

Sisters and Westfield High grads, Callie (left) and Katelyn Rennyson, hold some toys ready for packing.

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

HOLIDAY ENTERTAINMENT AND GIFT GUIDE

Inside

ONC Brings Holiday Joy

'He Wasn't Perfect,
But He Was Close'

NEWS, PAGE 3

Vote on German Grocery
To Go to Supervisors

NEWS, PAGE 16

Baking Variations
Of the Pasty

PEOPLE, PAGE 15

NEWS, PAGE 2

ONC Brings Holiday Joy to Families



Melanie Badillo (left) and Melissa Rabaglia, of Orthodontics by Crutchfield, sort coats and jackets according to recipient.



From left: Pat Shaw, Kile Casey and Kristi Drummond “shop” at the tables of donated gifts to fill each family’s toy wishes.



Westfield High sophomore and SGA member Mary Allison adds toys to gift bags in the ONC warehouse.

PHOTOS BY BONNIE HOBBS



On Dec. 14-15, Our Neighbor’s Child volunteers packaged new toys and clothes for more than 800 local families in need.

Brenna Lawrence (left) and mom, Kelly Lawrence, hold some toys ready for packaging.



The “Toy Team” of (from left) Geri Lightburn, Kerrie Peterson, Cindy Kanode and Sue Harpe stands by some bicycles.



Kym Sunday, of Centreville’s Chalet Woods community, picks out stuffed animals for a recipient family.



Vanessa and Stephen Kott and son Ethan, 11, of Centreville’s Heritage Estates community, choose gifts to pack into each family’s bag.



From left: Westfield High sophomores Hannah Johnson, Emma Muscar and Caroline Render check off items on a list to make sure each family’s gifts are in their bags.

'He Wasn't Perfect, But He Was Close'

Dr. Jamie Netschert dies at age 66.

BY BONNIE HOBBS
THE CONNECTION

Mention Jamie Netschert to people in Clifton, Centreville or Chantilly, and they'll either know him as a longtime friend and neighbor or their trusted veterinarian — or in many cases, both. He and his family lived in the Town of Clifton for more than three decades, and he owned the Clifton-Centreville Animal Clinic in Centreville since 1984.

So when Netschert died of cancer, Nov. 29, at age 66, the loss hit the community hard. But no one misses him more than Donna, his wife of 40 years, and their only child, daughter Caroline. As a husband and father, said Donna, "He wasn't perfect, but he was close. And he was always a gentleman."

The couple met at a party in Oakton in August 1975 when Jamie was 25. After graduating from Weber State University in Utah with a master's in zoology, he moved back to Virginia. He'd been working at a Reston lab while applying to veterinary school and was leaving Oct. 1 for England where he'd just been accepted to Cambridge University's Department of Veterinary Medicine.

"I spotted him across the room and he



Jamie and Donna Netschert were part of the Clifton Candlelight Homes Tour in December 2013.

caught my eye," said Donna. "I was fascinated with this tall guy with the big, blue eyes. We started talking and hit it off right away; we had a lot in common. Later, he said, 'I'll call you,' and he did, the next day."

The following day, they each announced to their parents that they'd found the person they wanted to marry. "We were head-



PHOTOS COURTESY OF DONNA NETSCHERT
Young and in love: Jamie and Donna Netschert in summer 1975.



Jamie Netschert and daughter Caroline at a family friend's wedding.

over-heels in love," said Donna. "By Christmas, we were engaged, and then I joined him in Cambridge."

Part of Netschert's appeal, she said, was that he was so attentive and really listened when she spoke. "He saw and acknowledged me," said Donna. "He was present and I could feel it. And I think that was part

of his success, also, as a vet and as a friend. He was an introvert, but he just had a special way about him. He also had a great sense of humor and loved a good joke."

Describing him as knowledgeable and well-read, she said he could hold his own on any subject. "And through the animals, people would often pour their hearts out to him, and he listened and made them feel better," she said. "He saw his clients as people with feelings about their animals. He hurt with them when their animals died, and he even attended their burials, when asked."

Netschert also loved living in Clifton. Standing 6 feet, 7 inches, he played pickup basketball games with his buddies in the town park. "He also served hot dogs and chili with the Clifton Gentleman's Club on Clifton Day," said Caroline. "And our home was a must-stop, Halloween destination with the infamous talking spider of Chestnut Street, operated by my dad and friends."

Calling him a "renaissance man," she said he brewed his own beer, practiced amateur meteorology and grew flowers and vegetables. "He was also fond of history and cooking for his family," said Caroline. "Science was his religion and he believed in the goodness of humanity. He was a diehard Democrat and advocate of equality, and he had a natural ability to make everyone he met feel special."

Netschert even participated in Clifton theater productions and enjoyed singing karaoke and dancing to Motown music. A

SEE HE WASN'T PERFECT, PAGE 8

Remembering the Life of Jamie Netschert

Hundreds gather to celebrate him.

BY BONNIE HOBBS
THE CONNECTION

Jamie Netschert may not have been at his celebration-of-life party in person, but he was certainly there in spirit. On Saturday afternoon, Dec. 17, more than 300 people gathered in a huge tent in his yard to remember him, share both fond and funny memories of his life and take comfort in the fact that he'd been a part of theirs.

"This town and his community where he practiced had such love for him, and he loved them back," said his sister, Julie Netschert. "His dying wish was to have a celebration with all the people he loved so well." But, she said, "I had no idea just how brilliant he was, because the measure of brilliance is the number of people whose lives he affected. He connected with so many people in such a profound way. He was my little brother, so his death tears me up because I always thought he'd be taking care of me. He was just an extraordinary person."

Clifton's Steve Botts knew Jamie Netschert for 30 years. They were friends and neighbors, played Thursday night and Sunday evening pickup basketball games in town and played on the same Fairfax County softball and basketball teams. "He was also the vet for our dogs," said Botts. "I was away on travel when our dog died, and Jamie even came over to the house and buried him. He was that kind of guy, as well as being sharp, literate and well-read."

Bill Fritz was also a three-decade, Clifton friend who played softball and basketball with Netschert. Calling him a "gentle giant," he described Netschert as a "friendly, nice, laid-back guy, intelligent, giving and professional. He took care of all our six dogs over the years. When we got our new puppy, he took one look at her and said, 'You're going to have your hands full with this one,' and he was right."

Netschert and Clifton's Rick Dygve were friends for 35 years. "Caroline and our younger daughter were in preschool together, and our wives would get together," said Dygve. "Jamie and I would talk about sports and play basketball, one-on-one. Our families also vacationed together."

"He was like a brother to me," continued Dygve. "I'd see him three or four times a



More than 300 people attended Jamie Netschert's celebration-of-life party on Saturday.

week. I shared laughs with Jamie and cried with him when we put away a dog. He was very caring and grew attached to the dogs; he was a great vet. He was also someone you enjoyed being with; he was a lot of fun and just a good man."

On the basketball court, said Dygve, Netschert's nickname was "The Saint." That's because, during a county league game, the referee called the ball out of

bounds on the other team. "But Jamie said, 'No, it was because of me,'" said Dygve. "Everybody wants to leave a skid mark on the highway of life, but Jamie left one in our hearts. We're much better off for having known him."

