

and Oakton
Vienna
CONNECTION

The Few.
The Proud.

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PHOTO BY MARK MOGLE

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Vienna Halloween Parade
Draws Thousands of
Spectators

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Vienna's Perry Shoemaker crosses the finish line to win the women's division of the 41st Marine Corps Marathon Oct. 30 in Arlington. The 45-year-old completed the 26.2-mile course in 2:51:48.

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A Man of ‘Selflessness, Heroism and Humility’

BY BONNIE HOBBS
THE CONNECTION

It takes a special person to be a firefighter, and Pete Kirby is all that, and then some. That point was abundantly clear Saturday night, as family, friends and colleagues marked his retirement by celebrating his four decades as a volunteer firefighter/EMT (emergency medical technician).

He's a veteran of both the Vienna and Centreville volunteer fire departments, and more than 100 people gathered Oct. 29 at Vienna's fire station to honor, roast and share stories about Kirby. But mostly, they came to thank him for all he's done and tell him how much they appreciate him.

"It was on Pete's watch, 19 1/2 years ago, that I became chaplain [for Centreville's Fire Station 17], and he's always supported me," said the Rev. Jerry Foltz, giving the pre-meal benediction. "Tonight we recognize how he's contributed to people's lives, saving both them and buildings; and, God, we thank You for Your spirit in him."

Kirby, 56, and wife Lauren, with the Vienna VFD Auxiliary, have two grown sons, Kevin and Michael. And Saturday, they praised their dad together.

"I'm proud to say that, in a way, I grew up at the firehouse," said Michael. "My nickname was 'Fire Pup.' I spent lots of time in this very building, or asleep in my mom's

**(From left) are
Pete and
Lauren Kirby
and sons Kevin
and Michael.**



BONNIE HOBBS/THE CONNECTION

Pete Kirby retires after 40 years as a firefighter/EMT.

car at some late-night fire. My father and I even saw some action as Rescue Team Two when I was in kindergarten. I even visited the Pierce factory [which builds fire engines] once, as a reward for good grades."

"My memories begin with second-grade, Bring Your Parent to School Day," said Kevin. "Your dad installed carpet or sold insurance. Mine went around helping the injured and fighting fires in his free time. I'd be asleep on a school night and would awake to the sound of an ignition outside my window and jump up to see my dad turn on the red lights and take off. It was always so exciting in our house."

"We shared our father with the community," said Michael. "But he never missed my soccer games on Saturday mornings after Friday nights driving the ambulance. Other Saturdays, I awoke to find he'd already left, returning after dinner from a day as incident commander at the Bull Run Jamboree or the Fairfax Fair."

KEVIN SAID FRIDAY NIGHT, Oct. 28, was his dad's last high-school football game manning the standby ambulance. Chantilly High, where Michael went, played at Centreville High. "How bittersweet," said Kevin. "Dad would spend Fourth of July driving the brush truck; he'd drive Santa around town on the engine. But his record

SEE FIREFIGHTER, PAGE 14

Awards and Reminiscences

BY BONNIE HOBBS
THE CONNECTION

During Pete Kirby's retirement celebration Saturday night, a video highlighting his career was shown. He then received several awards.

He's done public-safety consulting for Booz Allen Hamilton since the early 1990s, and still does, and that company's Paul Torpey presented Kirby with an award for his 40 years of "loyal and dedicated service to the citizens of the Commonwealth of Virginia."

Charlie Singleton, former Vienna VFD chief, gave Kirby a plaque of his name read into the Congressional Record. Noting that Kirby also served as the third vice president of the Virginia State Firefighters Assn., it read that he leaves office "with a legacy of hands-on leadership and deep community ties."

Another former Vienna VFD chief, Billy Ellis, told Kirby, "You made a hell of a



**(From left) Charlie Singleton,
former Vienna VFD chief, gives
Pete Kirby a plaque honoring him
in the Congressional Record.**



**(From left) Pete Kirby receives an
award from Paul Torpey.**

Kirby looks back while preparing for the future.

name for yourself here, and I'm proud to have known you."

Then, addressing the crowd, Kirby said, "I never expected anything like this. I look around this room and see parts of my life, and I can't express how much you all mean to me." He said how heartwarming it was, not just to see family and friends, but people he's served with at Centreville's Fire Station 17, Vienna's Station 2, the state association and the police 911 call center, where he dispatched fire calls.

Inspired by his uncle, Austin Kirby, who was a fire chief, and a firefighter cousin, Kirby was fascinated with firefighting from an early age. "Growing up in Oakton, I heard the Fairfax fire sirens," he said. "And when I was 12, I went to a fire at the Drug Fair on Jermantown Road. Everyone was inside fighting the fire, and one firefighter outside saw me

SEE KIRBY, PAGE 15

Dulles Chamber Presents Innovate! 2016

Local experts and elected officials discuss personalized medicine, data flow, analytics, cyber security and their impact on the regional economy.

By ANDREA WORKER
THE CONNECTION

In 2014, at a Biotech conference in California, then new Governor Terry McAuliffe discovered that the Commonwealth of Virginia ranked 46th on the list of states recognized as best places to do biotech business – as he sat on a stage between the governors who represented the first and second spots on that list. “Never again. We are not going to be beat here in Virginia. No excuses!” declared McAuliffe as he delivered the opening remarks at the fifth annual “Innovate!” Conference on Oct. 28.

The event was presented by the Dulles Regional Chamber of Commerce in cooperation with the Northern Virginia Technology Council and held at the new Inova Translational Medicine Institute in Falls Church. Titled “Intersections: Healthcare, Informatics and Personalized Medicine,” the event featured many of the key players and experts in medicine, research, informatics, cyber security and academia, from both the public and private sectors.

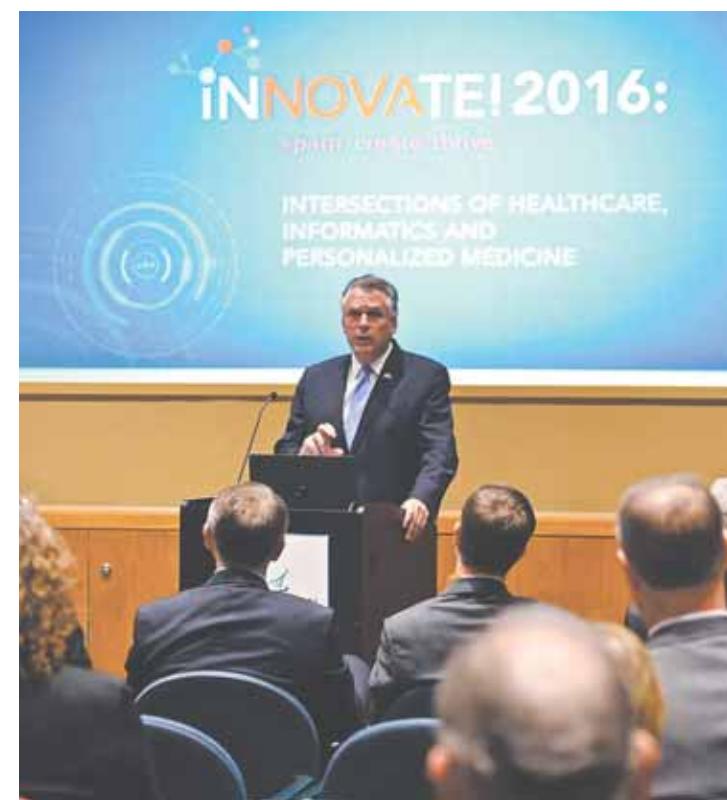
Dr. Keith Crandall, Director, Computational Biology Institute at the George Washington University and the “Innovate! 2016” Chairman made the introductions of McAuliffe and of Congresswoman Barbara Comstock, who also spoke in the opening section that focused on “Federal and State Intersections” with the other disciplines under discussion.

