

Vienna Theatre
Company Says,
'Be My Baby'

ENTERTAINMENT, PAGE 10



Marshall Academy
CyberPatriots
Advance to the
National
Competition

NEWS, PAGE 8



Oakton High Drama Explores Propaganda

NEWS, PAGE 10

Mary Alison in Oakton High School's production of "Image is Everything"
to be presented at Signature Theater in Arlington.

PEOPLE

Blurred Lines

McLean doctor writes about what he knows.

BY ABIGAIL CONSTANTINO
THE CONNECTION

The unassuming house right off Chain Bridge Road in McLean has a small sign bearing Dr. Robert Comunale's name in the front yard. For passersby or the mail carrier, it is just a sign to indicate who lives in the house. But for his patients, it is where they turn to see the doctor, who maintains a practice in the back of his home. Comunale is semi-retired, which according to him, means he takes four hours off on Sundays. His long-time secretary, Virginia, said that it is very rare to have a break in the influx of patients he receives daily. Comunale is an aviation medical examiner. These are doctors who medically clear pilots for flight.

But what belies the house more than the medical practice in the back is the doctor who masquerades as a writer. Or is it the other way around? An author of six books, Comunale writes "about what he knows and embellishes it."

"Characters write the book ... [they] write the story for you," he said. Taken from his life, starting from his childhood in the New York/New Jersey area, Comunale interweaves fact and fiction, blurring the lines between what is real and what is plot.

His publisher Phil Berardelli said that Comunale has "effectively melded his personal history and his imaginations."

He started writing about 10 years ago, when he reconnected with his high school friend, who in his books is the character "Edison," and just after his roommate at the Medical College of Virginia died from an auto accident. Comunale was going to meet his old roommate, who had just retired from practice, to celebrate. Instead, "I drove to his funeral," he said.

His friend's death got him thinking about his high school friend and looked him up. "It was like not a day had passed by," he said of the reunion. "Edison" challenged him to write a story about a vacation they never took. What came out was the incipient story that would grow into his first book, "Requiem for the Bone Man." It would also become the first of what he calls the Safehaven trilogy.

Comunale, now in his 70s, cryptically references the inspiration behind the charac-

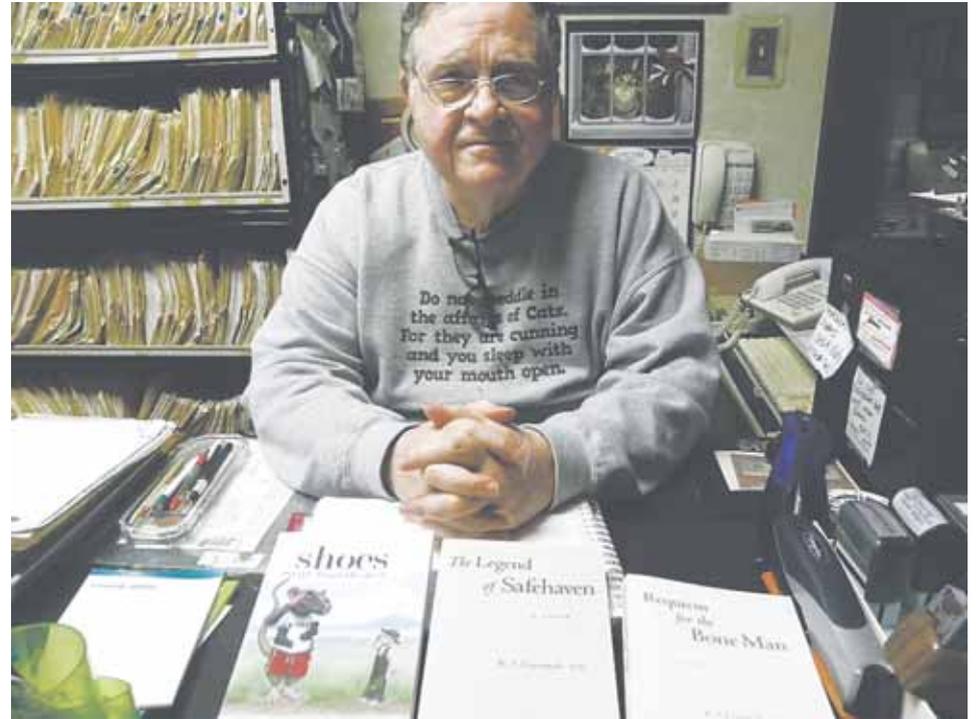


PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

McLean doctor and author Robert Comunale writes about what he knows in his novels, shown in front, while behind him are patient charts.

ters in his novels but never breaks the confidentiality that is the bastion of his profession. However, they are recognizable characters in the D.C. and Northern Virginia landscape — the Capitol Hill worker, the overzealous bureaucrat, the federal employee whose agency cannot be named. His more unusual patients and cases are often woven in the narrative, he said.

"He's had such experience in dealing with people that he's developed some really keen insight in human nature that he brings to his books," said Berardelli.

To find out who they are, he said, "Read the books," which are available from Mountain Lake Press, <http://mountainlakepress.com/buyourbooks.html>, and on Amazon.

