fairfax County Chamber of Commerce (Fairfax Chamber) Board of Directors approved the rebranding and restructuring of the Fairfax Chamber to the Northern Virginia Chamber of Commerce. The new entity, effective January 2016, is an answer to

the call from business and political leaders for one unified business voice for Northern Virginia and more accurately reflects a role the Fairfax Chamber is already fulfilling.

"The Fairfax Chamber is the Voice of Business in Northern Virginia and has been for some time now," said Mitchell D. Weintraub, partner, Cordia Partners and chairman, Fairfax County Chamber of Commerce. "The rebranding and restructuring will allow us to better serve and increase our value to our members, stakeholders and business community."

During the next several months, the Fairfax Chamber will bring together other chamber executives, business and political leaders, and community partners in a collaborative manner to help shape the launch of the new entity in January 2016.

"The new Northern Virginia Chamber of Commerce will seek to complement, not compete with the other chambers," Weintraub continued. "This is about strengthening and unifying the regional business voice region."


Further information on the Northern Virginia Chamber of Commerce will be announced in January 2016.

## Make Wishes Come True

The Wish List Angels is reaching out to the community to help make the holidays a bit brighter for those who need a little help this year. The Wish List Project is a community-wide initiative to donate gifts

to those in need this holiday season. Signup links and details can be found at [www.wishlistangels.com](http://www.wishlistangels.com). Take a look at the wish lists and take this opportunity to spread some cheer this December.

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# Celebration of Lights

**PLEASE NOTE:  
NEW DATE & TIME**

**Sunday, December 6**

**4:30pm to 6:30pm**

**Great Falls Village Centre Hill**

Join us for our Celebration of Lights! Watch Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree. Enjoy the petting zoo, pony rides, fire pit, hot cider, hot chocolate and popcorn. And don't miss the beautiful, live nativity scene.

4:30pm ~ Petting Zoo, Pony Rides and Bonfire begins

4:45pm ~ St. Francis Creche

5:00pm ~ Santa & Mrs. Claus arrive to light the Tree

5:15pm ~ Forestville Elementary School Chorus

5:30pm ~ Great Falls Elementary School Chorus

5:45pm ~ Colvin Run Elementary School Chorus

6:00pm ~ Live Nativity Scene



**Holiday Decorating Contest for  
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Vote on-line for your favorite holiday  
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[www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org)

*All activities are FREE to the public.*



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# Great Falls Holiday Fest Dec. 5 & 6

**Come to Great Falls for a European-Style Holiday Market.  
Enjoy Shopping, Food & Fun Activities ... all for FREE!**

*Details online at [www.greatfallsart.org/HolidayFest/](http://www.greatfallsart.org/HolidayFest/)*



## Art Shows & Sale (Sat. & Sun. 10am-5pm) *at THREE Locations*

23 Great Falls Studios Artists at **The Grange & Old Schoolhouse** (9818 Georgetown Pike)  
*Paintings, Pottery, Photography, Jewelry, Fiber Art, Woodcarving, Sculpture*

10 Artists at **The Artists Atelier** (756 Walker Rd. in Great Falls)  
*Oil Paintings, Mixed Media, Photography, Fabric Arts, Abstracts*

12 Artists at **Artists on the Green** (776-B Walker Rd. in Great Falls) *Oil Paintings*



## Activities in Great Falls Village (Sat. & Sun.)

Festive Food & Drink available both days (The Grange)

Storytelling by Authors: Sat. & Sun. 12:00 noon (The Old Schoolhouse)

Ornament Making: Sat. & Sun 1-3pm (The Arts of Great Falls School, 756 Walker Rd.)

Live Music with Village Green Day School Children: Sat. 3pm (The Grange)

Pictures with Santa: Sun. 1-4pm (The Old Schoolhouse)



## Celebration of Lights (Sunday 4:30-6:30pm)

Celebrate the beginning of the holiday season with Celebrate Great Falls 25<sup>th</sup> Annual Christmas Tree Lighting. Don't miss the new day and time—Sunday, 4:30-6:30.

**Sponsors:**



Great Falls Studios



***DON'T MISS another great community event: the Great Falls Farmer's Market  
Saturday, Dec. 5th, 9am-1pm in the Wells Fargo parking lot at 778 Walker Rd.***



# Merry and Fit

BY MARILYN CAMPBELL  
THE CONNECTION

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill.