THE GOVERNOR insisted that cooperation among all the stakeholders is essential for the success of each individually and for the state and its citizens as a whole, and the foundation that had to be tended and improved, he said, was in the arena of education. “We need to teach the skill sets that are needed for today’s high-tech jobs,” he cautioned, or risk losing out to other areas of the country, or other parts of the world. The Governor said that there were some 36k high tech jobs “starting around \$88k” currently vacant around the state. “I need to fill them, or they’ll go away,” he warned, “but we need an educated workforce” ready to take on these positions.

McAuliffe also reminded the audience that another round of sequestration could be looming on the horizon. Every effort was required by all to champion this region as the Biotech, Cyber Security and Informatics hub. The Governor praised the quality and the numbers of Virginia’s high tech companies, schools and universities, and its medical centers, but concluded his remarks by stressing the need for tech-centric educational opportunities and the need for



U.S. Rep. Barbara Comstock (R-10) spoke on the government’s obligation to reduce obstacles to innovation at the Innovate! 2016 Conference and echoed the Governor’s call to reform Virginia’s educational system to prepare students for employment in a high-tech environment.



Virginia Governor Terry McAuliffe gave the opening address to the attendees of the 2016 Innovate Conference at the Inova Translational Medicine Institute in Falls Church. Skill-specific education and a commitment to high-tech job preparation are essential ingredients for keeping Virginia on a path of growth and economic and personal success, he asserted.



A distinguished panel answered questions and discussed the obstacles to collaboration among the biotech, information technologists, medical, research, education and government personnel. From left: Edward Abrahams, Ph.D., Will Fitzhugh, Praduman Jain, Brig. General (ret.) Klaus Schafer, and moderator Dr. Alex Carlisle.

greater collaboration, and less competition among all parties to achieve the common goals.

Congresswoman Comstock echoed much of the Governor’s sentiments. “We need a new structure. We need to move at the speed of innovation.” She maintained that researchers spend as much as 40 percent of their time on paperwork and that State and Federal governments should commit to finding ways to reduce the redundancies.

After a networking break, a panel took questions from moderator Dr. Alex Carlisle, Senior Scientific Advisor for Northrop Grumman’s Health IT unit and from the audience and discussed “Opportunities for Industries Big and Small.” The panellists shared the realistic obstacles to collaboration among the various invested parties. Concerns about intellectual property were a major stumbling block when trying to get “competitors” to work together. “Don’t put

it under the rug,” advised Praduman Jain of Vibrant Health. “Discuss what is the motivation for all parties...who wants what outcome and what piece of the pie.” William Fitzhugh of SAM Solutions noted that today’s tracking systems were designed to handle more simple data, but that the actual data flow of today has grown exponentially to millions of data points. Despite the challenges, Fitzhugh is optimistic, saying that the need to handle this new information highway presents great opportunities for companies to develop systems with this increased capability and for others to form and grow by developing complementary technologies and services.

The terms “Data Islands and Formats,” and “Silos” were used often by all the panellists. Brigadier General (ret.) Klaus Schafer, Chief Medical Officer for CACI International cited the “serious problems” of differing systems between related agencies and organizations like the Veterans Administration and the Department of Defense. Schafer said it was difficult to collaborate, or even function efficiently, when their data systems differ so widely, even within their own network and between regions, but he remains proud of the region and the work being done here. “We could be the Life Sciences Center if we collaborate. There’s a hell of a lot we can do here.”

Solving these problems for our future growth and welfare will take sustained investment at all levels and a commitment to re-configure the entire system according to

SEE COMMITTED, PAGE 16

www.CONNECTIONNEWSPAPERS.COM

WEEK IN VIENNA

Culinaria to Offer Reduced Price Dinner for Veterans

On Friday, Nov. 11, Culinaria Cooking School is offering a special demonstration class just for veterans to honor servicemen and women. The class is open to all veterans (plus one guest at the reduced price of \$25 per person). This is an opportunity to relax at the chefs' table and enjoy watching (and eating) a meal being prepared by Chef Stephen and Chef Pete.

Menu: Coconut Shrimp with Jalapeño, Mint, and Ginger; Grilled Flank Steak with Salsa Verde; Roasted Asparagus; Apple/Pear Crisp with Caramel Sauce

The cost of this class is a 70 percent discount from typical classes. As a veteran himself, Culinaria's Co-Owner Chef Stephen Sands says, "This is a cause close to my heart. I am passionate about giving back to the veteran community. It is a joy to share the Culinaria Experience with fellow veterans." www.culinariacookingschool.com

Results of the 12th National Drug Take Back Initiative

On Oct. 22, 2016, the Town of Vienna Police Department in conjunction with the United States Drug Enforcement Administration (D.E.A.), participated in the 12th National Drug Take Back Initiative. As a result of that initiative the Town of Vienna Police Department collected and safely disposed of 219.8 pounds of expired or no longer needed medications from area citizens. The October initiative collected approximately 23,270 pounds of medications statewide. The Vienna Police Department plans to continue its participation with the United States D.E.A. for future initiatives.

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OPINION

Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston

EDITORIAL

VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few al-

ternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You

will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM
KIMM.MARY@GMAIL.COM

LETTERS TO THE EDITOR

Comstock Fights for the Most Vulnerable

To the Editor:

For 25 years, I've had the honor and privilege of living in the United States of America and enjoying the opportunities and freedoms that so many take for granted. That was not always the case. I was 15-years-old when the Iranian Revolution changed my home country forever. The mullahs who stole the revolution imposed dictatorship. I was arrested and

imprisoned in the early 1980s, but was lucky to survive. Ultimately, I immigrated to the United States. Today, I am always proud to participate in the democratic process, an opportunity so many people will never enjoy.

I strongly believe that protection of civil liberties and assurance of civil rights, particularly in case of women, immigrants, minorities, and the disadvantaged; social, economic, and cultural justice; access to quality education and health care system; immigration laws and strong leadership in national security and foreign policy are critical to the well-being of Iranian-Americans and the future generations.

This November, I am voting for my Congresswoman Barbara Comstock because she not only supports these values but also because she understands and believes in the strength of freedom and opportunity for all. She supports efforts to create a peaceful Middle East and opposes the dictatorial rule of the Iranian mullahs. Comstock fights for the most vulnerable – those battling drug addiction or the voiceless caught up in

human trafficking. This work demonstrates her compassion and love for all human beings.

Comstock has supporters from all backgrounds and walks of life. She knows that what unites us all is our commitment to freedom, not the color of our skin or the religion we practice. On the issues, Comstock always puts our community first. But votes and political positions matter so little compared to the importance of character. Congresswoman Comstock is a woman of great character, and I am proud to call her a friend.

Shirin Nariman,
a 10th District resident of Vienna, was a political prisoner in Iran from 1981 to 1983.

Tireless Advocate for the Community

To the Editor:

I am proud to go to work at a local small business. Small business is the backbone of the American economy, employing 55 percent of Americans. However, I've

watched it become increasingly more difficult to survive under the onslaught of federal regulations and taxes thrown on small businesses. I work at a small technology company that provides learning solutions for non-profit, corporate and government clients. I see firsthand the burden that my hardworking employers carry every day. They have to navigate local government regulations, tax implications and the rising cost of providing insurance to employees

We need leaders in Washington who are going to relieve this burden and support small business. Congresswoman Barbara Comstock has shown tireless commitment to the community and small business owners. In my past dealings with her, I have found her to be extremely approachable, quick to respond to requests, and a tireless advocate for our community.