Centreville's Meg Crossett, who lost her daughter Rachel to cancer at age 6, also came Saturday to honor Netschert. "I loved

SEE REMEMBERING, PAGE 8

Fairfax Police Reform Is Well Underway

BY PHILLIP NIEDZIELSKI-EICHNER

I endorse the Connection Newspaper's recent editorial on the progress Fairfax County has made implementing the recommendations of the Ad Hoc Police Practices Review Commission, on which I had the honor of serving as chairman of the Use of Force Subcommittee. I have had the opportunity to interact with many members of the Fairfax Police Department, ranging from commanders to precinct-level supervisors and officers, all of whom I hold in high regard. We have a fine police department that we are fortunate to have protecting us day-in and day-out.

While the August 2013 shooting death of John Geer was the catalyst for the commission's formation, our charge was to assess the Department's performance against national best practices. As we executed against this charge, we identified both areas for improvement and mechanisms we believed would strengthen the public's trust and confidence in the department.

Forming a commission is a time-honored tool by public officials to delay action — or avoid it altogether — since there are always significant barriers to achieving change to deep-rooted organizational practices, traditions and culture. I commend both the Fairfax Board of Supervisors and the Police Department, particularly its chief and command leadership, with ensuring that the Police Commission's work is not sitting on the shelf gathering dust.

With my seven-month commission experience and a year's worth of persistent focus on implementation alongside a dedicated subset of fellow commissioners, I can state without reservation that both the letter and spirit of the commission's recommendations have been embraced by Fairfax County.

Fairfax County is well on the way toward approving and implementing the preponder-

ance of the commission's recommendations. Of note in this regard are the following:

❖ The two-pronged approach to independent Police Department oversight advocated by the commission and recently approved by the Board of Supervisors is significant in light of historical resistance to civilian review of police actions.

❖ The changes directed by the supervisors and Chief Roessler with regard to the Police Department's openness and transparency are substantial and have already helped regain the public trust lost, in part, because of the dismal handling of the Geer case.

❖ The county's investment in Diversion First, which provides treatment rather than jail for nonviolent people with mental illness, and broad-based police officer training in crisis intervention techniques, are already paying dividends. Those with mental illness are being treated with greater sensitivity to their affliction, easing the potential for unnecessary suffering, while also reducing the potential for officer injuries and the need for the use of force. Ultimately, this will also help insure a more effective use of tax dollars.

As important and forward leaning as these steps are, I believe the recrafting and rewriting of the Police Department's Use of Force policy, also known as General Order 540, warrants particular note. The new Use of Force policy encompasses the commission recommendations, which also incorporated use-of-force recommendations made by the independent Police Executive Research Forum. It gives emphasis to the sanctity of human life, dignity and liberty of all persons as its overarching value or driving theme; and it calls for de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force.

Every member of the Fairfax Police Department, from command leadership to police of-

ficer will receive training under General Order 540 by the end of January, 2017. Police officer performance will be assessed against the standards set in this policy, while recruitment and vetting of police officer candidates will focus on the abilities and temperament that comport with the values captured therein.

While the preponderance of our recommendations have been approved and are being implemented, there are exceptions. For example, we called for all officers being outfitted with body worn cameras, to complement the dashboard cameras now mounted in each patrol vehicle. We believe such cameras will benefit both the public and the police officer. The supervisors delayed consideration of this recommendation for important matters of budget and privacy concerns, which I believe will ultimately be overcome.

I encourage everyone who is interested to review the Police Commission recommendations progress report at <http://www.fairfaxcounty.gov/policecommission/progressreport.htm>. In summary, you will find that 178 of the 202 recommendations (88 percent) have been approved and are either in process of being implemented or have already been implemented; 15 (7.4 percent) are still under review; and 9 (4.5 percent) have been rejected.

The evidence so far is that the deep-rooted change of the nature and spirit advocated by the commission is more achievable now than even the most optimistic expected. This noted, I caution that the transformative progress I have observed can only be sustained over time with the continued county and Police Department leadership commitment, the active involvement of the police rank and file officers and most critically continued community participation, monitoring and oversight.

Phillip Niedzielski-Eichner served as chairman of the Use of Force Subcommittee of the Ad Hoc Police Practices Review Commission, and continues service on the Implementation Committee.

Coming Together To Find and Fund Faster Cures

BY BARBARA COMSTOCK
U.S. REPRESENTATIVE (R-10)

On Dec. 8, I joined with a bipartisan group of House and Senate members, and the Speaker of the House, as the Speaker signed the 21st Century Cures Act. It was a joyful occasion as we concluded this year's session with what I believe is one of the most important and game-changing pieces of legislation passed this year. It was signed into law days later by the President and supported by more than 700 research, doctor and patient advocacy groups and provides \$4.8 billion in new research investments to the National Institutes of Health (NIH).

At the ceremony, Tennessee Senator Lamar Alexander recounted the testimony of Dr. Francis Collins, director of the NIH, who has highlighted the new, exciting cures possible within the next 10 years: an artificial pancreas to help people with diabetes; medicine to limit the effects of Alzheimer's; a vaccine for Zika; a vaccine for HIV; a vaccine for the flu; the use of regenerative medicine using our own cells

to restore a damaged heart; and non-addictive pain medicines that will help curb opioid addiction.

Imagine how different our health care system could be with these innovations. It is no wonder that Dr. Collins calls NIH the "National Institute of Hope." In Loudoun County, so many of us have seen that hope in the inspirational advocacy work of families such as Mark and Ellyn Miller, who lost their daughter, Gabriella, to cancer, and Chris and Roya Giordano, who lost their son, Mathias. The 21st Century Cures Act honors their efforts with \$1.8 billion for cancer research, which will support the Cancer Moonshot initiative.

Currently, there are only 500 treatments for 10,000 known diseases. With the mapping of the human genome and advances over the past several decades, we have more genetic clues about cancer and other diseases. But we still need to remove barriers to increase research collaboration, identify diseases earlier through personalized medicine, reform the FDA and

modernize clinical trials, and remove unnecessary regulation for developing new medical apps. This legislation does this and streamlines the entire biomedical ecosystem.

With the 21st Century Cures Act now law, many of NIH's initiatives will be enhanced — such as the BRAIN Initiative that will help in fighting diseases like Alzheimer's.

The Inova Schar Cancer Institute in Fairfax is one of the premier cancer centers in our region that can be part of this new era of innovation. Last month, they announced a new research partnership with the University of Virginia to develop the Global Genomics and Bioinformatics Research Institute, located at the Inova Center for Personalized Health in Fairfax.

This is just the beginning of what will be a new chapter in medical innovation. Virginia can play a critical and lifesaving role in bringing faster cures and treatments to patients plagued with these cruel diseases. We in Congress must continue to be partners by seeking the best policies and investments that allow this innovation to soar.

Chantilly
CONNECTION

www.ConnectionNewspapers.com

@ChantillyConnec

Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Mike Salmon
Assistant Editor
msalmon@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

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

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

A Connection Newspaper

WWW.CONNECTIONNEWSPAPERS.COM

CRIME

The following incidents were reported by the Sully District Police Station.