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Bulova Releases 2015 State of the County Address

BY TIM PETERSON
THE CONNECTION

Despite a projected shortfall of nearly \$100 million facing Fairfax County going into the FY 2016 budget, Board of Supervisors chairman Sharon Bulova remains encouraged by a 2014 that she said was full of accomplishments.

"We can't stop pedaling," she said in a question-and-answer session following a screening of her 2015 State of the County address video. "It becomes increasingly harder, with reduced revenue stream from past years. It just continues to be not easy."

The chairman's half-hour address, released Wednesday Jan. 14, highlights transportation improvements around the county, including the opening Phase I of the Metro Silver Line, two new VRE stations, the Bus Rapid Transit and Metro extension hybrid option being looked at for the U.S. Route 1 corridor and the December opening of the I-95 Express Lanes.

"With our current population at over 1.1 million residents and growing," Bulova said in the address, "Fairfax County is planning ahead when it comes to county services, redevelopment opportunities and transportation options in our community."

Bulova noted the effort to revitalize the housing market through mixed-use urban centers like Tysons Corner, the Mosaic District, Reston Town Center and the new Springfield Town Center.

When asked if the growth has yielded a similar growth in non-residential revenue for the county, Bulova responded that they are seeing "some increase." While some new development buildings aren't full yet, she



PHOTO BY TIM PETERSON/THE CONNECTION
Board of Supervisors chairman Sharon Bulova speaks at the 2015 State of the County Address.

didn't express a concern for overbuilding.

Fairfax County Public Schools superintendent Dr. Karen Garza appears in the video, highlighting the projected growth of the school system to over 200,000 students by 2020, its growing special needs population and academic achievements that "continue to exceed their counterparts in the state."

Garza also noted the adoption of the FCPS "Portrait of a Graduate" set of ideals as part of a long-term strategic plan for the school system that's under development.

"Graduates should leave FCPS knowing how to be a communicator, collaborator, ethical and global citizen, creative and critical thinker, and goal-directed and resilient

individual," she said.

FCPS is facing a significant deficit of its own, as Garza outlined in the recent release of her 2015-2016 school year budget.

The county's budget process will advance in February when the county executive Edward Long brings forward an Advertised Budget.

Whether residents can expect a property tax increase to cover the county's shortfall, Bulova said, "We'll see what he puts on the table."

The full video of the State of the County address has aired on Channel 16 and can be viewed on the chairman's homepage at <http://www.fairfaxcounty.gov/chairman/>.

Puller Will Not Seek Re-election

Just as the Virginia General Assembly kicked off its 2015 January session, state Sen. Linda T. "Toddy" Puller (D-36) announced her decision to not run for re-election later this year.

"It has been one of the greatest honors of my life to serve the people of the 36th district in the Senate of Virginia," Puller said in a Jan. 14 statement. "Now, with the encouragement, love and support of my family I have made the decision to step down."

The 23-year Assembly veteran first won a seat as delegate of the 44th district in 1991. Eight years later she was elected to



Sen. Linda T. "Toddy" Puller (D-36)

represent the 36th district as senator.

"Toddy's public service career has been dedicated to uplifting all Virginians," U.S. Sen. Tim Kaine (D-VA) said in a statement, "but her primary legacy will be the incredible work she has done to support Virginia veterans. Her tireless advocacy for initiatives such as property tax exemptions for disabled veterans and Virginia's Wounded Warriors Program will aid veterans for generations to come."

Puller's former seat in the 44th district is currently held by Del. Scott Surovell (D-44).

"There is not member in the Virginia leg-

islature who is more focused on moving our state government to address the concerns of our nation's veterans and their families," Surovell said in a statement.

"Whether it is government services, tax exemptions or helping Virginians recognize the long-term consequences that combat injuries have on military families, Senator Puller has lived her public life on the frontlines fighting for resources for our community and the larger community."

Puller said she plans to fight as hard as ever for her constituents and legislative agenda during the session, and that she will still involve herself in her community and Fairfax and Prince William County local politics.

"I look forward to spending more time with my children and two grandsons," she added.

— TIM PETERSON

VIEWPOINTS

Area Residents Reflect on Big Issues for General Assembly Session

— REENA SINGH

Mary Beth Testa, policy consultant, Falls Church

"We have a crucial moment to do something about not only the safety in our childcare, but the safety of all kids in the Commonwealth of Virginia."



Greg Brandon, Chairman of local democratic committee, McLean

"Pre-K through 14 education. Higher education funding is one of my top concerns. I'd like to see an increase in the tobacco tax, the cigarette tax. We're the lowest in the region by far."



Tom O'Reilly, semi-retired, Arlington

"Right now, we're working on solar power and renewable energy in the Commonwealth. Virginia has 15 megawatts of solar installed while North Carolina has over 800 megawatts. We want to see the state become moderate. We are so far behind the rest of the country."



Kathie Westpheling, semi-retired, Vienna

"We are concerned about the transportation fund and the collaboration between the homeowners and (Virginia Department of Transportation) continues."



Appalachian Trail: As 'Wild' as it Gets for Area Hikers

Film boosts interest in hiking.