In November, I encourage not only small business owners, but also small business employees, to support Barbara Comstock for re-election because she listens and takes action.

Diane Perrino
Vienna

Vienna & Oakton CONNECTION

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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. Send to:

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Call: 703-917-6444.
By e-mail:
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NEWS

Vienna resident Perry Shoemaker, center, stands atop the winners podium Oct. 30 after finishing first in the women's division of the Marine Corps Marathon in Arlington. Shoemaker ran the 26.2-mile course in 2:51:48, followed by Meghan Curran, right, of Denver (2:53:19), and Nicole Irving of Arlington (2:53:32).



PHOTO BY MARK MOGLE

The Few. The Proud.

Vienna's Shoemaker wins Marine Corps Marathon.

By JEANNE THEISMANN
THE CONNECTION

After finishing second in the Army 10-miler three weeks ago, Vienna's Perry Shoemaker stood atop the winner's podium Oct. 30 after surging to a first-place finish in the women's division of the 41st Marine Corps Marathon in Arlington.

Shoemaker overcame 2014 winner Meghan Curran, an Army reservist running

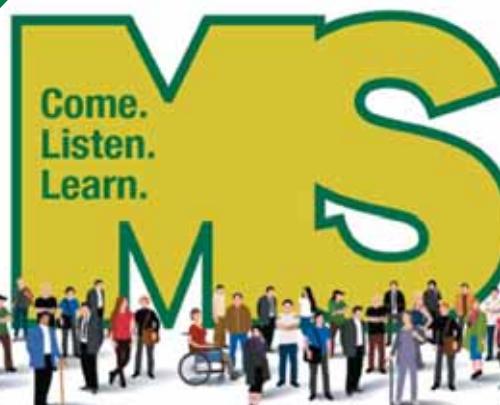
for the All-Army Team, to finish the 26.2-mile course in 2 hours, 51 minutes and 48 seconds. Curran finished second in 2:53:19 followed by Arlington's Nicole Irving in 2:53:32.

Shoemaker, 45, was one second behind Curran, 30, approaching the 25-mile mark. She overtook Curran in her final push to win with a 91-second margin of victory.

"I was coming off a back injury and not sure I would be able to run the race," Shoemaker said. "But I figured I would give it a try and could drop out if it got too painful."

Shoemaker took up competitive running in 2011 when she and her family relocated from Pittsburgh to Vienna. She was the fourth-place finisher in the 2012 Marine Corps Marathon.

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www.stopthefoodtax.com

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FAITH

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

Evening Mass of Remembrance - Remember the Departed will be held in the Sanctuary of the Church of the Holy Comforter, 543 Beulah Rd, Vienna, on Thursday, Nov. 3, 7-8 p.m. to celebrate the lives of our departed loved ones as we enter into the coming holiday season. Light refreshment will be served following the Eucharist. For more information, contact the Church Office at 703-938-6521.

Healing Eucharist on Sunday, Nov. 6, 5-6 p.m. Church of the Holy Comforter, 543 Beulah Rd, Vienna, offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing. The service occurs on the first Sunday of each month at 5 p.m. in St. Mary's Chapel. The Healing Ministry includes a team of lay healers who have gone through intentional training and formation. For more information, contact the Rev. Valerie Hayes at vhayes@holylcomforer.com or the Church Office at 703-938-6521.

Compline Service, Sunday, Nov. 20, 8-9 p.m. in St. Mary's Chapel of the Church of the Holy Comforter, 543 Beulah Rd, Vienna. Compline is the final service in the cycle of the Daily Office, and has been observed in Christian communities for centuries. The sung form of the liturgy includes no spoken text whatsoever—the service is led by a small group of singers called a schola, and all of the prayers and readings are sung. The service emphasizes spiritual peace at the close of the day, and features lush greenery, incense, candles, and icons. For more information, contact David Kelley at dkelly@holylcomforer.com or the Church Office at 703-938-6521.

Taizé Contemplative Worship, Sunday, Nov. 27, 5-6 p.m. in St. Mary's Chapel of the Church of the Holy Comforter, 543 Beulah Rd, Vienna. Holy Comforter's Music Ministry sponsors evening services in a contemplative style, offering a unique opportunity to decompress and prepare for the week ahead. The service occurs on the last Sunday of each month at 5 p.m. Taizé contemplative worship is a powerful and moving combination of song and scripture featuring lush greenery, incense, candles, icons, and considerable time spent in silent meditation. For more information, contact David Kelley at dkelly@holylcomforer.com or the Church Office at 703-938-6521.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar. The deadline for submissions is noon on Friday.

SATURDAY/NOV. 5

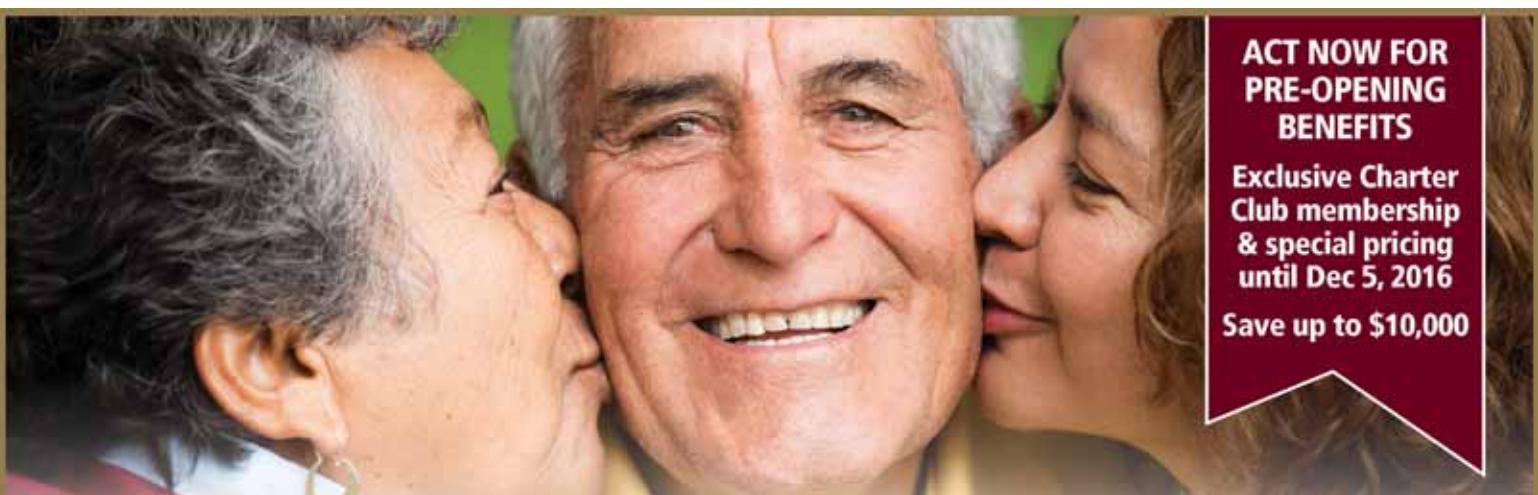
Wishes, Wills and Wealth. Join Brightview Great Falls for a special presentation with Mary Lawrence from M.H. Lawrence, P.C., from 10-11 a.m. In this brief one hour you will learn about several tools that exist to preserve your wealth and protect your assets. This seminar is complimentary but an RSVP is requested as space is limited. Call Carolyn at 703-759-2513 or email atcpennington@bvsl.net. Brightview Great Falls, 10200 Colvin Run Road, Great Falls.