ROBBERY: 4300 Chantilly Shopping Center. Dec. 6 8:49 p.m. A man entered the Jimmy Johns, pointed a gun at an employee and demanded money. The suspect ran out of the store with an undisclosed amount of cash. The employee was not injured. The suspect was described as black, about 5 feet 5 inches tall, with a medium build. He was wearing a dark, hooded sweatshirt, dark pants and shoes; with a mask partially covering his face.

MISSILE INTO OCCUPIED DWELLING: 14500 South Hills Court, Nov. 30, around 4 p.m. Residents were inside their home when they heard a loud noise. A few days later the resident found a damaged window and door. Further investigation revealed that a bullet struck the residence. There were no injuries. The investigation is ongoing.

DEC. 16 LARCENIES
5700 block of Wood Meadow Way, license plate from vehicle

DEC. 15 LARCENIES
4900 block of Westone Plaza, property from business

DEC. 13 LARCENIES
14000 block of Saint Germain Drive, snacks from business

DEC. 12 LARCENIES
5000 block of Cool Fountain Lane, purse from vehicle

14100 block of Saint Germain Drive, cell phone from business

5600 block of Stone Road, snacks from business

DEC. 9 LARCENIES
6000 block of Sunset Ridge Court, medicine from a home

6500 block of Sharps Drive, cellphone and wallet from store

DEC. 8

LARCENIES
4600 block of Stonecroft Boulevard, cell phone from business

11900 block of Cub Court, jewelry from residence

4400 block of Stonecroft Boulevard, ring from business

5500 block of Sequoia Farms Drive, property from vehicle

DEC. 7 LARCENIES
15300 block of Oak Mere Place, earrings from residence

DEC. 6 LARCENIES
14200 block of Asher View, property from residence

6000 block of Sunset Ridge Court, medication from residence

6000 block of Union Mill Road, cell phone from residence

DEC. 2-4 LARCENIES
14200 block of Centreville Square, merchandise from business

4300 block of Chantilly Shopping Center, merchandise from business

6000 block of Havener House Way, purse from vehicle

13900 block of Preacher Chapman Place, wallet from residence

5800 block of Summer Lake Way, property from residence

DEC. 1 LARCENIES
14000 block of Sully Field Circle, purse from vehicle

NOV. 30 LARCENIES
15100 block of Braddock Road, wallet from residence

NOV. 29 LARCENIES
14800 block of Bolton Road, cash from business

SELECT NIGHTS | 5PM - 9PM
NOV. 16 - JAN. 1
ROERS ZOO FARI - VIENNA, VA
(Formerly the Reston Zoo)

CHINESE LANTERN FESTIVAL
中國彩燈節

"The Wild"

A UNIQUE EVENT FOR THE ENTIRE FAMILY
Chinese Crafts & Market • Live Stage Performances

PURCHASE TICKETS NOW! \$25 Adults/\$15 Children
ChineseLanternFestival.com

NIGHTLY MARTIAL ARTS DEMONSTRATIONS

Turn your House into a Home

Goldie **Melanie** **Buddy Guy**

Eogart **Kolla**

How can you help?

Adopt
one of our lovable cats or dogs.

Volunteer
your time or services.

Donate
money or supplies for the Shelter.

FRIENDS OF HOMELESS ANIMALS
www.foha.org

SHOP. SAVE. SUPPORT.

Save 50% - 90% off Retail Prices on Donated

- Kitchen & Household Appliances
- Furniture & Lighting Fixtures
- Home Renovation & Building Supplies
- Entertainment Systems & Decorative Items
- AND MUCH MORE!

20% OFF
YOUR ENTIRE PURCHASE!

With this ad. Offer expires 1/31/2017. Discount cannot be combined with other coupons or offers. Valid at ReStore Alexandria (869 S. Pickett St.) and ReStore Chantilly (4311 Walney Rd.) only.

Profits support Habitat for Humanity of Northern Virginia

Habitat for Humanity of Northern Virginia

ReStore

ReStore Alexandria: 869 S. Pickett Street • ReStore Chantilly: 4311 Walney Road
For store hours or to schedule a donation, visit www.habitatnova.org/shop-restore

f Like us on Facebook and watch for weekly deal updates!

HOLIDAY ENTERTAINMENT



Bull Run Festival of Lights From now until Jan. 8, take an evening drive through the festival of lights Monday-Thursday, 5:30-9:30 p.m. or Friday-Sunday and holidays 5:30-10 p.m. at 7700 Bull Run Drive.

2016 HOLIDAY EVENTS

UNTIL DEC. 31

Holiday Giving Projects. The Democratic Women of Clifton and Northern Virginia (DWCNV) kicked off it's annual Holiday Giving Projects Meeting and chose two organizations to be the recipients of donations: Britepaths (britepaths.org) and Fairfax Firefighters and Friends to the Rescue (www.ffandfriends2therescue.org). The public is invited to donate to these two causes and all donations

are tax deductible. Donations to Britepaths, a local nonprofit organization that provides assistance to Northern Virginia families experiencing financial hardship, will be distributed to the families in January. Grocery store gift cards of any denomination as well as checks for the organization to purchase cards, should be made out to Britepaths and sent to: DWCNV, P.O. Box 143, Clifton, VA 20124. Donations will be accepted until Dec. 31, 2016 for January delivery.

HomeAid NOVA Year-End Donation. Help with a year-end donation of \$100, \$200, \$500, \$1,000 or more, and make a difference in the lives of the more than 5,000 homeless men, women, and children living in Northern Virginia. info@homeaidnova.org, 571-283-6300 HomeAid Northern Virginia, 3684 Centerview Drive, Suite 110B, Chantilly, VA 20151.

THROUGH JAN. 8

Bull Run Festival of Lights. 7700 Bull Run Drive. Monday-Thursday 5:30-9:30 p.m. Friday-Sunday and holidays 5:30-10 p.m. Admission fees: Monday-Thursday per car or van (1-14 people) \$15; commercial van (15-34 people) \$25; bus (35 people or more) \$50. Friday-Sunday and holidays (Dec. 24, 25, 31 and Jan. 1) car or van \$20; commercial van \$30; bus \$55; \$25 per car Dec.

24 and Dec. 31. Call 703-631-0550 or email bull_run@nvropa.org.

DEC. 26 - JAN. 9

Recycle Christmas greens. Northern Virginia Electric Cooperative will accept evergreen Christmas trees, wreaths, and garland at its technical center at 5399 Wellington Branch Road, Gainesville, VA 20155, near I-66. 703-392-1580; pknight@novec.com

CALENDAR

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilairs.org for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with

caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives.

Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group.

Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group.

Selected Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for a list of dates.

English Conversation Group.

Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Plant Clinic.

Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club.

Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club.

Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party.

cliftonwomendems@aol.com

HomeAid NOVA Year-End

Donation. Help with a year-end donation of \$100, \$200, \$500, \$1,000 or more, and make a difference in the lives of the more than 5,000 homeless men, women, and children living in Northern Virginia. info@homeaidnova.org, 571-283-6300 HomeAid Northern Virginia, 3684 Centerview Drive, Suite 110B, Chantilly, VA 20151.

Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit

www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

FRIDAY/DEC. 16-SUNDAY/JAN. 1

WRAP Sober Ride Program. 10 p.m.-6 a.m. each evening as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period. Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

WEDNESDAY/DEC. 28

Celtic Sounds at Sully Historic Site. 1 and 2 p.m., at Sully Historic Site, 3650 Historic Sully Way. Enjoy fiddling, percussion and vocals that blend musical traditions ranging from Ireland and Scotland to the Appalachians and Cajun country. 703-437-1794 or visit <http://www.fairfaxcounty.gov/parks/sully-historic-site/>

THURSDAY/DEC. 29

Sully Historic House Closing for Fire Safety Testing. All day at Sully Historic Site, 3650 Historic Sully Way. Visitors will not be permitted in the house while the

building's sprinkler system is tested. During that time, staff will be working to protect and safely move historic items on display to mitigate any damage that may occur during the test. 703-437-1794 <http://www.fairfaxcounty.gov/parks/sully-historic-site/>.

THROUGH DEC. 31

Local Author Gives. Local author K.L. Kranes book "The Travelers," is set in the fictitious Falls City, Virginia, follows Dagny and Marc, 16-year-olds who meet by chance and fall in love. They are forced to hide their relationship from their families or else face dire consequences. A portion of the proceeds from book sales through Dec. 31, 2016 will go to charities that promote reading and discourse through books. klkranes@gmail.com, 703-966-2336 www.klkranes.com

THROUGH JAN. 8

Bull Run Festival of Lights. Monday-Thursday 5:30-9:30 p.m.; Friday-Sunday and holidays 5:30 p.m.-10:00 p.m. at 7700 Bull Run Drive. Admission fees vary. Call 703-631-0550 or email bull_run@nvropa.org.

WEDNESDAY/JAN. 11

Free Singing Lessons. 7:30 p.m. at Lord of Life Church, 13421Twin Lakes Drive. First of five, one-hour lessons, no commitment. World class instructor. Contact adwatts78@gmail.com. Sponsored by The Fairfax Jubil-Aires. www.fairfaxjubilaires.org

BULLETIN BOARD

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ROTARY CLUB

Chantilly/Centreville Rotary Club, 11:45 a.m.-12:45 p.m. every Tuesday at Eggspectation Restaurant, 5009 Westone Plaza, Chantilly. Join the men and women of the Rotary Club for their weekly luncheon meeting and meal. Rotary is a service club actively involved in the community. Email Charles@keenerinsurance.com to join the group as their guest.

FRIDAY/DEC. 16-SUNDAY/JAN. 1

WRAP Sober Ride Program. 10 p.m.-6 a.m. each evening as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period. Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

DEC. 26-JAN. 9

Recycle Christmas greens. Northern Virginia Electric Cooperative will accept evergreen Christmas trees, wreaths, and garland at its technical center at 5399 Wellington Branch Road, Gainesville, VA 20155, near I-66. 703-392-1580; pknight@novec.com

TUESDAY/JAN. 17

Heroin-Opioid Dependency Information. 7-9 p.m. at Merrifield Center, 8221 Willow Oaks Corporate Drive, Fairfax. The Fairfax-Falls Church Community Services Board is hosting a public information session for people who know someone who has opioid or heroin dependency and learn about a new CSB opioid dependency treatment group that starts in February. 703-324-7006.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living

Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson's Support Group for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

VOLUNTEERS NEEDED

Volunteers Needed as Bird Counters. Volunteers are needed in the field and as feeder watchers. The count circle includes Manassas National Battlefield, Bull Run Regional Park, undeveloped areas south of Dulles Airport, and many other locations. 703-438-6008 info@audubonva.org

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in Northern Virginia during the 2016-17 school year. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. Hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

The Northern Virginia Long Term Care Ombudsman Program

needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County needs **volunteers to drive older adults** to medical appointments and wellness programs. For these and other

SEE BULLETIN, PAGE 8

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
 DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
 Dentistry for Children, Adolescents & Special Needs
 703-978-0051 KBPediatricSmiles.com



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. 22015
 MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
 WEEKDAYS • SATURDAYS • EVENINGS 24 HOUR EMERGENCY CARE

St. John's Episcopal Church

Christmas Services

Saturday, December 24, Christmas Eve

- 4:00 PM - Family Service of Lessons and Carols, with Holy Eucharist
- 9:30 PM - Christmas Carols by the St. John's Choir
- 10:00 PM - Service of Holy Eucharist

Sunday, December 25, Christmas Day

- 9:30 AM - Service of Holy Eucharist

With God's help, we offer healing, nurture hope and provide hospitality.
 The Rev. Carol Hancock, Priest-In-Charge

CHRISTMAS EVE SERVICES

New Life Christmas

SATURDAY, DECEMBER 24
1:30, 3:00, 4:30 & 6:00 PM

CHRISTMAS DAY SPECIAL EVENT

Have You Heard?

Experience the Nativity
like Never Before!

CHRISTMAS DAY • 11:00 AM

Your whole family will be amazed, wowed and touched as the true meaning of Christmas comes to life before your eyes. Don't miss this incredible event.

NEWLIFE.CHURCH/Christmas



new life christian church

MEETS AT THE NZONE
14550 LEE RD • CHANTILLY, VA 20151
703-222-8836

'He Wasn't Perfect, But He Was Close'

FROM PAGE 3

lifelong baseball fan, he rooted for the Washington Nationals. And he was passionate about photographing birds.

"His art talent came out in his photography," said his wife. "He planned our vacations around where the birds were. We've been to every rain forest in the world, and Jamie especially loved birding in New Zealand — every day, he saw a new bird."

But in April 2014, Netschert was diagnosed with mucosal melanoma, an aggressive form of cancer. "After having a tumor removed, he got the news at lunch, over the phone, and told me, 'I could be dead by Christmas,'" said Donna. "Then he went back to work. He had the same cancer as President Jimmy Carter, and the doctor told Jamie, if there was anything he wanted to do, to do it."

Netschert was treated at the Lombardi Cancer Center at Georgetown University Medical Center, but didn't have traditional radiation or chemotherapy. "The quality and length of his life were improved and extended by new immunotherapies to stimulate his own, immune system to fight the cancer," said Donna. "Combined with Cyberknife radiation — robotic, targeted radiation just hitting the bad stuff — it was the magic bullet for Jamie for two years."



Caroline, Jamie and Donna Netschert on Thanksgiving 2014.

But, she said, his cancer kept mutating and, at some point, "It just broke through. They tried new drugs, but they didn't work, and the side effects were terrible. In the end, his body just wore out. The last couple months, we knew the end was coming, but all Jamie wanted to do was get back to work; he'd had to stop working, Oct. 15."

All his life, said Donna, Netschert was always planning for their next adventure. "We were looking forward to Christmas and had a trip booked to Hawaii for the end of January," she said. "We were hoping for another year of decent health, but it wasn't to be."