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Year's Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is

an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

Before developing a schedule, there needs to be an acceptance by group members that

the season will likely have an impact on one's diet and ability to exercise, said Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow through a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when we of-

fered nutrition seminars and then had a potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge," said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling."

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's ok to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

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

## "Fairfax County's Founding Fathers" Revisited at History Conference

BY LYNNE GARVEY-HODGE  
FAIRFAX COUNTY HISTORY COMMISSION

The 11th annual Fairfax County History Conference was held Saturday, Nov. 7 at the Sherwood Community Center in Fairfax, titled "Fairfax County's Founding Fathers - Part I."

Board of Supervisors chairman Sharon Bulova kicked off the conference that was attended by more than 100 guests and filmed by local Cable Channel 16. Guests included authors and exhibitors: the Burke Historical Society, the BRCWRT, the Fairfax County Cemetery Preservation Association, Chuck Mauro, Chuck Mills, Carole Herrick and many, many others.

Chairman Bulova presented Greg P. Wilson with the Ross Netherton Award for his fine research on "Jonathan Roberts - The Civil War's Quaker Scout and Sheriff."

An overview on the Fairfax Families and George Washington was provided by the Jene Lindner. Steve Bashore talked about Mount Vernon's farm and distillery. He had to leave quickly return to Mount Vernon in order to oversee this

season's preparation of Rye Whiskey, still in process today.

President George Washington was able to join as well. Guest historian Helen Anderson shared a minuet with the general. As one guest stated, "Virtuoso performances by Dean Malissa (The General George Washington) and Marion Dobbins."

General Washington talked about "E pluribus unum" - a sentiment truly much noteworthy in this day and time. Marion Dobbins re-enacted an 18th-century freed African American woman and in the telling gave us serious insights to her own seventh-generation Fairfax County heritage and the cold, lonesome world of a former slave.

Katrina Krempasky provided an excellent overview of the journey of the wills of George and Martha Washington before being carefully returned to Fairfax County.

A Trivia Quiz throughout the day kept everyone on their toes and a special five-year return from veteran historian Nadine Mironchuk from Chelsea, Mass. was honored. All attendees received a copy of "In the Path of History" authored by Ross and Nan Netherton and Ruth Rose.

A new addition was the "Drop & Swap" book table which had, at its height, 30 books and was whittled down to three by the



PHOTO COURTESY OF LYNNE GARVEY-HODGE

**Fairfax County History Commission members (from left) Phyllis Walker Ford, Mary Lipsey Carole Herrick (Chairman of the FCHC Commission), Lynne Garvey-Hodge (Chairperson of the Conference and Awards Committees, FCHC Commission), Gen. George Washington (aka Dean Malissa), Sallie Lyons, Jene Lindner and Mike Irwin.**

conference's end.

The conference for 2016 is tentatively set for Nov. 12, 2016 at the Sherwood Com-

munity Center in Fairfax. "Fairfax County's Founding Fathers Part II" will a focus on George Mason.



## NEWS

# Protecting Dogs

FROM PAGE 6

limits on tethering.

"Experts agree that tethering is not conducive to the well being of dogs," she said, and is "inhumane."

"Most citizens don't want to be bad pet owners, they need guidance, and if control officers can intervene, she said, they can eliminate tethering from becoming a punitive measure."

"Citizens need guidance," she said.

"The ordinance fulfills our commitment to treat animals with dignity and compassion," testified Timothy Parnly. "It's a good ordinance," he said. "Chaining a dog is cruel."

Fines and penalties for violating the tethering provision, range from a fine of \$500 for a first violation to being punishable by fine of up to \$2,500 and/or penalty of up to one year in jail for a third violation within the same year.



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12/23/2015.....Special Issue – Safe for the Holidays  
12/30/2015.....Children's Connection

**JANUARY**  
1/6/2016.....Wellbeing, Renewal, Resolutions  
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## CALENDAR

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

### ONGOING

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

**Great Falls Decorating Contest.** Through Dec. 22. Bring out your lights, bows, tinsel, inflatables and everything festive to help light up the holidays in town. Submit pictures of your business, organization or neighborhood to info@celebrategreatfalls.org and then vote for your favorites on our website. Voting runs through Dec. 22. www.celebrategreatfalls.org.