BY MIKE SALMON
THE CONNECTION

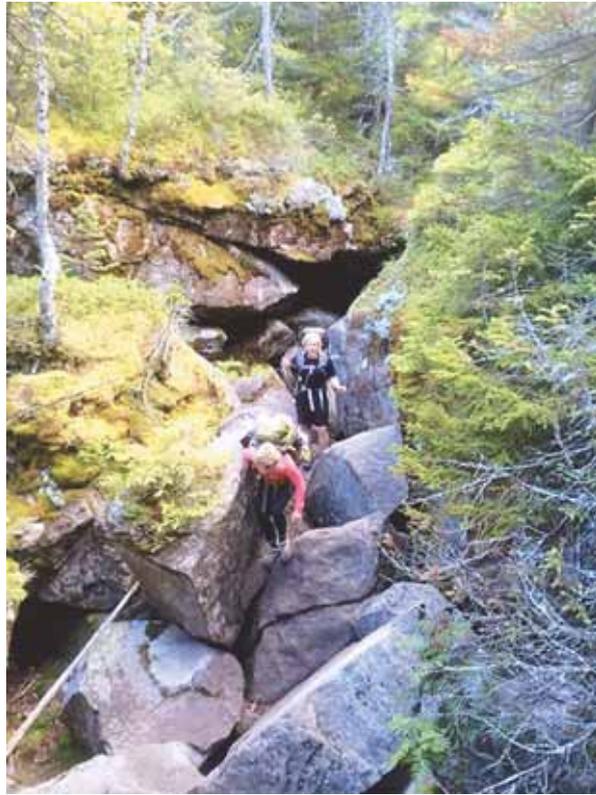
After hiking a few miles into the Appalachian Trail's southernmost point in Georgia, Yorktown High School alumnae James Randle came to a realization of what an enormous task he was taking on, attempting a thru-hike on the 2,180 mile Appalachian Trail from Georgia to Maine. The first night, March 24, with the temperatures dipped in the teens, he joined 40 hikers bundled up at Georgia's Hank Mountain Shelter — strangers all bonded by a "shared struggle," Randle called it — hiking one of the most famous trails in the country.

"I was not prepared for it, it was just nuts, everybody was frigid," he said, looking ahead at the next five months, walking about 15 miles a day on the trail.

Long distance hiking is once again on the forefront with the recent film "Wild," starring Reese Witherspoon as Cheryl Strayed, a single woman that nearly hiked the entire Pacific Crest Trail by herself a few years ago. Randle read the book on which the movie is based, and with many years growing up as a Boy Scout, he welcomed the challenge, hopping on a bus to Georgia with a one-way ticket. On the bus, he talked about his upcoming adventure to fellow passengers, who thought he was crazy "and then you get there, and it's hard, and you think maybe they were right," he said.

Created in 1936, the Appalachian Trail winds through 12 states. Wildlife, flora and fauna, streams, mountains and other hikers paved the way for unforgettable experiences. From 1936 to 1969, only 59 recorded hikers completed the hike, and it wasn't until 1970, that the numbers of thru-hikers began to rise. In 10 years between 2000 and 2010, 5,890 thru-hikers completed the whole Appalachian Trail.

Edna Baden, staff director at the Potomac Appalachian Trail Club headquartered in Vienna, attempted to hike the Appalachian Trail in 1997. "It's pretty grueling to be out



At Mahoosic Notch in Maine James Randle looks up, emerging from a cave that was part of the journey.

there for a few months," said Baden, even though, technically, she skipped the entire stretch in Virginia because she had walked it before, and fell short of the end in Maine. In the movie "Wild," Strayed, heard noises at night that turned out to be a caterpillar and a rabbit, but they sounded big. "You hear things and they seem so much bigger than they are," said Baden, "you learn to identify the sounds," she added, "bears are really pretty docile."

Randle was lucky that black bears, common on the trail, are so docile. On the trail in New Jersey, he went to pick blueberries that looked like dessert and a bear had eyed them as well. They both were picking from the same bush. "I let the bear have the berries," he said. In another instance, "I was in camp when there was a bear," and fellow hikers were shooing the bear away. With all those things that go bump in the night, "it's hard to fall asleep," he added.

Baden went with three other hikers, who

planned the trip for two years before setting off. They all saved money, made car and mortgage payments ahead of time and "we planned the meals, nutrition wise and planned for what we could carry," she said. Once they are away from civilization and roads, "you become one with nature, that's why I hiked it," she said.

The Potomac Appalachian Trail Club is a 7,200-member hiking club that reinforces the spirit of hiking, and maintains 240 miles of the trail from Pennsylvania to Rockfish Gap, Va. "We do all of Shenandoah National Park," she said. Along their stretch, there are cabins that are rented out, shelters and the Bear Den Lodge and Hostel in Bluefield, Va.