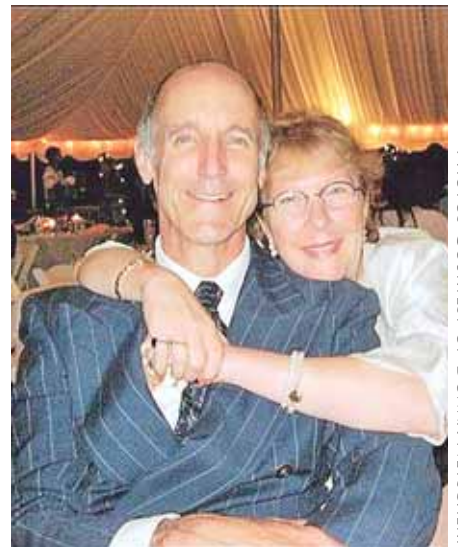
Toward the end, tumors had spread

throughout his body. The cancer and stress took their toll on him, and he was frail and tired. "He was leaving me, one day at a time," said his wife. "And I was saying goodbye to him, one day at a time. In the last couple weeks, when we knew we were running out of treatment options, he said, 'I love my life and I love my wife, and I don't want to leave.'"

Netschert was able to eat a bit on Thanksgiving and visit with their dinner guests. But two days later, he had trouble standing and was rushed to Inova Fair Oaks Hospital. "I asked him, 'Do you know what's happening?' and he nodded," said Donna. "And I told him, 'You've been a great friend and a great husband and I love you.'"

He was then discharged and returned home where, three days later, he died. "He was going to sleep and his heart just stopped," said his wife. "Initially, I was relieved he wasn't suffering anymore. But now, I'm completely numb; it still hasn't hit me, yet."

Meanwhile, she has a lifetime of memories to comfort her. "I'll always remember Jamie at Cambridge on his bicycle with a backpack," said Donna. "And in New Zealand, with the biggest camera, photographing birds. Playing basketball, hugging



PHOTOS COURTESY OF DONNA NETSCHERT

Jamie and Donna Netschert at a wedding.

people, making beer every Saturday morning, working in his garden and reading the New York Times on Sundays. He loved music — everything from rock to classical — animals and people. He loved his life and did not want to die."

The night of Nov. 29, she wrote on Facebook, "He was a prince among men. There will never be another you."

Remembering the Life of Jamie Netschert



PHOTO COURTESY OF DONNA NETSCHERT

Jamie Netschert and daughter Caroline in June 2015.

FROM PAGE 3

Jamie," she said. "He always supported me and gave me donations for childhood-cancer research. His death is a tragedy — another cancer victim."

Netschert was also the veterinarian for Diane Reddy's cats for 25 years. "He always had a smile on his face," said Reddy, of Chantilly. "He treated my cats systematically, rather than changing too many things about their care — and he was always right. He was well-loved and was a genuine individual who will certainly be missed. It's a huge loss, but we celebrate the fact that we had the pleasure of knowing him."

Fairfax's Penny Moore worked 13 years for Netschert as a veterinary technician. "He was wonderful to work for," she said. "I

started there at age 26, and he and the other vet, Anna Tucker, shaped my life and my world view about kindness and the way you should treat people and animals. It's so sad; we've lost a very kind and wonderful person."

Caryn Franca, whose son Nick died of cancer at age 21, knew Netschert 35 years. "We bonded raising our daughters, and Donna and Jamie and [my husband] Jim and I even vacationed together," said Franca. "They turned into family for us."

She said the Netscherts supported her family throughout Nick's cancer journey, so she was able to offer Jamie's family some wisdom as he "crossed over. He had such an amazing attitude; he didn't stop living, but lived each day to the fullest."

"Jamie had the ability to take in everything and never judge," continued Franca. "He was benevolent and accepting of everybody. He wasn't much for chit-chat, but loved to have conversations about politics, history, the environment, the weather, animals and other things that motivated him. He and Jim had many passionate discussions, and we were both with him the day he died. He was one of the icons of Clifton; you don't think of this town without him in it."

Netschert's family started a memory book, and anyone wishing to write anything to or about him may do so at lorenasaldivar@gmail.com until the end of the year. Memorial donations may be made to the National Audubon Society.

BULLETIN BOARD

FROM PAGE 7

volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteer Fairfax invites individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety of service options. Visit www.volunteerfairfax.org or call 703-246-3460.

The Shepherd's Center of Western Fairfax County (SCWFC) needs volunteer drivers for medical/foodbank appointments. SCWFC serves age 50+ residents in Chantilly, Centreville, Clifton, and western Fairfax/Fairfax Station helping them remain independent and age in place at home. Visit www.scwfc.org or contact 703-266-

3548 or scwfc.office@gmail.com.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at Petsmart, 13866 Metrotech Drive, Chantilly. Call 703-691-HART or visit www.hart90.org for more.

Sully Historic Site needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call

703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning.

The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information, or visit Fairfaxstation.org

Northern Virginia Family Service

is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.

The Stuart-Mosby Civil War Cavalry Museum needs volunteers to work on Sundays at 13938 Braddock Road, Centreville. The museum is open from 1-4 p.m. on Sundays, when volunteer help is needed the most. Civil War buffs who want something worthwhile to do on Sundays are perfect candidates. Generally at least two volunteers are on duty for each day of coverage at the museum. The museum is also open on Saturdays from 10 a.m.-4

p.m. and Mondays from 10 a.m.-4 p.m. Call 703-785-5294 or visit www.stuart-mosby.com.

ONGOING

Open Rehearsal. The Fairfax Jubilaires barbershop chorus invites men of all ages who enjoy singing to drop by on Wednesdays at 7:30 p.m. at the Lord of Life church, 13421 Twin Lakes Dr. Centreville just south of the golf course. Visit www.fairfaxjubilairs.org or call 703-991-5198.

Fairfax Choral Society Youth is now offering voice checks, which allow directors to make sure a child's voice is healthy, and that they want to sing. Children are asked to sing a song of their choice, and then they are led through pitch and rhythm exercises.

Holiday Grief

Workshop helps others deal with loss.

BY MARILYN CAMPBELL

The holiday season is bittersweet for Jeanne Rorke. The days leading up to Christmas are filled with memories of her parents. Her mother committed suicide when Rorke was 12, and her father died on Christmas Eve eight years ago.

"No one really helped me through the grieving process," said Rorke, recalling her mother's death. "My family was like, 'Don't talk about it.' ... My Christmases have always been kind of sad ... even though I put on a happy face for my family."

Roarke joined about two dozen others at a workshop on handling grief during the holidays called, "Facing the Empty Chair: Surviving the Holidays after Losing a Loved One" at St. Aidan's Episcopal Church in Alexandria. From those who are preparing to celebrate a first Christmas without a loved one to those who've been grieving for decades, participants shared experiences, supported each other and gained tools for surviving the season while facing the reality of the empty chair in which their loved one once sat.

"The holidays can be time of longing for those who've lost someone," said Carey Gauzens, a licensed clinical social worker at the Center for Pastoral Counseling of Virginia in McLean. "The holidays are a time when you reflect on family, and it's hard for someone who's aware that that person isn't there."

At the workshop, Gauzens clarified some of the misinformation surrounding grief, especially during the holidays. "First and most important, is that normal grieving is really hard for most people. Some people believe the myth that grief lasts only for a few months, but it's hard to measure your healing because it's an up and down process, not a smooth, straight line."

THROUGHOUT the process, and particularly during the holidays, being able to tap into a source of strength other than oneself is a factor that Gauzen underscores: "It's important to have a support group, friends, a therapist."

Finding someone who is also grieving can be particularly helpful. For example, when Beverly Bell's husband died nine years ago following an extended illness, she found strength and comfort in a friendship with another widow.