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

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

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

**Dennis Crayon and Susan La Mont Exhibit.** Through Dec. 20. 1st Stage, 1524 Spring Hill Road, Tysons Corner. View the works of two accomplished artists while attending a performance of "Harvey." www.1ststageTysons.org. 703-854-1856.

**Nutcracker Tea.** 10 a.m. and 1 p.m. Dec. 12 and 19. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Delight in a contemporary twist on the beloved holiday classic by the South Riding Dance School



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

while you enjoy afternoon tea, petite sandwiches and pastries. All children will go home with a nutcracker doll. \$79 per person. www.ritzcarlton.com/tysons. 703-748-4068.

**Enchanted Forest Tea.** 11 a.m. and 2 p.m. Dec. 6, 13, 20. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Watch a dazzling performance by the South Riding Dance School as the Snow Fairy strives to save the woodland ballerinas from the Icicle King, whom is trying to freeze over the forest. Enjoy afternoon tea, petite sandwiches and pastries. \$79 per person. www.ritzcarlton.com/tysons. 703-748-4068.

### WEDNESDAY/DEC. 2

**Eric Hutchinson.** 8 p.m. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Singer/songwriter Eric Hutchinson takes the stage with radio favorites, including "Rock & Roll" and "Watching You Watch Him" and more and performs his foot-tapping brand of pop and rock. Tickets: \$22 advance; \$25 day of. For more information, visit http://www.wolftrap.org/tickets/calendar/performance/1516barns/1202show15.aspx or call 703-255-1900.

### THURSDAY/DEC. 3

**Holiday Homes Tour.** 10 a.m. - 3 p.m. Lewinsville Road, McLean. The four homes are all large, elegant houses on half- to one-acre lots and are easily accessible from Lewinsville Road and other local arteries. Each house will be decorated with the holidays in mind and will highlight family life in McLean. www.mcleanwc.org.

**Face Painting.** 5:30-9 p.m.

Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Children will enjoy festive snowflakes, snowmen and other holiday face painting images. Free. http://winterwalkoflights.com. 703-255-3631.

**Annual Champagne Tasting.** 7:30-9 p.m. The Vineyard, 1445 Laughlin Ave., McLean. As always, there will be over 20 of our favorite sparkling wine and Champagnes available to try so you can find the perfect bottle for your New Year's celebration. \$30. RSVP at 703-288-2970 or info@thevineyardva.com.

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

### THURSDAY-SATURDAY/DEC. 3-5

**"She Kills Monsters."** 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. TheatreMcLean, the recently renamed award-winning theatre department at McLean High School, launches its new season by entering into the fantasy role playing realm of Qui Nguyen's "She Kills Monsters." This show marks the first production directed by new theatre faculty members Chip Rome and Phillip Reid. \$12-\$15. Mature audiences. visit https://

SEE CALENDAR, PAGE 15

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Langley High School's award-winning choirs, including the Madrigals and the Women's Chamber Choir, present a fun-filled, educational, Renaissance-style dining and musical event on Dec. 4 and 5.

## Langley High Choral Department Presents Renaissance Feaste

The Langley High School Choral Department will present its annual Renaissance Feaste on Friday, Dec. 4, and Saturday, Dec. 5, at 7 p.m. at Capital Church, 10233 Leesburg Pike, Vienna. Tickets for adults are \$30 and student tickets are \$20.

Langley High School's award-winning choirs, including the Madrigals and the Women's Chamber Choir, present this fun-filled, educational, Renaissance-style dining and musical event each De-

cember. The holiday celebration features jesters, minstrels, costumed servers, and musicians in a festive "Greate Halle" environment. Modeled after a gathering of sixteenth-century nobility, the event offers period-appropriate entertainment and traditional madrigal songs such as "Deck the Halls," "Gloucestershire Wassail," "Good King Wenceslas" and "Masters of this Hall."

For more information and to buy tickets for the Renaissance Feaste, visit [www.langleychorus.com](http://www.langleychorus.com).

### CALENDAR

FROM PAGE 14

[sites.google.com/site/theatremclean/](http://sites.google.com/site/theatremclean/)

#### FRIDAY-SATURDAY/DEC. 4-5

**Annual Renaissance Feaste.** 7 p.m. Capital Church, 10233 Leesburg Pike, Vienna. Journey back to Merrie Olde England for a festive evening of Renaissance-style dining and musical entertainment. Enter the Greate Halle for a spectacular holiday celebration featuring costumed servers, jesters, minstrels, musicians and the Langley Madrigals. Reservations required. Go to <http://www.langleychorus.com/monthly-calendar/> to find out how to reserve your spot.