1st Stage to Present Neil Simon's Broadway Bound

Nominated for a Pulitzer Prize, the third and final installment of Neil Simon's acclaimed autobiographical trilogy finds Eugene Jerome and his older brother Stanley trying to break into the world of show business. While coping with their parents' crumbling marriage, the boys pursue their dream of becoming famous comedy writers by drawing from their surroundings to create a sketch about family antics. When their material is broadcast on the radio for the first time, their family is upset to hear a thinly-veiled portrait of themselves played for laughs...and they are not alone. This warm, gently humorous play is a welcome

treat for the Holidays. The 1st Stage production of Broadway Bound by Neil Simon features Scott Ward Abernethy, Kathleen Akerley, Andy Brownstein, Teresa Castracane, Noah Schaefer, and Stan Shulman. Shirley Serotsky directs the production for 1st Stage. The design team includes: scenic design by Jonathan Dahm Robertson, costume design by Robert Croghan, lighting design by Brittany Shemuga, sound design by Jeffrey Dorfman, properties design by Deb Crerie and Kay Rzasa, and dialects by Jane Margulies Kalbfeld. Broadway Bound will run at 1st Stage from Nov. 10 - Dec. 18 with show

times as follows: Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. There will be no performance on Thursday, Nov. 24, 2016 (Thanksgiving Day). General admission tickets are \$30. Senior (65+) tickets are \$27. Student and military tickets are \$15. 4-Play Subscriptions and Flex Passes are available for savings of up to 30 percent off regular price tickets. Tickets, Subscriptions, and Flex Passes can be purchased online at www.1stStage.org or by calling the 1st Stage box office at 703-854-1856. The run time is approximately 2 hours and 15 minutes with one 15-minute intermission.



Making Decisions for an Older Adult

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Families of an aging loved one often reach a point where they know their loved one needs a lifestyle change. Glaring signs of decline—such as poor hygiene, frequent falls or social withdrawal—beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can leave families feeling stuck when looking for care options, before they ever get started. All the while, the deterioration continues.

Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal

lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:

- Understand the main challenges of making transitions
- Anticipate where transition points are likely to be, and how to incrementally plan for them
- Realistically assess your resources (including time and money) and seek financial assistance
- Get "unstuck" when you find yourself immobilized
- Manage stress effectively and care for the caregiver
- Identify and implement a "good" decision



**Steve Simmons, MD,
DocTalker Family Medicine**
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.



**Jodi Lyons
CEO, Senior Sherpa**
Jodi is an eldercare consultant who helps older and special needs adults across the country find care.



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Here's What's Happening at MCC

Children's Flea Market

Saturday, Nov. 5, 11 a.m.-1 p.m.
Patron admission is free.

Onstage @ The Alden

The Okee Dokee Brothers

**Sunday, Nov. 6
1 and 4 p.m.**
\$15/\$10 MCC district residents



McLean Antiques Show & Sale

Saturday, Nov. 12, 10 a.m.-5 p.m.
Sunday, Nov. 13, 11 a.m.-4 p.m.
Admission: \$10, Admission price is good for both days



**Silent Movie with Live Music
"Chicago" (1927)**
Tuesday, Nov. 16, 7:30 p.m.
\$12/\$8 MCC district residents

Family Events @ The Old Firehouse

Unruly Theatre Project Improv & Comedy Show

Friday, Nov. 18, 7-9 p.m.
Free admission

Dallas Children's Theater

"Mufaro's Beautiful Daughters"
Saturday, Nov. 19, 2 p.m.
\$15/\$10 MCC district residents



The McLean Community Center
www.mcleancenter.org

Home of the Alden Theatre
www.aldentheatre.org

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



CALENDAR

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

ONGOING

The Frame Factory Hosts "Ten Best Friends" The show will run from Oct. 8 -through Nov. 19 at The Frame Factory Gallery, at 212 Dominion Rd., NE, Vienna. A solo show featuring Joan Fegan's oil portraits of the ten most popular breeds of dog, based upon American Kennel Club registrations. Gallery hours are Monday -Saturday, 9:30 am - 5:30 pm, on Thursday 10:30 am - 5:30 pm. theframefactory1.com

Prayer Room at Vienna Assembly of God Tuesday's through election day Nov. 8 - 8 p.m. 100 Ayr hill Ave., NE Vienna. The Prayer Rooms will be open, come while your kids are in school or after work and dinner. Stay as long as you like. www.viennaag.com

The Freeman Store & Museum Wednesday through Sunday noon - 4 p.m. 131 Church Street NE Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. historicviennainc.org

Weekly Storytime. Wednesday and Saturday, 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S., Vienna. \$10. www.vvfd.org/bingo.html.

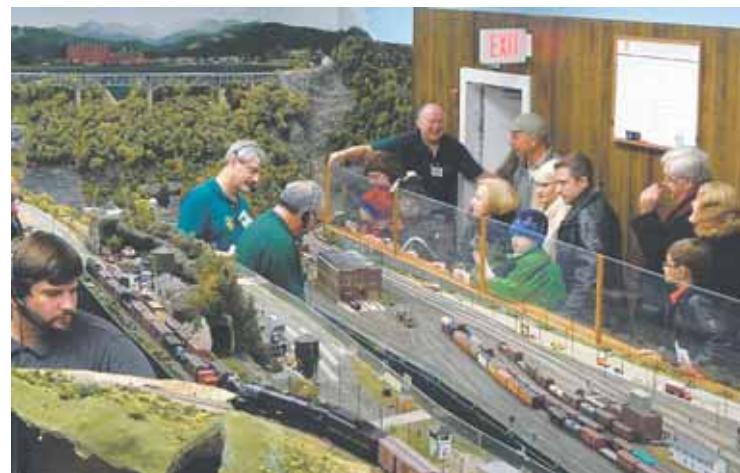


PHOTO CONTRIBUTED

Visitors checking out the model trains set up by Northern Virginia Model Railroaders who are holding an open house on Saturday Nov. 12 from 1 - 5 p.m. at Historic Vienna Train Station, 231 Dominion Road NE, Vienna. There will be model trolleys and steam and diesel trains plus Thomas and some of his friends. Admission is Free. nvmr.org. 703-938-5157.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

SATURDAY/NOV. 5
Stop Hunger Now Meal Packaging Event 8 a.m. - 4:30 p.m. Redeemer

Lutheran Church 1545 Chain Bridge Rd McLean. To donate to Stop Hunger Now McLean or to register to volunteer for the November 5th Meal Packing Event go to events.stophungernow.org/McLeanRotary2016

Children's Flea Market 11- 1 p.m. McLean Center 1234 Ingleside Avenue. There will be bargain prices at the Children's Flea Market. Children's toys, clothes, games and other items will be sold by those who know them best...the kids. Help support our local youths' entrepreneurial venture. Admission: free. www.mcleancenter.org

SEE CALENDAR, PAGE 11

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Sponsored by the American University School of Education, Teaching and Health
For more information, please contact Bekah Atkinson at exceptionalschoolsfair@gmail.com

CALENDAR

FROM PAGE 10

SUNDAY/NOV. 6

All Saints Sunday at 5:30 p.m. St. John's Episcopal Church located one mile east of Beltway Exit 44, at 6715 Georgetown Pike. Requiem in D Minor will be offered at St. John's Episcopal Church. The St. John's Choir will be joined by choristers from St. Dunstan's Church and will be accompanied by three trombones, a french horn, and an organ. 703-356-4902 www.stjohnsmclean.org.