"[We] had a wonderful relationship ... for several years following my husband's death," said Bell, who attended the workshop. "We had a regular lunch date and also shared a number of holidays. She also died a couple of years ago, and I realized that I am particularly missing her presence."

Earlier this year, Bell's brother died as well. "I found myself re-experiencing many of the feelings I had had when my husband died, [but feeling] particularly helpless to comfort my sister-in-law," she said. "Perhaps [my] presence is the most important thing I can ... offer my sister-in-law."

Some of the workshop attendees wanted to learn how to better support others. "I am a member of the

Community of Hope International, a group of lay pastoral caregivers whose ministry is to visit those who are experiencing sickness, trauma, tragedy or loss of a loved one," said Caroline McCormack, one of the participants. "I wanted to have a better understanding of the grieving process, so I might be a more compassionate listener."

She and Bell learned that process is different for everyone. "My husband's death was preceded by a long illness. My brother's death was sudden," said Bell. "I wondered if something about the timing made a difference in how we experience and cope with grief. I learned that it really does not."

"... We all experience grief in different ways and it can show up at unexpected times and places and so we need to be gentle with ourselves and find ways that we can express our grief in ways that feel healing and safe for us," added Reverend Elizabeth Rees, associate rector, St. Aidan's Episcopal Church.

This is a point Gauzens tried to underscore: Grieving is an individual process and there is no one-size-fits-all method for coping. Even people who are grieving for the same person can experience it differently and have different needs. "For example, one person might want to talk about the loss, but others might not," she said. "It's important to be sensitive to family members who grieve differently and compromise so that each person feels emotionally safe."

Cultivating self-awareness and knowing what is normal to expect while one is grieving is important. "Sometimes the symptoms are so intense it makes people feel like they're going crazy and frightens them sometimes," said Gauzens. "They might cry at the drop of a

hat, get angry or feel unable to control their emotions. There could become deeply distracted or confused like get lost going someplace they know well.

"Give yourself permission to make careful decisions about how you'll spend your time," she added. "It's helpful to discern within yourself what feels right. Decide whether to maintain holiday traditions or do something completely different."

Avoiding all festive, social activities might do more harm than good, however. "A person who's grieving might end up isolating because they won't go to places they once went to with the person they've lost," said Gauzens. Instead, Gauzens suggests planning "something to look forward to after the holiday to reward yourself for getting through the holidays."

She also stressed the need for self-care, including exercising, eating healthy and staying hydrated. "It's important to minimize your use of mood altering substances like alcohol," said Gauzens. "It's tempting to try to numb the pain, but it comes back."

CHANGING customs can make holidays less painful, says Dr. Linda Gulyn, Ph.D., professor of psychology, Marymount University in Arlington. "I like to break with traditions that are familiar and that remind us of the loved one we lost," she said. "Sometimes it's good to shake it up and start a new tradition, so you're looking forward instead of behind you."



PHOTO COURTESY OF CAREY GAUZENS

Carey Gauzens of the the Center for Pastoral Counseling of Virginia in McLean, led a workshop on grieving during the holidays at St. Aidan's Episcopal Church in Alexandria.

THE CONNECTION

Newspapers & Online

UPCOMING SPECIAL EDITIONS

DECEMBER

2/28/2016.....Children's Connection 2016

JANUARY

1/4/2017.....Wellbeing, Renewal, Resolutions

1/11/2017.....HomeLifeStyle

1/18/2017.....A+ Camps & Schools

1/25/2017.....Community Guide

1/25/2017.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I

2/1/2017.....Wellbeing - National Children's Dental Health Month

2/8/2017.....HomeLifeStyle

2/8/2017.....Valentine's Dining & Gifts II

Valentine's Day is February 14

2/15/2017.....A+ Camps & Schools

Email SALES@CONNECTIONNEWSPAPERS.COM for Special Pricing

Have The Connection emailed directly to you every week!

www.connectionnewspapers.com/subscribe

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Hendron Connection
• Arlington Connection • Fairfax Station/Citizen/Lorton Connection • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centreville View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Daleton Connection

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION

Newspapers & Online

The Connection to Your Community

www.connectionnewspapers.com

Build Your Community

Support Your Local Businesses.

THE CONNECTION
to your community

www.connectionnewspapers.com

I Have Ca, Ca, Ca, Cancer



By KENNETH B. LOURIE

Here I am thinking, believing, writing that I'm Mr. Well-Adjusted cancer patient and all it took was one conversation in a restaurant the other night at the Connection Christmas party to prove that I'm not. It was a casual, festive atmosphere with everybody enjoying food and drink. I was sitting in a booth with my wife, Dina, my co-worker, David, and his mother Sherry, who I had never met before, who was in-town visiting her sons and planning a drive downtown to see the National Christmas Tree. We were all exchanging pleasantries and getting on quite well when I remembered that David's mother is a nurse. I thought she would be the perfect person to ask about my oncology nurse. But to give the question some context, I thought I had to tell her I had cancer. And when I did, I could barely get the word out. After I stammered I asked, if there was any professional reason/advisory explaining why I haven't heard back from my long-time (seven years) oncology nurse who, I had learned four weeks earlier at my last infusion when he wasn't there to tend to me, retired early. He didn't exactly leave me adrift but a month later, he still hasn't returned my cellphone message (an email to his Verizon account bounced back and he hasn't posted anything current on Facebook).

Obviously he's entitled. Nevertheless, I'm perplexed. We were buddies. We were extremely compatible: sports, humor, from the Northeast, same age, Jewish and both spoke a little Yiddish. Heck, I had even been to his house for a Super Bowl party; plus we've been out to lunch a couple of times after my infusion, met locally for a medical follow up (not exactly a house call but he did come to me), and as I may have written in a previous column, he likely saved my life when I showed up at the Infusion Center with an oxygen level of 85. (Subsequent to that reading, he went into high gear making the necessary arrangements to get me transferred to on-site urgent care and ultimately "ambulanced" to Holy Cross Hospital in Silver Spring where I spent the next week. Though he didn't visit me; he later explained that he rarely visited patients, he did call to check on me.) The short story is: our relationship went beyond patient-nurse. I wouldn't say I looked forward to my infusions, but because of him, I didn't dread them either.

It's not as if he has to do anything for me or acknowledge me or even stay in contact with me. He has his own life; he's made a change and presumably, his oncology patients are not part of it. I can understand that. In the medical specialty field, oncology is one of, if not the most, emotionally demanding/wrenching: patients with whom you've developed a relationship often die. I can imagine how there's only so much loss of life one can take. However, I thought our relationship went beyond that, in spite of the challenging demands that dealing with a "terminal" patient can exact.

Oddly enough, I'm not taking it personally. My feelings are not hurt, really. Until I know more of the circumstances surrounding his retirement (health, family, lifestyle, etc.), I'm not begrudging him at all. Moreover, he doesn't owe me an explanation. His retiring is not about me. It's about him and because of that, I want to know why he decided to leave and whether we can still stay in touch. So far, we haven't; he hasn't.

There's no doubt that he's been an important part of my cancer-patient life, and in a way, I thought — through my personality and survival, important to him also. Perhaps I was, professionally. Personally, I thought so as well. I just haven't heard any evidence of it in the last month. Still, I will always be grateful for his care and concern.