On the trail though, the comradeship and sense of community is irreplaceable. "Hikers learn very quickly that no one hikes so far without help, from friends, family and strangers," said Randle. In "Wild," for ex-

ample, Strayed saw the same faces at the various stops along the way, shared meals and got help when she needed it. At some hiker-oriented stops, there are boxes of equipment and food that are left behind from other hikers that are free for the next group, if needed. Some of the stops, whether it be a camping store, camp site or ranger station, accept packages mailed from home that contain more clothes, food and money the hikers need to keep going. "Trail Magic" is one word they use when some serendipity experiences just happen.

For Randle, townsfolk he met along the way invited him in for dinner and to stay for the night, but "there was some I politely declined," when they got too motherly or judgmental, Randle said. On her four month journey, Baden "made friends that I still have today, it's a hard thing to describe," she said.

Being out on the trail, walking 15 miles a day without a shower, can make things interesting. In the movie, a store clerk with a sensitive nose suggested Strayed practice better hygiene. Randle went for a three-week stretch without a shower. There's always a river or creek bath, but hiker rules suggest going downstream from others. In the myriad of pictures Randle had from the hike, he had a beard and moustache, a common look in Maine where "looking scruffy was helpful," for getting rides he said.

Trail names are a big part of the whole experience. Hikers had their birth names to start until something triggers a change. Strayed had such a big back pack, it was named "monster" and being alone, she got the name "Queen of the Pacific Crest Trail." Baden didn't want someone naming her along the way, and started humming Cat Stevens' "Moonshadow," that became her trail name. Randle was known as "Poncho,"



because on the first few nights cold nights in Georgia, he wore every piece of clothing he brought, topped by a big purple poncho, so folks around the campfire just started calling him "poncho."

"People have different reasons," to thru-hike the Appalachian Trail, Baden said. While Strayed walked to honor her deceased mother and shed drug and relationship demons, "the first thru-hiker was World War II veteran Earl Shaeffer who walked off the war in 1948," Baden said. Baden wanted to get immersed in nature, and for Randle, it started out that his boss didn't believe he could do it, so it was a challenge. It became a bucket-list item he did "before you get locked in and can't get out," with mortgages, family and careers, he said.

Potomac Appalachian Trail Club members Lee Sheaffer and Bill Downes are two retirees who also saw the movie. They are planning a thru-hike on the Appalachian Trail in 2016. "A thru-hike has been a dream of mine for a long time," said Sheaffer in an email. To prepare for the hike, Sheaffer and Downes hike and backpack frequently, and test different equipment. Sheaffer wants to bring his dog along too, which is common on the trail.

At REI, an outdoors store, a hiking film such as "Wild," is giving the industry a boost. "We are all excited about the buzz generated for outdoor recreation, wild lands, and expeditionary hiking as a result of that great movie," said Matt Liddle at REI's Outdoor Programs and Outreach department.

SEE TACKLING, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

James Randle and Leah Pope catching their breath in the Shenandoah National Forest



NEWS

Tackling the Appalachian Trail

FROM PAGE 4

In August 2015, the film adaptation of Bill Bryson's book, "A Walk in the Woods" is being released, starring Robert Redford as Bryson "rediscovering America on the Appalachian Trail," as noted on the cover. In the book, published in 1998, Bryson falls short of completing the whole trail.



Edna Baden, staff director at the Potomac Appalachian Trail Club in Vienna.

Shepherd's Center of Oakton-Vienna Donates to Local Charities

For the last 16 years, the Shepherd's Center of Oakton-Vienna (SCOV) has been hosting its Community Thanksgiving Service along with participating congregations. The money raised from the service offering is then distributed to two local charities. This year's recipients were Our Daily Bread Fairfax and The Committee for Helping Others. Each charity received \$1,039 from the service collection.

A harp prelude was provided by Jude Mollenhauer Duesterhaus, Principal Harpist, Columbus Symphony Orchestra. Choirs from Wesley United Methodist Church, Emmanuel Lutheran Church, Our Lady of Good Counsel Catholic Church and Vienna Baptist Church provided choral music for the service. Additional participating congregations for the Community Thanksgiving Service were Antioch Christian Church, Bruen Chapel United Methodist Church, Emmaus United Christian Church, Good Shepherd United Methodist Church, Unity of Fairfax and Vale United Methodist Church.

Founded in 1997, the Shepherd's Center of Oakton-Vienna is a volunteer-based organization dedicated to providing



PHOTO PROVIDED BY SCOV

Pictured, from left: The Rev. Austin Almaguer, Vienna Baptist Church; Julius Hankin, SCOV Board; Michelle Scott, executive director, SCOV; Christina Garris, representing Our Daily Bread Fairfax; George Bergquist, chairman, Committee for Helping Others. The Community Thanksgiving Service event was organized by SCOV Board members, Julius and Mary Hankin of Falls Church.

opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. In 2013 SCOV provided services and programs to more than 3,000 older adults. In 2014 the National Volunteer Caregiving Network (NVCN) recognized the Shepherd's Center of Oakton-Vienna with their Program of the Year for 2014 award. Rhonda Anderson, executive director, NVCN, stated "The Shepherd's Center of Oakton-Vienna is an outstanding example of how volunteers are making a difference in the lives of those who need just a little help to remain independent and a valued part of

the community." Each year more than 200 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness educators, office assistants, fundraisers, and grant writers. Volunteers also run programs such as SCOV's Lunch n' Life, Adventures in Learning, trips and outings, special events, and the caregivers' support group. 'Like' them on their Facebook page www.facebook.com/scov.org To volunteer, donate or learn more about how to help, visit the website at www.scov.org or contact Michelle Scott, executive director at 703-281-5088, director@scov.org.