3rd annual McLean Interfaith

Choral Concert 7 p.m. at Temple Rodef Shalom 2100 Westmoreland Street, Falls Church. The concert will feature choirs from local faith communities. Admission: free. Just bring Thanksgiving food items for the food pantry.

TUESDAY/NOV. 8, 2016

Election Day. General election. www.sbe.virginia.gov/ and fairfaxcounty.gov/elections

FRIDAY/NOV. 11

Everything Christmas Sale Preview Sale: 4 - 7 p.m. Main Sale is 9 a.m.-noon on Saturday. At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

SATURDAY/NOV. 12

Everything Christmas Sale 9 a.m.-noon At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

Vienna Volunteer Fire Department Fall Bazaar and Craft Show 10 - 4 p.m. held in the Flame Room at the fire department, located at 400 Center Street, South. The craft show features crafts and home based businesses. Admission: Free. Proceeds from the rental of the table spaces and raffles benefit the fire department in their effort to raise funds for lifesaving fire and rescue equipment. To reserve a space call Carol at 703-309-3468 or email Dancers1023@aol.com.

Model Trains and Thomas Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. Layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. nvmr.org. 703-938-5157.

SUNDAY/NOV. 13

Piano Recital by Andrew Miller, a doctoral candidate at George Mason University, 4-6 p.m. in the Sanctuary of the Church of the Holy Comforter, 543 Beulah Rd, Vienna. The program will feature a sonata by Beethoven and Mussorgsky's famous "Pictures at an Exhibition" in the original version for solo piano. Miller is a native of Springfield. He is active as a soloist, accompanist and teacher, and a two-time winner of George Mason University's Concerto Competition. For more information, contact the Church Office at 703-938-6521.



Roasting of marshmallows is one of the favorite activities during the annual stroll. This year's Church Street Holiday Stroll will be held on Monday Nov. 28th from 6:30 - 8:30 p.m. at the Freeman House and Store, located at 131 Church St. N.E., Vienna. Enjoy fun family-friendly activities including a visit from Santa, petting zoo, free hot chocolate and roasting marshmallows at supervised bonfires. www.viennava.gov.

Plan Ahead Vienna

SUNDAY/ NOV. 20

Concert: The Washington Symphonic Brass 4 - 6 p.m. at Saint Luke Catholic Church 7001 Georgetown Pike McLean VA 22101. As a Thanksgiving appetizer, the area's premier brass ensemble offers a cornucopia of music from the cultures that created America. You'll hear original works and familiar favorites from around the world performed by this all-star group. Cost: Season pass \$150 or \$30 at the door. Visit <http://amadeusconcerts.com/>

FRIDAY-SUNDAY/NOV. 25-27

Thanksgiving Art and Craft Show presented by The Northern Virginia Handcrafters Guild (NVHG) at the recently renovated Spring Hill RECenter, 1239 Spring Hill Rd., McLean. The show will feature the original handmade craft and artwork of approximately 80 juried artists and artisans offering original jewelry, woodworking, photography, painting, fiber art, pottery, fused and stained glass, and much more. Friday and Saturday 10 a.m. to 5 p.m. and Sunday, 11 a.m. to 4 p.m. Admission is \$5 for adults (free for children 12 and under) and includes free return and free parking. For more information, visit www.nvhg.org.

MONDAY/NOV. 28, 2016

Church Street Holiday Stroll. 6:30 - 8:30 p.m. Freeman House and Store, 131 Church St. N.E., Vienna. Enjoy fun family-friendly activities including a visit from Santa, petting zoo, free hot chocolate and roasting marshmallows at supervised bonfires. Visit www.viennava.gov.

FRIDAY-SUNDAY/ DEC. 2-4

McLean Holiday Crafts Show. 11 a.m.-7 p.m. Friday, 10 a.m.-6 p.m. Saturday, 11 a.m.-4 p.m. Sunday. McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101. This highly regarded, juried show features fiber arts, wood, ceramics, pottery, jewelry, glass, holiday decor, fashion, items for children, gourmet foods, paper art, photography, sculpture, paintings and more. Cost: Adults \$5, children free. Visit <http://www.mcleancenter.org/>.

SUNDAY/DEC. 4

McLean WinterFest parade & celebration 2016 Begins at 2:45 p.m. on Old Chain Bridge Road. The star of the parade, Santa, will be riding on top of the McLean Volunteer Fire Department's antique fire engine. Visit: <http://www.mcleanvfd.org/2015-winterfest-parade/>

SUNDAY/DEC. 18

McLean Symphony Family Holiday Concert. 3 p.m. at McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101. Features Antonio Vivaldi's Winter from "The Seasons" and highlights from Gian-Carlo Menotti's "Amahl and the Night Visitors." Admission: \$25/adults, \$20/seniors, \$15/students.

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WELLBEING

Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
THE CONNECTION

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing

tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of overeating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon," she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

NEWS



PHOTO COURTESY OF VIENNA BUSINESS ASSOCIATION

Karin's Florist decorated a Cinderella "pumpkin" carriage for Cinderella and her prince to ride in ... along with 8-year-old Abby Hamm who was voted by the community as the parade's very own little princess.



PHOTO BY DONNA MANZ/THE CONNECTION

Not all place-markers were among the living ... these skeletons kept watch throughout the day in front of Outback Steakhouse.

Vienna Halloween Parade Draws Thousands of Spectators

70th annual parade focused on the 1940s in 75-minute most-loved event.

BY DONNA MANZ
THE CONNECTION

By early morning on Oct. 26, Maple Avenue was lined with blankets, chairs, even tenting, to mark spectator-places along the halloween parade route between Branch Road and Center Street. A partnership of the Vienna Business Association and the Town of Vienna, this, the 70th Annual Vienna Halloween Parade commemorated the 1940s, the war years and the celebratory years of armistice — “Jive Back to the 1940s.”

American Legion Post 180 representatives Shirley Martin and Phil Dunn co-Grand-Marshaled the 2016 parade.

Thousands of Vienna-area families filled the parade route and the dry, balmy evening contributed to joy-filled ambiance. Again this year – as last – Star

Wars characters, pirates, superheroes, princesses, and ghouls dominated the costumed scene. Elected officials, from the Vienna Town Council to Congressman Gerry Connolly, drew applause. The local Shriners raced around in a ballet of speed in their tiny cars, first-responders' bagpipes wailed their mournful tones, Harley motorcycles roared with their riders in ghoulish-garb, high school bands and drill teams marched in choreographed routines, and local dancers lit up the night in sparkly costumes.

The first annual Vienna halloween parade debuted in 1946, a vehicle for local costumed kids to parade in safety. Over the years and decades, the parade grew larger and more extravagant. This year's “Platinum” edition paid homage to troops and small-town America, as well as the eerie chills of the season.

Most parade marchers and participants kept to the motifs of spookyvignettes and the 1940s, from hearses and mysterious horses to ghoulish bands and USO-angled swing dancers. Floats and performers interspersed with hundreds of costumed kids and their parents marching down Maple Avenue. Sirens of police motorcycles and emergency vehicles heralded the beginning of the parade, and, signalled the end, as well.



Supergirl Ellie Ludwig, 11, kept her super-eye on her younger sister, princess Gabriella, 8.



Colonial America was represented at the Vienna Halloween Parade by (from left) Katie Monacella, 14; Kaileigh Proctor, 13; Caroline Stephens, 13; and Ellie Monacella, 10.