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

ZONE 4:
• CENTREVILLE

CLASSIFIED

703-778-9411
ZONE 4 AD DEADLINE:
MONDAY NOON

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

PUBLIC HEARING FOR TOWN OF CLIFTON PROPOSED CHANGES TO THE TOWN CODE JANUARY 3, 2017

Notice is hereby given that the Town of Clifton Town Council will hold a Public Hearing on Tuesday, January 3, 2017 at the Town Meeting Hall, 12641 Chapel Road, Clifton, VA 20124, at 7:30 P.M., to review and implement proposed changes to the Town Noise Ordinance and other items pertaining to the control of noise in the Town Code Chapter 5. The proposed changes are available for review and downloading on the Town's website at www.clifton-va.com and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the proposed changes to Clifton's Town Code.

PUBLIC HEARING FOR TOWN OF CLIFTON PROPOSED CHANGES TO THE TOWN CODE JANUARY 3, 2017

Notice is hereby given that the Town of Clifton Town Council and the Town of Clifton Planning Commission will hold a joint Public Hearing on Tuesday, January 3, 2017 at the Town Meeting Hall, 12641 Chapel Road, Clifton, VA 20124, directly after the Town Council's public hearing at 7:30 P.M., to review and implement proposed changes to the following: 1) Fee schedule for applications and other items pertaining to the administration of ARB applications in the Town Code Section 9-23 f; and, 2) Regulation of mobile temporary structures Section 9-17 a. The proposed changes are available for review and downloading on the Town's website at www.clifton-va.com and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the proposed changes to Clifton's Town Code.

Low Vision Patients with MACULAR DEGENERATION

DMV offers a special permit allowing
low vision patients to drive with
bioptic telescopic glasses.



Call for a FREE phone consultation
with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

21 Announcements

21 Announcements

21 Announcements

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN



21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

**Storm Proof
Metal Roofing**

Will your roof
withstand another
storm season?

Call us today for a
free roof inspection!

WE FINANCE!

CALL 800-893-1242

WWW.METALROOFOVER.COM

by VA CAROLINA BUILDINGS, INC

SINGLE WIDES
DOUBLE WIDES
HOUSES

CENTREVIEW CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

THE CONNECTION
to your community

E-mail: classified@connectionnewspapers.com

HOW TO SUBMIT ADS TO THE CONNECTION Newspapers & Online

CLASSIFIED

DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/
Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria
Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
The McLean Connection
The Great Falls Connection

21 Announcements

21 Announcements

21 Announcements

21 Announcements

SPECIAL OFFER!

WAS \$38.99
\$19.84
NOW ONLY

Save 35% & FREE SHIPPING
Call Toll-Free 1-800-270-5919
to Order Item SPX45
or Visit PittmanDavis.com/SPX45

Unleash your hidden superpowers

Become a foster parent

Kids
in our
community
need
super parents
like you.

Call us today!
855-367-8637
www.umfs.org



UMFS
Unleashing champions
for children and families

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

PEOPLE

Baking Variations of the Pasty

BY ALEXANDRA GREELEY

What a lucky find in a local farmers' market in Chantilly: Nyall Meredith of Celtic Pasties, a one-man operation making and baking several variations of the pasty. What is that, you may wonder. If you have not sampled a pasty, you are in for a treat. (Note: A pasty is pronounced to rhyme with "fast-y.")

These filled and crimped-closed pastries, which resemble large fruit turnovers, are the traditional British Cornish hand pies, whose origins are unclear but whose popularity has now spread from Cornwall, England to Australia, Mexico, Jamaica, and the U.S. Tradition does attribute these savory treats to the Cornish coal miners who took their wrapped-up pasty along for lunch during the workday. But at least one historical site notes that pasties were described in the 1100s in the legends of King Arthur and a few centuries later in the ballads of Robin Hood.

Regardless of their true origins, because of modern tastes and inventive bakers, the pasty has emerged as one of today's go-to foods in some parts of the U.S. After all, what could be more convenient, succulent, and delicious than a hand-held pie filled with any one of several different flavored meats and vegetables?

Although traditionally made from cubed beef and potatoes, pasty makers today have opened up their imaginations and refrigerators to concoct delicious treats. Just ask Meredith, whose pasty options include Beef & Guinness, Cottage Pie Style, Chicken Curry, Chicken & Leeks, Colcannon (mashed potatoes and cabbage or kale) and Cheese & Onion pasties. For someone who spent most of his working life in an office, taking on this cooking profession may seem rather

challenging.

"I wanted to do something else," said Meredith. "I had an idea for the pasty business, so I thought give it a try. I have been doing this since 2011. I taught myself." As he added, in the UK, pasties are now



Nyall Meredith

more popular than ever in the last 20 years, making this business choice seem sound. But as Meredith has discovered, making pasties is very time-consuming, varying from recipe to recipe. "The cheese and onions are very simple," he said. "The filling is just cheese and chopped onions."

With his wife as helper who fills the pasty, Meredith said that he has learned ways to speed up the process, from the first days when he did all prep work by hand. "I now have a vegetable chopper, which save me 3 or 4 hours a week," he said.

He has found that his most popular pasty is the cottage-pie style, which consists of ground beef, onion, carrots, mashed potatoes, tomatoes and cheddar cheese. The second most popular: the mango chicken.

"Practically everything I do someone's favorite," he said. "The demand is now more diffuse." As he tries to decide whether to open a store front, Meredith is delighted that pasties have become so popular in the metro area. As he noted, the pasty store in Vienna and his business are the only sellers in the area, and before them, locals had no idea what a pasty was. How delicious we now can buy some.

For more information contact Nyall Meredith and Celtic Pasties, email celticpasties@gmail.com.

University Looks to Fair Lakes

BY KEN MOORE

California University of Management and Sciences, with South Baylo University, bought a 54,720-square-foot building in Fair Lakes to operate classes.

"This university wants to, we have a new 'r-word,' repurpose the vacant building in Fair Lakes by moving into it," said Planning Commission Chairman and Springfield District Commissioner Peter Murphy. "They want to get it back active with a good use."

The Planning Commission recommended approval of the application, and the Board of Supervisors will hold a public hearing on the application in 2017.

The property is located at the northeast corner of the intersection of Fair Lakes Parkway and Shoppes Lane/Headquarters Drive with direct access from Headquarters Drive, according to Planning Commission documents.

Total enrollment could be approximately 600 students, but the university plans for

approximately 150 students each morning, afternoon and evening session during classes to be held Monday through Saturday.

Fifty staff members and staff would be employed, according to staff documents.

"Based on this information, the existing on-site parking of 212 spaces on the subject property would be sufficient to accommodate the proposed use," according to Carmen Bishop, of Planning and Zoning.

California University of Management and Sciences and South Baylo University sought to amend a 4.37-acre portion of the seventh Final Development Plan associated with RZ 82-P-069 to include a college or university as a permitted secondary use for the existing 54,720-square-foot office building on the subject property.

The site is part of the original 620-acre Fair Lakes development which was rezoned to the PDC District in 1984.

California University of Management and Sciences has campuses in Anaheim, San Diego and Northern Virginia.