#### FRIDAYS/DEC. 4 & 18

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

#### SATURDAY/DEC. 5

**Holiday Open House.** 1-4 p.m. Brightview, 10200 Colvin Run Road, Great Falls. Join the Brightview Great Falls community in ringing in the Winter Season! Enjoy the decorations, music, refreshments and good cheer.

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

**Christmas Bazaar.** 10 a.m.-3 p.m. Epiphany United Methodist Church, 1014 Country Club Lane, Vienna.

Handmade Wreaths, See's Candy, silent auction and more. 703-938-3494. [www.epiphany.com](http://www.epiphany.com).

#### Lofty Salon 10th Anniversary Celebration.

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

#### Artist's Reception, Public Welcome.

3-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Former Corcoran docent Ralph Dashner describes the printmaking techniques that led to his 23-piece exhibit, "Truth and Beauty: Fine Art Prints in the Digital Age." The exhibit will be on display through December. Free. [DashnerFineArts@gmail.com](mailto:DashnerFineArts@gmail.com).

#### Pure Barre Vienna: Grand Opening Party.

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

#### SATURDAY-SUNDAY/DEC. 5-6

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

#### SUNDAY/DEC. 6

**Calmus.** 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Experience the German A capella quintet as they sing traditional and

contemporary holiday music. Tickets: \$35. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

#### MONDAY/DEC. 7

**Bouncing Babies.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join for an early literacy enhanced storytime featuring rhymes, stories and songs. Birth-12 months with adult. 703-356-0770.

#### TUESDAY/DEC. 8

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

#### THURSDAY/DEC. 10

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

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

#### FRIDAY/DEC. 11

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

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# SPORTS

## Langley Girls' Basketball in Search of Championships

**Saxons graduated one starter from team that won 21 games.**

BY JON ROETMAN  
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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



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

ing opportunities.

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

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

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

**— Langley girls' basketball coach Amanda Baker via email**

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

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

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

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

## Madison Moves Forward Without Graduated Koshuta

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

BY JON ROETMAN  
THE CONNECTION

**D**uring her high school career, Kelly Koshuta was 6 feet, 2 inches of low-post dominance.

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

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

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

While Madison no longer has Koshuta, the Warhawks do have a group of talented and experienced guards that can excel in a more



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

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

"We're going to run more of a guard of-

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

**— Madison girls' basketball coach Kirsten Stone**

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

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

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

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

and scored 10 points in the state semifinals.

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

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

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

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

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

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





Santa will be at the Old Schoolhouse posing for pictures with girls and boys on Sunday from 1-4 p.m. Santa and Mrs. Claus are scheduled to arrive by antique fire truck to begin the cheer when the Christmas tree is lit on Sunday, Dec. 6 at 4:30 p.m.

## Great Falls to Host Holiday Fest

**T**he Great Falls Holiday Fest, will be on Saturday, Dec. 5 and Sunday, Dec. 6. There will be shopping, art, food, lights and Saint Nicholas, too!

### ART

Art Shows and Sale, Saturday and Sunday, Dec. 5-6, 10 a.m.-5 p.m.

❖ Twenty-three Great Falls Studios member artists will be at the Grange and Old Schoolhouse, 9818 Georgetown Pike, Great Falls. There will be paintings, pottery, photography, jewelry, fabric arts and abstracts.

❖ Ten artists will be at the Artists Atelier, 756 Walker Road, Great Falls, displaying oil paintings, mixed media, photography, fabric arts and abstracts.

❖ Twelve artists will be on hand at Artists on the Green, 776-B Walker Road, Great Falls. They are known for offering a unique blend of original art and that just right creative collectible. And, to make the holidays a little brighter, each artist is offering discounts of up to 20 percent off their original creations. Open both days

from 10 a.m. to 5 p.m., the studio will have a festive Open House with food and beverages from 2 to 5 p.m. on Sunday, Dec. 6. Additionally, artists will be demonstrating their approach to creating their art all weekend. AOTG is conveniently located across from the Farmer's Market on Saturday morning and is a short walk to the Christmas tree lighting ceremony at 4:30 p.m. on Sunday, Dec. 6.