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OPINION

Baby Steps, Not Enough

Supervisors should take action, not defer to “outside expert,” on absurd and outrageous behavior of police department.

Finally, now that the Fairfax County Police Department has taken stonewalling into the arena of the absurd, the Fairfax County Board of Supervisors has at least said it is time for change. It is a step, but a step that continues the appearance of obfuscation if not outright obstruction.

John Geer of Springfield was shot dead inside the doorway of his own home in Springfield on Aug. 29, 2013. Following an argument with his longtime partner, police arrived at Geer's home and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer's family and a court order to get the first tiny bit of information on the shooting, which came earlier this month. Police named the police officer who fired the shot that killed John Geer.

The short written statement by Police Chief Edwin C. Roessler Jr. included some very troubling references that appear to blame the

EDITORIAL

shooting on the fact that Geer was a known gun owner. At least 35 percent of Virginia residents are gun owners; are they all more vulnerable if for some reason police are called to their homes?

Now Board of Supervisors Chairman Sharon Bulova has asked the County Executive to locate “independent expertise in the field of police department operations and, specifically, in the area of policies and procedures with respect to information disclosures in the case of police-involved shootings.”

We agree with Supervisor Pat Herrity, who says: “As elected officials it is our job to make policy, not hire an ‘outside expert’ to do our job for us. ... We currently have the resources of a professional staff at our disposal.” Herrity also notes that the proposal does not contain a provision for public input, and that many county residents have researched this topic and qualify as experts.

A few minutes of research shows, for example, that the National Association of Police Chiefs, for example, has extensive documentation about best practices in a variety of police shooting incidents. (Naming the officer involved after 48 hours is among the recommendations.)

The problem goes beyond Fairfax County, and beyond police shootings.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exemption that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim, or even about routine police activity in a neighborhood. Not even defense attorneys or victims of crimes can gain access to actual police reports.

This is about lack of accountability and denying the public access to information that must be made public.

Leaders of police departments here are engaged in serious and significant abuse of power. It's time for elected officials to represent the public and impose change on those who would hide behind a culture of secrecy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Volunteer for the Games

To the Editor:

I love this community. There are so many ways to serve a community as diverse and as vibrant as ours. I recently competed in a special election to succeed Congresswoman Comstock. While I came up short in the vote count, largely due to the unfortunate weather on Election Day, I am as inspired to serve as I was on that day. My passion to serve others only strengthens with each pursuit.

Long before I decided to run for office, I have served the people of

Fairfax and Loudoun counties through my work on multiple not-for-profit boards. Two are particularly relevant to some big things happening in 2015. I am the president of Volunteer Fairfax (www.volunteerfairfax.org) and a member of the board of directors of The World Police and Fire Games (www.fairfax2015.com). Volunteer Fairfax and The Games organization have partnered around the massive volunteer recruitment and coordination effort. We require over 4,000 volunteers

to execute The Games and to demonstrate to the world that there is no better place to host a global sporting event than right here in the

suburbs of Washington D.C.

The Games are coming to Fairfax and Loudoun Counties June 26 through July 5 of this year. Over 12,000 athletes from around the globe will compete in 61 events. If you're serious about economic development then you need to support The Games as they are expected to have a direct economic impact of \$60M to \$80M

over a 10-day period, particularly to small business and our hospitality industry. I can also think of no better way in 2015 to demonstrate our commitment to the people of the emergency management and first responder communities than to be involved in The Games. Please take a moment to learn more about both Volunteer Fairfax and The World Police and Fire Games and find your way to get involved.

Craig Parisot
McLean

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 10, 7-8 p.m.** to discuss Caregiving and Basic Tax Concerns. The guest speaker is an AARP Tax Aide Program Specialist who will share some basic tax information, as well as when to get an accountant or attorney involved. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents

in assisted living and nursing facilities. Training is provided in March. Call **703-324-5861**, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Find more information on the program at www.fairfaxcounty.gov/ltc.

The **Lewinsville Senior Center** in **McLean** needs an **office assistant** and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Center**

in **Alexandria** needs a **Spanish teacher** on Tuesday, Wednesday, or Thursday. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs **Bilingual English/Spanish Activity Leaders**, a **Chair Exercise Instructor**, and certified instructors for classes in **Ballroom Dance** and **Pilates**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs **Korean-speaking volunteers** to deliver meals in **Centreville, Reston and Annandale**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Vienna & Oakton CONNECTION

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Coffee for Coats is Back at Caffe Amouri

Last year, customers of Caffe Amouri sent more than 100 coats to the Lamb Center so that those less fortunate could stay warm. They are doing it again: through Feb. 8, patrons who donate a coat will receive a free 16 ounce daily drip coffee at Caffe Amouri, 107 Church St NE, Vienna.