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NEWS

Firefighter Honored

FROM PAGE 3

began here at Vienna before I was born. He joined Co. 2 as a junior at Oakton High and was soon its youngest officer."

Michael said there's a wall in their home full of their father's plaques and commendations. "Firefighter of the Year, Officer of the Year, most annual hours – the list goes on," said Michael. "He was made an officer in his first year at Centreville and was chief for over a decade. He created a wildland team, a bike team and got a Gator [an all-terrain ambulance]. He formed a platoon system and driver training and hired the department's first chaplain."

"The fire department also brought our parents together," said Kevin. "They met right here [at the Vienna station], as teenagers. She loitered at ball games across the street and he was a straight-laced sergeant. But after a chance meeting through friends, they grew on each other."

Mike said they were married by a justice of the peace in 1980 while wearing blue jeans. Years later, he said, "There was a time at Centreville when he was the chief and she was the president."

Growing up, recalled Kevin, "Dinnertime at our house was the best. We got to hear all about the daily mayhem. Dad would interrupt his own stories to pull out his pager – sometimes he had two – read an assign-



Pete Kirby addresses the crowd.

ment and jump up from the table. As he suited up to respond, my brother and I were so excited when he kissed us goodbye. Mom would say, 'Go get 'em, honey.' For some reason, I always told him, 'Bring back a cheese pizza,' [and] sometimes he did."

Michael remembered being 14 and home alone one summer day and calling his dad at work as a tornado touched down in Centreville. "His colleague said he was busy, which I knew, because I had the scanner on," said Michael. "But he called me right back with instructions for taking cover."

"I remember him leaving for duty before Hurricane Hugo and loading a relief truck after [Hurricane] Andrew. And I remember when he toured Mississippi in a helicopter after Katrina. He told us about seeing a firehouse that had blown away. The image



PHOTOS BY BONNIE HOBBS/THE CONNECTION

of just the front bays left standing on a concrete slab is still haunting."

ALL THEIR LIVES, added Kevin, "Mike and I have seen, heard and learned directly from our father about what and who and when and even where it takes a man to be at the right place for someone else in need – whether they're in pain or they could just use a few motivating words – down to how to serve an entire community, wherever and whenever needed."

"Our father embodies selflessness, heroism and humility," said Michael. "He is a great, good man. He's earned people's respect as a public servant and our admiration as his sons. Neither of us became firemen, and he never pushed us to."

But, said Kevin, their dad taught them "how to be gentlemen, how to treat women and how to treat ourselves after a job well done. He also taught us how to work hard at a goal or a passion and know deep down

The Kirby family: (From left) are Pete's sister Ann Marie, Pete and Lauren and sons Kevin and Michael, and Pete's brother Michael.

that, no matter how wild it may be, no matter where on the totem pole you reside, you can reach it. Basically, a little manpower can move a mountain."

Michael then led everyone in a toast to those attending who "answer the call of strangers – and to our father, who would do it all over again."

Kirby's brother Michael said how much he appreciates everything Pete's done, and his sister Ann Marie said he's always been "a steady, guiding force" in her life. Lauren Kirby said her husband is all about serving the community and earned any recognition he received.

"He put the department and its members first and helped train them," she said. "He cares deeply for the things his volunteers care for. Our home phone rang at all hours of the day and night, with both operational and personal questions, because they knew they had a chief they could count on."

"Pete went to all the funerals of firefighters [throughout the U.S.] to honor their service and served during 9/11. And he went to hospitals many times to check on patients he'd transported, the day before. He gave his time, talents, compassion and sense of humor. And, Pete, we love and honor you and thank you for giving 40 years of service."

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NEWS

Kirby Retires

FROM PAGE 3

and called, 'Hey, Kid.' He needed help and asked me to fill the pressured-air bottles for the firefighters when they came outside, so I did."

Another time, still age 12, he helped direct traffic while Fairfax City and Vienna firefighters were battling another blaze on Jermantown. Afterward, one of them told him he could volunteer at the Vienna station when he was 16, which he did – and the rest is history.

"It's tough when you have to tell someone about the loss of a loved one, and I did that many, many times in my 40 years," said Kirby. "It never got easier; but the training I received as a volunteer prepared me to be strong, and my God above gave me the strength to know I could get through it."

But, he stressed, "This is a team sport. I'm humbled by the honor and appreciative that you all took time out of your lives to be here tonight." Afterward, Kirby said he was "overwhelmed. It was an amazing turnout, and I'm humbled by all the nice things people said."

Noting the many friendships he made with both career and volunteer firefighters through the years, he said, "So many people really wanted to do the best they could, and helping the community was the most rewarding part. I've enjoyed everything I've done, but I wanted to retire before suffering any permanent injuries."

"It's a very challenging and demanding job, physically and emotionally," continued Kirby. "It's not easy work. You do difficult tasks and see things people



BONNIE HOBBS/THE CONNECTION

This cake with firehose and helmets symbolizes Pete Kirby's service with the Centreville and Vienna volunteer fire departments.

shouldn't ever have to see. I'll miss responding to calls, working with the career staff and being a commander for special events. But it's time for younger folks to do it and for me to start a new chapter."



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NEWS

Committed to Innovate

FROM PAGE 4

panellist Edward Abrahams, Ph.D., president of the Personalized Medicine Coalition.

DEMONSTRATING THE SPIRIT of cooperation that was a key ingredient of the event, Dr. Rebecca Farkas of Medimmune, headquartered in Gaithersburg, made a presentation on how her company is “building a strong local ecosystem.” Our mission is to help this region become a Top 3 Biotech Hub by 2023.” Farkas willingly shared Medimmune’s blueprint for building this reputation for the area. The company decided not to “wait for someone else or some government agency” to get the ball rolling, and has developed a new logo and regional brand material that they want to “get into the collective conscious.” They are “meeting their neighbors in their own backyard” to lead the way to their goal.

For those in the audience who were still awaiting a deeper dive into the “personalized health” topic that was part of the event’s title, final speakers James McClain, Acting Chief Technology Officer for the National Institutes of Health Precision Medicine Initiative, and Dr. John Niederhuber, CEO of host Inova Translational Medicine Institute did not disappoint. McClain went into significant detail on the NIH’s “All of Us” Research Program which will grow to capture enormous amounts of data on one million volunteer participants for years to come. The project will not focus on a particular disease, and by allowing easier access to the data, will provide resources for researchers, participants, and citizen-sci-

entists on a variety of conditions. Precision, personalized medicine is the next great frontier according to McClain and his colleagues. “Imprecise medicine costs everyone time, money and health.”

Niederhuber spoke to the fact that medicine and the treatment strategies of today generally begin at “acute” – when the patient is already ill. “And we’ve been treating for the ‘average’ since we began,” while each person is a unique entity. Personalized medicine, based on an individual’s DNA, risk factors, environment, behavioural choices and other person-specific factors makes prevention the goal, and customized and more effective treatment the new norm when prevention is not possible.

Neatly tying the topics and the considerations of the day’s events into a closing bundle, Niederhuber reiterated that personalized healthcare will require a collaborating team of experts, who were equally expert at being a team. Doctors, patients, researchers, information technology and cyber security experts, engineers, academics, students, and government at all levels will need to contribute to make personalized care a reality and to reap its benefits in our lives and in our region’s wellbeing and continued growth.

And as for where the Commonwealth now ranks on biotech matters? Governor McAuliffe says we are making great strides. To prove his assertion, he was pleased to tell the audience that in June of this year, at the 2016 Bio International Convention in California, he received the 2016 Governor of the Year award in recognition of leadership and commitment to strengthening the biosciences industry within Virginia. “And we are just starting to put our foot on the gas.”