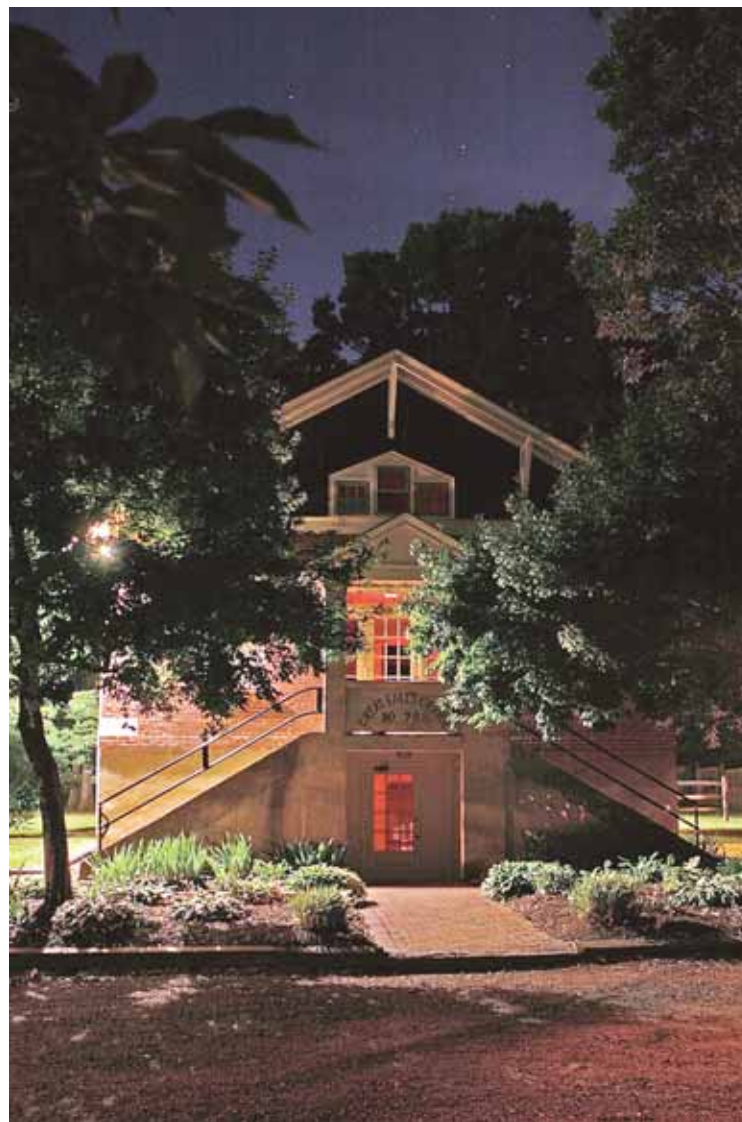
Original art, prints, photography, fabric arts, pottery, sculpture, wood carvings, holiday gifts, note cards and more will be on hand for all art lovers.

### SANTA

Santa will be at the Old Schoolhouse posing for pictures with girls and boys on Sunday from 1-4 p.m. Santa and Mrs. Claus are scheduled to arrive by antique fire truck to begin the cheer when the Christmas tree is lit on Sunday, Dec. 6 at 4:30 p.m.

### MUSIC, FOOD, ACTIVITIES

Festive food and drinks are available on both days at The Grange.



The Great Falls Holiday Fest on Saturday and Sunday, Dec. 5-6, includes shopping, art, food, lights and Saint Nicholas, too! Great Falls Studios member artists will be at the Great Falls Grange and Old Schoolhouse as well as at the Artists Atelier, 756 Walker Road, Great Falls.

PHOTO BY  
WALTER LAWRENCE

Storytelling by authors is available both days at the Old Schoolhouse at noon.

Make a personalized ornament on Saturday and Sunday from 1-3 p.m. at the Arts of Great Falls School at 756 Walker Road.

Enjoy live music with the Village Green Day School Children on Saturday, 3 p.m. at The Grange.

### CELEBRATION OF LIGHTS

Celebrate the beginning of the holiday season with Celebrate Great Falls 25th Annual Christmas Tree Lighting on Sunday, Dec. 6 from 4:30-6:30 p.m. Hot cider and cocoa to sip by the blazing Yule log and community choral groups singing seasonal music. A petting zoo, pony rides and a live nativity scene.