Vietnam Veterans to Discuss Burial Benefits

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the Thursday, Feb. 19, chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, 7:30 p.m.

George T. White, Preplanning Advisor, Murphy's Funeral Home, will discuss veteran's burial benefits and the benefits of planning ahead for this life event. Daniel Dibiasse, a lawyer, will answer questions pertaining to wills and trusts. Admission is free. Call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

The membership serves as a "Fire Support Base" for veterans who are seeking closure on their Tour of Duty and a renewal of their Vietnam camaraderie. The chapter supports veteran's activities and non-veteran community projects.

Oberlin at Oakton Music Series on Jan. 25

On Sunday, Jan. 25 at 7:30 p.m., three students from Oberlin Conservatory will perform at the 15th annual Oberlin at Oakton music series in Oakton. The young artists include pianist San Jittakarn, violinist Mana Imaizumi, and flutist Katherine Ma, in collaboration with pianists Allison Freeman '16 and Allie Su. Solo and duo works on the program feature composers André Jolivet, Robert Schumann, Igor Stravinsky, Sigfrid Kart-Elert and Henryk Wieniawski.

A native of Guangzhou, China, Flutist Katherine Ma '15 began her flute studies at the age of 11. She graduated from the Xinghai Affiliated Music School in Guangzhou and is now studying with Alexa Still. Her previous teachers include Yong Ma, Qiao Zhang, and Yizhen Ni. Katherine has participated in master classes with Carol Wincenc '71, Mark Sparks '82, and James Lyman '75.

Violinist, Mana Imaizumi '18 is a one-year exchange student from Doshisha University in Japan where she is majoring in politics. Imaizumi began her violin studies when she was five, and in 2012, became the youngest member of the Asian Youth Orchestra. She has won numerous awards in Japan, including second prize at the 2007 Student Music Competition of All Japan. Imaizumi has performed as a soloist with the Malaysia Philharmonic Youth Orchestra, toured with the

Asian Youth Orchestra, and participated in the Salzburg Music Festival. She currently studies with Marilyn McDonald.

A native of Thailand, pianist San Jittakarn '15 began playing piano at age five and later studied with French pianist Sébastien Koch at Thailand's Mahidol University. He has won numerous awards abroad, including first prize in the 8th National Piano Competition in Bangkok and the HRH Galyani Vadhana Award. At Oberlin, Jittakarn has won Oberlin's John Elvin Piano Prize, the Arthur Dann Piano Competition, and the 2014 Concerto Competition. Jittakarn is a student of Monique Duphil.

The Oberlin at Oakton musical outreach series is designed to give conservatory student musicians an expanded "real world" performance opportunity for interested audiences beyond Oberlin. Students are selected through competitive auditions by Oberlin faculty members to perform in Oakton three times a year. The Jan. 25 performance, sponsored by local Oberlin alumni, will be held at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton. Concerts on this series are free and open to the public. For more information, contact uucf@uucf.org.

Note: The numbers following the artist's name designated Oberlin Conservatory class year.



Be Part of The February Pet Connection

Send Your Photos & Stories Now to vienna@connectionnewspapers.com or complete our online form at viennaconnection.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.

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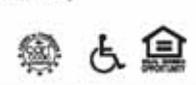
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College Prep for All

The ANA Project offers college test preparation tools to students at all income levels.

BY MARILYN CAMPBELL
THE CONNECTION

Amir Mousavi of Arlington, owner of Langley Prep, a provider of private, in-home tutoring for standardized tests, says students with limited financial resources are often at a disadvantage when it comes to preparing for college admissions examinations such as the SAT and the ACT.

"My average SAT improvement is 300 points," said Mousavi. "There are parents who can afford to spend thousands of dollars on private test prep tutors like me. Their kids perform best on tests. Middle income parents can afford classes, which are better than nothing, but low income students can't afford anything."

Mousavi founded The ANA Project, named after the first three students he tutored free-of-charge,

to offer quality standardized college test preparation tools to students at all income levels. The web-based program is an online resource for SAT and ACT preparation materials.

A graduate of Langley High school in McLean, and Vanderbilt University in Tennessee, Mousavi believes economics should not play a role in college preparation. In addition to the ANA Project, he tutors an average of two pro-bono students each quarter.

"The two most important factors for college admissions are test scores and GPA (grade point average)," said Mousavi. "High schools don't deal with test prep as much anymore. It's been privatized by companies that are looking to make money."

Ariana Kuhnsman, one of Mousavi's pro-bono students, says she improved her test score by 400 points and earned a spot at The College of



PHOTO COURTESY OF AMIR MOUSAVI
Private, in-home coaching for standardized tests is credited with helping students achieve high scores. Amir Mousavi of Langley Test Prep is one local instructor who offers these services.

William and Mary in Williamsburg.

"The most valuable thing I learned was what specific areas of the test I needed to focus on versus what I already was doing well," she said. "Becoming comfortable with the time pressure of the exam by learning how to work effectively was also a big help."

Mousavi believes that tailoring

educational programs to the needs of a variety of students can lead to success.

"My pie-in-the-sky, long-term goal is to have a functioning non-profit and to get the website used as a one-stop shop for test prep," said Mousavi. More information on the ANA project can be found at

www.theanaproject.com.