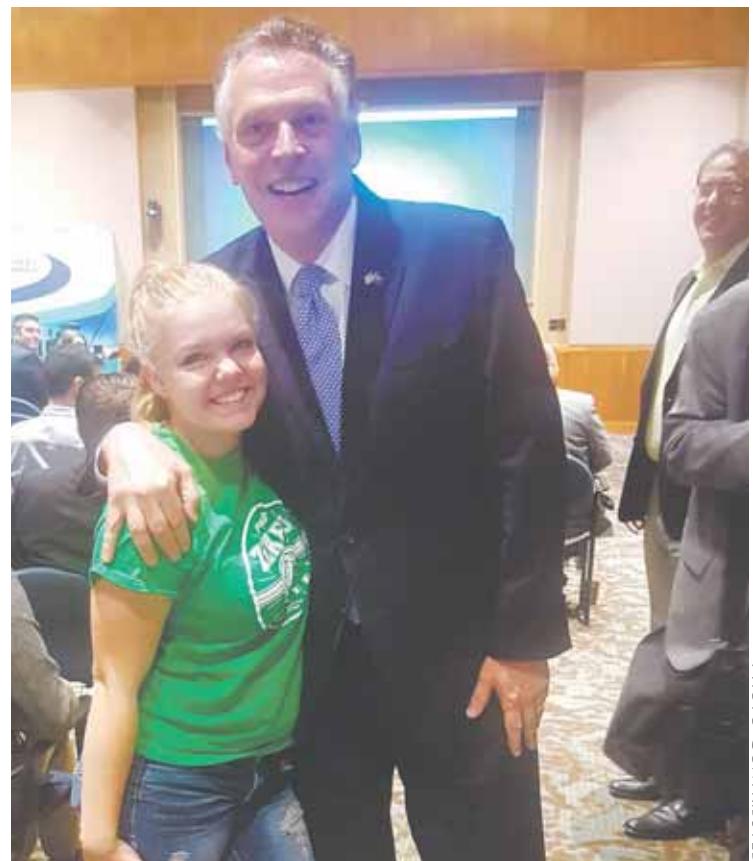


PHOTO CONTRIBUTED

Following his remarks at the Innovate! 2016 Conference, Gov. Terry McAuliffe was standing alone while many seemed too shy to approach him. Then Northern Virginia Community College student Niquita Dowell decided to take the plunge – and request a “selfie” with the Commonwealth’s number one elected official. Dowell will be transferring to George Mason University to pursue her nursing degree when she completes her NOVA studies. “Events like these are great. They’re a chance to learn even more about the biotech and medical fields and certainly a great way to network.”

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PEOPLE

Gary Ambrose Receives a Hero's Award from the Virginia Association of Community Service Boards

On Oct. 6, the Virginia Association of Community Service Boards (CSB), at its statewide conference in Charlottesville, presented Fairfax County's Gary Ambrose, chairman of the Fairfax-Falls Church CSB's Board of Directors, with the 2016 Gartlan Award.

The VACSB award honors "heroes who give of their time and energy to steward long-reaching and timeless improvements in the public system and who share the leadership qualities exemplified by Senator Joseph Gartlan." Joseph V. Gartlan, Jr. (1925-2008), served in the Virginia Senate for 28 years, fighting for Virginians who depended on the public system of services for mental illness, intellectual disability, and substance use disorders, and who often had no political voice.

"I'm honored and proud to receive the Gartlan Award," says Gary Ambrose. By 2013, when Ambrose was first appointed to the CSB Board, he had already retired from two illustrious careers: first, as a B52 pilot and brigadier general in the United States Air Force with 27 years of service, and then, 11 years as IBM's Vice President for the Department of Defense.

In retirement, he and his wife, Marcia, became active members of NAMI – the National Alliance for Mental Illness of Northern Virginia – and the local advocacy group, Concerned Fairfax.

"Like many other people, my wife, Marcia,



PHOTOS CONTRIBUTED

Gary Ambrose, CSB Chairman, receives 'Gartlan Award' from the Virginia Association of Community Services Boards at October 6 ceremony.

and I became advocates by necessity," Ambrose explains. "We were advocates for our son, who, for 17 years, lived with paranoid schizophrenia, until his illness took him from us in 2014."

After his son's death, Ambrose continued to lead efforts to improve treatment and conditions for mentally ill persons. He continued to serve on the CSB Board and was elected chairman in 2015.

That same year, Ambrose was appointed



Attending the award ceremony in Charlottesville were CSB Board member, Lori Stillman; award presenters Joan and Anne Gartlan; Gary Ambrose and his wife Marcia; CSB Executive Director Tisha Deeghan, and Laura Yager, Office of the County Executive.

to the Fairfax County Ad Hoc Police Practices Review Commission. He championed a recommendation of the Commission's Mental Health and Crisis Intervention Subcommittee to launch an ambitious, multi-agency effort, later called "Diversion First," that provides alternatives to incarceration for people with mental illness, co-occurring substance use disorders or developmental disabilities who come into contact with law enforcement for low-level offenses.

With Ambrose as citizen leader, Diversion

First is already having a positive effect in the community, as hundreds of people have already been diverted from potential arrest for low-level offenses to mental health treatment.

"Although we can no longer advocate for our son," Ambrose says, "we believe that our advocacy and experience can benefit other parents with family members living with mental illness."

"I hope," he adds, "that this award is an indicator that we are making a difference."

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Not a Week In the Knees

By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a.k.a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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



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Light tomorrow with today!
—Elizabeth Barret Browning

Send school notes to north@connectionnewspapers.com by noon on Friday.

Fairfax County Public Schools (FCPS) student journalists have been recognized by two national student journalism organizations for their outstanding work.

News publications from McLean High School and Thomas Jefferson High School for Science and Technology (TJHSST) have been named Crown Award finalists by the Columbia Scholastic Press Association (CSPA). They are The Highlander (High School News), McLean High School, Lindsay Benedict, adviser; and tjtoday and tjtodays.org (High School News Hybrid for print and online), TJHSST, Erin Harris, adviser. Both publications will receive either a Silver or Gold Crown at the CSPA award ceremony in March 2017. Five FCPS students have been named finalists in individual contests by the National Scholastic Press Association (NSPA). These students are among just 10 finalists in their respective categories and were chosen from entries submitted nationwide.

NSPA finalists are:

- * Sports Story: John Corvari, The Highlander newsmagazine, McLean High School.
- * Sports Action Photo: Maggie Laird, The Clan yearbook, McLean High School.
- * Newspaper Page One Design: Susie Hyland, Jodie Lee, The Hawk Talk, Madison High School.
- * Illustration: Sam Willett, The Watchdog, Westfield High School.

Emma Leiken, a 2012 Mclean High School graduate, earned Fulbright grant. She graduated from Oberlin College in May 2016.

Brandon Bast, of Great Falls, graduated from The University of Tampa on May 7. He graduated with a Bachelor of Science in sport management and a minor in marketing.

Savannah Kathleen McBride was awarded an \$8,000 four-year Fraternal College Scholarship in a national competition by Modern Woodmen of America. She is the daughter of Stephen and Lezlie McBride, McLean. She plans to attend Reed College in Portland, Ore.

Brendan Mullen, Langley HS Class of 2011, was awarded a prestigious summer Research Fellowship by the Drexel University College of Medicine to study the effects of concussion on mice. Brendan will present his results at the College of Medicine's annual research event, Discovery Day, in October 2016. Former Langley ice hockey goalie, continues his support of children's special hockey by volunteering for the Philadelphia Flyer's youth special hockey team.