Holiday Fest is family friendly and free. It is presented by Great Falls Studios, the Fairfax County Park Authority, Celebrate Great Falls and the Arts of Great Falls. For more information visit [www.greatfallsart.org/](http://www.greatfallsart.org/)

HolidayFest/.

### BRIGHTVIEW SENIOR LIVING OPEN HOUSE

Join the Brightview Great Falls community in ringing in the Winter Season on Saturday, Dec. 5 from 1-4 p.m. Enjoy the decorations, music, refreshments and good cheer. Brightview is located at 10200 Colvin Run Road, Great Falls.

### RALPH DASHNER RECEPTION

Former Corcoran docent Ralph Dashner describes the printmaking techniques that led to his 23-piece exhibit, "Truth and Beauty: Fine Art Prints in the Digital Age." The exhibit will be on display through December at the Great Falls Library. There will be an artist's reception and public welcome on Saturday, Dec. 5 from 3 to 6 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Free. Contact [DashnerFineArts@gmail.com](mailto:DashnerFineArts@gmail.com) for information.

## Great Falls Azzurri Blue Capture Second Straight NCSL Divisional Championship

The GFSC Azzurri Blue, a U12 travel soccer team based in Great Falls, recently capped off a fall 2015 season by winning the U12 National Capital Soccer League Division III title. The fall 2015 title marks the second consecutive title won by the Azzurri Blue including a Division V spring 2015 title.



U12 National Capital Soccer title holders, from left, Annebeth Holsinger, Jordan Wilkins, Jack Ellinger, Evan Preta, Alex Rojas, Brendan Papp, Kian Ambrose, Jeffrey Stark, Ethan Addington, Aidan Connolly, Ryan Duenkel (missing Ryan Shiner).

PHOTO  
CONTRIBUTED



# Slippery Hope

By KENNETH B. LOURIE



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

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

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

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

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

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

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### Passenger Rail Improvement Alternatives Presented

Join the Virginia Department of Rail and Public Transportation (DRPT) Dec. 8, 9, or 10, from 5:00 to 7:30 p.m. for public meetings where you can offer your input on reasonable alternatives to improve intercity passenger rail between Washington, D.C. and Richmond, VA. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. All comments received by Friday, Jan. 8, 2016 will be considered in the alternatives review process. For more information, meeting locations, and comment forms, visit: [www.DC2RVArail.com](http://www.DC2RVArail.com).



# BULLETIN BOARD

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

## THROUGH SATURDAY/DEC. 12.

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

## THURSDAY/DEC. 3

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

## SATURDAY/DEC. 5

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

## BASIS Independent McLean PreK-5th Grade Curriculum Session.

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

## BASIS Independent McLean 6-12th Grade Curriculum Session.

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

## MONDAY/ DEC. 7

**Town Council Work Session.** 8-10:30 p.m. Town Hall Council Chambers, 127 Center Street South, Vienna. Town Council work sessions are open to the public and citizens are encouraged to attend. 703-255-6300. <http://www.viennava.gov/index.aspx?nid=371>.

**GFCA Land Use and Zoning Committee Meeting.** 7:30 p.m. Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Discussion of several land use issues. The primary purpose of the meeting is to consider the rezoning application for a portion of the former Hill's Nursery.

## TUESDAY/DEC. 8

**Rotary Club Meeting.** Noon-1:15 p.m. Fellowship Hall of the Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Carrie Hessler-Radelet, director of the Peace Corps, will address the club at its meeting on Tuesday, December 8, 2015. Hessler-Radelet will speak briefly about the history of the Peace Corps and more extensively about the Peace Corps current activities. Free. [www.mcleanrotary.org](http://www.mcleanrotary.org).

## WEDNESDAY/DEC. 9

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

## TUESDAYS/DEC. 8, 15, 22

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

## WEDNESDAY/DEC. 9

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

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

## THURSDAY/DEC. 10

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

## New and Prospective Member Orientation.

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

## SATURDAY/DEC. 12

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

## MONDAY/DEC.14

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

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

## TUESDAY/DEC. 15

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

## WEDNESDAY/DEC. 16

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

## THURSDAY/DEC. 17

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

## MONDAY/DEC. 21

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

## ONGOING

### Blanket and Children's Winter Coat Drive.

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

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





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