ZONE 4:
• CENTREVILLE

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.COM

703-778-9411

ZONE 4 Ad DEADLINE:
MONDAY NOON

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

RN. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

LAWN SERVICE

LAWN SERVICE

J.E.S. Services

Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

LANDSCAPING

I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

TILE/MARBLE

TILE/MARBLE

BATHROOM REMODELING

by Brennan Bath and Tile
Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.
www.brennan-tile.com
703-250-2872
Licensed • Bonded • Insured

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

EMPLOYMENT

OLD DOMINION HOME CARE

Immediate Shifts Available
CNA's and Companions
Flexible Hours
Must have a valid driver's license
Also Hiring for Live In
Olddominionhomecare.com
703-273-0422

Vote on German Grocery To Go to Supervisors

KEN MOORE
THE CONNECTION

The Fairfax County Planning Commission recommended approval of Lidl U.S. Operations, LLC, proposal to amend zoning to permit a 30,000-square-foot grocery store and 18,000-square-foot multi-tenant retail building on 5.09 acres on the 73-acre Chantilly Crossing Shopping Center at the intersection of Lee Road and Chantilly Crossing Lane.

Lidl will “contribute to the design and installation of traffic signal at the intersection of Penrose Place and Lee Road, a commitment to the maintenance and enhancement of the stormwater management pond, an enhanced pedestrian crossing to the site,” said Sully District Planning Commissioner Karen Keys-Gamarra at the decision-only hearing on Wednesday, Dec. 7.

The German Lidl grocery chain has also offered to proffer \$250,000 for athletic fields and recreational facilities in Chantilly.

Lidl’s U.S. operations is headquartered in Arlington; Lidl (pro-

nounced leedle) plans to expand its business in the United States and Fairfax County.

Lidl currently operates nearly 10,000 stores in 26 countries throughout Europe and plans to open as many as 100 U.S. locations.

The Board of Supervisors is scheduled to make its decision regarding the application on Jan. 24.

COSTCO PLAN MOVES AHEAD

The Planning Commission gave Costco its approval Wednesday, Dec. 7 to add a service station with eight fueling tanks that can queue up to 60 vehicles at its 13.39-acre site in the Chantilly Crossing Shopping Center, 14390 Chantilly Crossing Lane.

After the public hearing in November, Costco “has indicated a willingness to design a signal at the intersection of Penrose Place and Lee Road which would facilitate movement to the site,” said Sully District Commissioner Karen Keys-Gamarra at the decision-only hearing last week.

The Board of Supervisors is scheduled to make its decision re-

garding Costco’s application on Jan. 24, 2017.

The gas station will only be available to Costco members; only two grades of gas will be available, payable only by Costco credit card or debit.

David Gill, who represented Costco for its application, estimates that 2,000 customers will use the station each day.

County planners recommended approval of the application.

“Given its lack of visibility from the surrounding public road network, its interior position within the larger shopping center, and the limitation on sales, the proposed use can be expected to primarily serve existing patrons of the Costco retail warehouse and is expected to generate only a nominal increase in vehicular trips,” said Joe Gorney, planning staff.

Only one employee will be needed at the station.

Underground fuel tanks, an above ground Healy tank for excess gasoline vapors, and a canopy will be needed as part of the special exception amendment.

Chantilly Crossing Shopping Center is on 73 acres south of

Route 50, east of Lee Road and west of Route 28. The center was approved by the Board of Supervisors in the summer of 1996.

The center also has two restaurants, two extended-day hotels, a drive-through bank, a Costco retail warehouse, a Target store, two retail buildings with multiple tenants and an additional service station with quick-service food store.

LUXURY PAWN SHOP DENIED

Sully District Planning Commissioner Karen Keys-Gamarra requested denial of Ardavan Badii’s application to operate a luxury pawnshop, one that would have only dealt with diamonds, gems, jewelry and precious metals.

The Planning Commission voted Wednesday, Dec. 7 to deny the application 8-0; three commissioners abstained.

The Board of Supervisors is scheduled to make its decision on Jan. 24, 2017.

Keys-Gamarra deferred decision on the application to last week. “At first glance, it seems like a simple application, but it hasn’t been so simple,” she said.

Bullion and Diamonds Company is a 788-square-foot retail store at 4086 Airline Parkway in the 50 West Shopping Center, just west of the Route 50/Route 28 intersection.

“Jewelry is an asset,” said Badii, who has operated his store for eight years in Chantilly. “Occasionally, [customers] need some dollars but don’t want to give up their jewelry.”

“It’s really important that we keep that image of luxury and beauty,” he said.

But the application doesn’t meet the comprehensive plan, said Keys-Gamarra.

“The proposed pawn shop is not an industrial, research and development, or industrial/flex use. Instead, it would intensify an existing strip commercial development, a use that is discouraged by the plan,” said Keys-Gamarra. “Even though it would be located within a store that’s already in the shopping center, the shopping center was permitted by-right. As the staff report states, there are no prior zoning approvals associated with the shopping center, which means that no other special exception uses have been approved there.”

There are currently eight pawn shops allowed via special exceptions in Fairfax County, said Michael Lynskey, planning staff with the Department of Planning and Zoning. The county permits up to 12 pawnshops countywide, he said.

“We’re expecting one to two people a day, at most. This is something that can help my small business a lot,” said Badii.

But according to Keys-Gamarra, he couldn’t guarantee that amount of limited business. Because the pawn shop would be the only existing pawn shops for miles, she said, “this use would be a magnet for customers over a large area. In light of all of this uncertainty and the existing parking problems here, I cannot support adding yet another use to this already strained parking lot.”

“This shopping center’s parking lot already suffers from considerable circulation problems and parking shortages. In my experience, the configuration is uniquely hazardous because of the many angles at which cars pull in and out and the pedestrians cutting across to get to shops and restaurants. Add to that the several restaurants offering delivery services and you get a location where constant vigilance is required,” said Keys-Gamarra.

CENTREVILLE COMMUNITIES OF WORSHIP

The Church of the Ascension
Traditional Anglican Catholic Services
1928 Book of Common Prayer, 1940 Hymnal,
and the King James Bible with Apocrypha
Holy Communion 10 a.m. Sundays
(with Church School and Nursery)



www.ascension-acc.org

13941 Braddock Road
Centreville VA 20120
in the “Old Stone Church”
of Historic Centreville

(703) 830-3176



Christmas Eve Services
Family Service - 5:00 pm, Traditional Service - 7:00 pm

Christmas Day and New Years Day
10:00 am Worship Service

Sundays
Worship Services and Community Groups
9:15 & 10:45 am

**Celebrate Christmas
at Centreville Baptist Church**

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org



Sunday Worship Services
Traditional: 8:15, 9:30 & 11:00 AM
Contemporary: 11:02 AM
Nursery, Children, Youth and Adult
Sunday School at 9:30 and 11:00 AM

Christmas Eve Services
Children's Nativity: 5:00 & 6:30 PM
Contemporary Candlelight: 7:30 PM
Traditional Candlelight: 8:30 & 11:00 PM

Christmas Day Service
11:00 AM

Worshipping God - Serving Others

6400 Old Centreville Road, Centreville VA 20121
www.Centreville-UMC.org ~ 703-830-2684
Corner of New Braddock and Route 28
Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875



To highlight your faith
community,
call Karen at
703-778-9422