Honors Orchestra Concert

PHOTO CONTRIBUTED
Eleven students represented Langley High School in the District XII Honors Orchestra Concert on Jan. 10, at Wakefield High School. From left - front row: Elizabeth Chiu (violin), Jean Cho (assistant concertmaster), Hailey Lee (cello); middle row: Katherine Quion (principal viola), Emily Lu (violin), Tarra Olfat (viola), Brooke Baird (violin); back row: Arnold Leigh (cello), Daniel Chen (violin), Kevin Le (viola), Brent Davis (cello). Not pictured: Nora Dell (alternate violin), Aaron Grossman (alternate violin) and Patrick Quion (alternate cello).



From left: Marshall Academy students Paul Benoit, 17; Joshua Shepherd, 18; Khang Lieu, 18; Jacob Walters, 17; and Michael Bailey, 17, won first place in the state round and ranked fifth overall in the nation in the CyberPatriot VII Competition. After Saturday's regional competition, these FCPS students ranked third in the nation.



From left: Students Julia Walker, 16; Monisha Thoutam, 14; and captain Twinkle Gera, 16, worked during Saturday's regional competition of CyberPatriot to strengthen system defenses against security breaches.



PHOTOS BY MARISSA BEALE/THE CONNECTION
Teams of high school students at Marshall worked to compete for the top spots in CyberPatriot, in order to qualify for the national competition.

Marshall Academy CyberPatriots Advance to the National Competition

Students from Marshall, a Governor's Science, Technology, Engineering, and Math (STEM) Academy, are advancing to the national round of the annual CyberPatriot Competition. They are doing so after two teams were awarded first and third place in the state competition, and after a long day of regional competition that took place on Saturday, Jan. 17.

In the various rounds of competition, teams had up to six hours

to locate and secure cybersecurity vulnerabilities within images representing several different operating systems, for a maximum score of 300 points. Competitors at Marshall on Saturday also came from James Madison High School and McLean High School.

"The club teaches its members how to do this," said Quiana Dang, 15, on Saturday. Dang is a sophomore and vice president of Marshall's Cybersecurity Club.

Marshall's club has several teams,

including an all-girls team.

Ryan Walters, a former Air Force captain who now runs a cyber-company, wanted a way to bring cybersecurity into the classroom. With the help of his son, Jacob, Walters started Marshall's Cybersecurity Club. The club not only potentially produces the next generation of information technology (IT) experts, but also the next generation of leaders.

"They all have different backstories," said Walters of the

students. "One was an avid gamer, but now leads one of the top-scoring CyberPatriot teams in the nation."

These students are developing skills at a critical time when the demand for IT experts is growing quickly. Internships start for those as young as 16 years old at Northrop Grumman, a global security company providing cyber and aerospace defense technology. The financial cost of cyber defense continues to climb.

"All of these students are going to school for cybersecurity," said Walters, who also serves as a mentor for Marshall's Cybersecurity Club.

The team composed of seniors Michael Bailey, Paul Benoit, Joshua Shepard, Khang Lieu, Jacob Walters won first place in the state round, and after Saturday's regional competition, the team ranked third in the nation, and will be advancing to the national round in Washington, D.C.

Marshall Academy teams demonstrated skillful teamwork, critical thinking skills, and technical knowledge, earning spots in the platinum tier (representing the highest scoring teams).

CyberPatriot was created back in 2009 by the Air Force Association to inspire high school students toward future careers in cybersecurity. To learn more about CyberPatriot, visit <http://www.uscyberpatriot.org/>.

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Vienna Theatre Company Says, 'Be My Baby'

Romantic comedy opens on Friday, Jan. 23.

DONNA MANZ
THE CONNECTION

If there are hallmarks of a typical “romantic comedy,” they may include a couple falling in love in spite of themselves, and, maybe, a bit of “misdirection,” in which something that was predicted to happen, does not. There’s a happy ending to the quagmire. The Vienna Theatre Company’s production of award-winning playwright Ken Ludwig’s “Be My Baby” embraces the common attributes of the genre. And, it’s fun to be drawn into the story arc.

“I’ve worked a couple of Ludwig’s plays and I like his quick pace and interesting characters,” said “Be My Baby” director, Suzanne Maloney. Maloney is joined in this production by her sister, Allison Shelby, both daughters of Vienna Theatre Company founder Norm Chaudet of Vienna. Shelby plays the female lead, Maude from London.

“We pretty-much grew up with the theatre here,” said Shelby. She and Maloney watched rehearsals as kids, “spellbound,” she said.

WHEN A YOUNG COUPLE marries and suffer a miscarriage in Scotland, they send close relatives to San Francisco to pick up the baby they plan on adopting. The older relatives, a Scotsman John and an English-



PHOTO BY DONNA MANZ/THE CONNECTION

Maude (Allison Shelby) and John (John Barclay Burns) come to appreciate the depths of each other’s character in the Vienna Theatre Company’s production of “Be My Baby,” playing at the Vienna Community Center. Eric Storck plays the male ensemble cast.

woman Maude, each of whom irritates the other, get stuck in San Francisco together and must join forces to care for the newborn in their charge. They learn there is more to each other than they imagined. “They don’t like each other initially, but, they grow to love each other and the baby,”

said Maloney.