Dov Cohen, of Vienna, received a bachelor of arts degree from The College of Wooster during commencement exercises in May 2016.

Neal Daniel Dawson, of Vienna, graduated from Averett University in May 2016 with a master of business administration degree.

Courtney Laine Vereide, of Vienna, graduated magna cum laude from Elon University on May 21, 2016, with a Bachelors degree in English and a Classical Studies minor.

Brandon D. Kendrick, of Vienna, is on the spring 2016 deans list at Hampden-Sydney College.

Robert P. Buttarazzi, of Vienna, is on the spring 2016 deans list at Hampden-Sydney College.

Megan L. Graves, of Vienna, has been named to the president's list for the 2016 spring semester at Elon University.

Christie Sweet, of Vienna, majoring in health and exercise science, graduated cum laude from Bridgewater College in May 2016.

Lindsay B. Benedict, a teacher at McLean High School, has achieved Certified Journalism Educator status from the Journalism Education Association (JEA). JEA is a nonprofit that encourages professional standards for journalism programs and student publications.

Christie Sweet of Vienna is on the Dean's List at Bridgewater College in Bridgewater, Va. for the fall 2015 semester. She is majoring in health and exercise science.

Vitale Alexander Christy, of Great Falls,

graduated from the University of Tampa in Florida on Jan. 19 with a Bachelor of Arts in Theatre and a minor in Writing.

Graham P. Lobel, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

Fishburne Military School in Waynesboro, Va. announced Cadet Second Lieutenant **Chase Dixon** from Vienna as Officer of the Month for October. Dixon is a senior and the son of Mr. Michael Filan and Mrs. Elizabeth McElroy-Filan. Cadet Dixon is the Executive Officer of Alpha Company and is a member of the Key Club.

Masato Chang, of Vienna, an eighth-grader at Longfellow Middle School was awarded first prize at the Music Teachers National Association (MTNA) for the State of Virginia. He will travel to Florida in January 2016 to represent the State of Virginia for the next round.

George Mahaney-Walter, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

Gabrielle Greco, of Vienna, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

Chun-Ming "Chris" Chen of Vienna and **Maria Vera Alvarez of South Riding** have been awarded **Jack Kent Cooke Foundation Undergraduate Transfer Scholarships**. Both students attend Northern Virginia Community College.

Chen and Vera Alvarez are among 90 students nationally to receive the prestigious award which provides up to \$40,000 a year toward tuition, books, living expenses and required fees for the final two to three years needed to earn a bachelor's degree. It is the largest private scholarship for two-year and community college transfer students in the country.

From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King's political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 **University of Virginia** undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research.

The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

This year's Harrison Undergraduate Research Award winners and their research topics include

Pasha Davoudian, **21, of McLean**, a third-year neuroscience major, who is researching the role the thalamus plays in epilepsy therapy.

Daniel Naveed Tavakol, **19, of Vienna**, a second-year biomedical engineering student, who is researching angiogenesis, or blood vessel growth, in the mouse cornea and retina, distinguishing key factors in support-cell recruitment and location in vascular networks.

Kathryn Seymore Hahne of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

Conor Maddry, of Great Falls, has been named to the Dean's Honor List at Rensselaer Polytechnic Institute for the Spring 2016 semester. The Dean's Honor List recognizes students who attain a grade point average of 3.5 or better and have no grade below C.

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Mine disclosure documents; collect/analyze info; lead team research projects; interact with CEOs, press & others; conduct in-depth phone interviews; present findings; contribute ideas on standard/custom research product development/packaging/selling; draft proposals & prep reports. Req. MA in Finance/ Business or related field; 2 yrs exp as Market Research Analyst or finance/investment exp w/ 2 yrs exp conducting/preparing company/industry reports; knowledge/exp w/ MS Excel w/ ability to model data, use macros/pivot tables; utilize linked databases & statistical methods to extract info from datasets. Req ability w/ CapitalLine, MS Visio, SPSS, & SAS; MS Office. Excellent references. Send CV to work location at FRANdata, ATTN: A. Crews, 4075 Wilson Blvd, Ste 410, Arlington, VA 22203.

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ZONE 6 AD DEADLINE:
MONDAY NOON

21 Announcements

21 Announcements

101 Computers

101 Computers

LEGAL NOTICE State Water Control Board Public Notice

An enforcement action has been proposed for Virginia Electric and Power Company for violations of state water control law that occurred in Arlington VA and Augusta County, VA. A description of the proposed action is available online at www.deq.virginia.gov. Lee Crowell will accept comments by e-mail, Lee.Crowell@deq.virginia.gov or postal mail, PO Box 1105, Richmond VA 23219, from October 31, 2016 through November 30, 2016.

21 Announcements

ABC LICENSE

K. Rob Krupicka, Jr. trading as Sugar Shack Donuts, 1014 S. Glebe Rd. Arlington, VA 22204. The above establishment is applying to the

VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer On Premises license to sell or manufacture alcoholic beverages K. Rob Krupicka, Jr., Managing Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov 800-552-3200.

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Lindsay B. Benedict, a teacher at McLean High School, has achieved Certified Journalism Educator status from the Journalism Education Association (JEA).

JEA is a nonprofit that encourages professional standards for journalism programs and student publications.

Christie Sweet of Vienna is on the Dean's List at Bridgewater College in Bridgewater, Va. for the fall 2015 semester. She is majoring in health and exercise science.

Vitale Alexander Christy, of Great Falls,

graduated from the University of Tampa in Florida on Jan. 19 with a Bachelor of Arts in Theatre and a minor in Writing.

Graham P. Lobel, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

Fishburne Military School in Waynesboro, Va. announced Cadet Second Lieutenant **Chase Dixon** from Vienna as Officer of the Month for October. Dixon is a senior and the son of Mr. Michael Filan and Mrs. Elizabeth McElroy-Filan. Cadet Dixon is the Executive Officer of Alpha Company and is a member of the Key Club.

Masato Chang, of Vienna, an eighth-grader at Longfellow Middle School was awarded first prize at the Music Teachers National Association (MTNA) for the State of Virginia. He will travel to Florida in January 2016 to represent the State of Virginia for the next round.

George Mahaney-Walter, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

Gabrielle Greco, of Vienna, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

Chun-Ming "Chris" Chen of Vienna and **Maria Vera Alvarez of South Riding** have been awarded **Jack Kent Cooke Foundation Undergraduate Transfer Scholarships**. Both students attend Northern Virginia Community College.

Chen and Vera Alvarez are among 90 students nationally to receive the prestigious award which provides up to \$40,000 a year toward tuition, books, living expenses and required fees for the final two to three years needed to earn a bachelor's degree. It is the largest private scholarship for two-year and community college transfer students in the country.

From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King's political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 **University of Virginia** undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research.

The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

This year's Harrison Undergraduate Research Award winners and their research topics include

Pasha Davoudian, **21, of McLean**, a third-year neuroscience major, who is researching the role the thalamus plays in epilepsy therapy.

Daniel Naveed Tavakol, **19, of Vienna**, a second-year biomedical engineering student, who is researching angiogenesis, or blood vessel growth, in the mouse cornea and retina, distinguishing key factors in support-cell recruitment and location in vascular networks.

Kathryn Seymore Hahne of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

Conor Maddry, of Great Falls, has been named to the Dean's Honor List at Rensselaer Polytechnic Institute for the Spring 2016 semester. The Dean's Honor List recognizes students who attain a grade point average of 3.5 or better and have no grade below C.

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