Male lead John Barclay Burns lives in Arlington. Several crew members come from Vienna as do Shelby, Maloney and Eric Storck. Storck has been engaged in theatre since childhood.

“I don’t have a favorite character,” said

Storck, who plays seven characters, but not the male lead — plus an additional three voice-overs. To keep 10 voices sounding different from one another, Storck employs any of three techniques — accent, pitch and physicality. He moves from his role as a Scottish parson to a trendy American waiter. In between, he’s a judge, a gardener, a bellhop, a maitréd, and a not-trendy waiter.

AS THE MAIN CHARACTERS inch closer to a tender relationship, their affection for the baby takes them on a mission to make the baby their own. Matron Maude is a bit uptight but loosens up in the presence of her traveling companion and the baby they protect and care for.

“[Maude] is one of the nicest characters I’ve played in a long time,” said Shelby. “She’s very sweet.”

The premiere of the play in 2005 starred veteran Hollywood and stage actors Hal Holbrook and Dixie Carter.

Ken Ludwig’s plays have been presented on Broadway and London’s West End. He has won two Laurence Olivier Awards, three Tony Award nominations, two Helen Hayes Awards and the Edgar Award. And, he lives in Washington, D.C.

The quick pace of the play presented a few challenges in execution.

“The big challenge with this one is, because the play moves so quickly, you have to be creative to get the actors back out there and the stage re-set,” Maloney said. The costumes are occasionally “layered” for quicker changes. “We’ve made it work.”

Oakton High Drama Explores Propaganda

Oakton students to perform in “Signature in the Schools 20th Anniversary Festival.”

BY DAVID SIEGEL
THE CONNECTION

“We are so proud to be part of the ‘Signature in the Schools 20th Anniversary Festival,’” said Vanessa L. Gelinis, Oakton High School Theater Arts teacher. “It is a tremendous opportunity for the students to perform and learn.”

Over the past 20 years, Arlington’s Signature Theatre has produced original theater works that are “powerful and relevant pieces” said David Zobell, Signature’s Director of Education. “Signature in the Schools” has explored war, immigration, cyber-bullying, the aftermath of Hurricane Katrina, the Holocaust and more. This year’s festival highlights four pieces performed over two week-



PHOTO BY HUNTER CARRICO/COURTESY OF OAKTON HIGH SCHOOL PERFORMING ARTS DEPARTMENT

From left: Erik McIntosh and Mike Gorospe in Oakton High School’s production of “Image is Everything.”

ends by students from around the Washington, D.C.-metropolitan area.

Oakton students will perform “Image is Everything” by Joe Calarco. The play focuses on themes of propaganda, conformity and personal responsibility. It takes place in the present day as a group of students study the Holocaust and learn that propaganda and misinformation is still around,

even in their very own school.

“Signature in the Schools is one of the most unique and exciting education programs in this country,” said Joe Calarco, Signature’s Resident Director of New Works.

The 13-member Oakton cast includes two student directors. The students have spent the past weeks in class, after school, and even during their winter break, learning

their lines. Now they are in the final weeks of rehearsals, Gelinis said. “The play shows that propaganda can be glamorized and used to hurt others. In this time of social media’s fast communications, it is important to learn what is fact and what is fiction.”

“The first thought I had after finishing a read through of the ‘Image is Everything’ script was, ‘Wow, this play is so powerful,’” said student director Hanna El-Mohandess. “As a part of a minority in my own school, not only was I affected and taken aback by the reality of the play’s message, but I was also able to relate to almost all of the characters in the play.”

The play conveys “the confusion that comes with being a part of a minority. Sometimes, it becomes too easy to camouflage into your surroundings, and lose your voice in the process...The play is so powerful and has such a poignant message.”

Oakton High School students in “Image is Everything” include Hanna El-Mohandess, Mary Allison Carrico, Miriam Fellingner, Sean Frankel, Michael Gorospe, Erik McIntosh, Ann Kutyna, Ndeye Nam, Ben Malkoff, Kamila Mehdi, Rachel Rogers, Grant Seastream and Emily Tillet.

CALENDAR

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

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C. and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate Rental, \$6; Group of 10+, \$12 and includes skates

THURSDAY/JAN. 22

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice reading to teens.
Evening Book Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title.

FRIDAY/JAN. 23

"Be My Baby." 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "Be My Baby" is a romantic comedy that tells the story of John, an irascible Scotsman and an uptight English woman, Maud, and how they're brought together when his ward marries her niece and the young couple decides to adopt a newborn baby. The older couple has to travel to California to pick up the child and bring her home to Scotland but John and Maud despise each other. While in California, they learn some startling lessons about life and love. Tickets: \$14. To reserve tickets email vtcschows@yahoo.com. Additional performances: Jan. 24, 30, 31, Feb. 6, 7; 2 p.m.; Feb 1, 8; 8 p.m.
Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children, coffee and conversation for grownups!
Drop-in Chess. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome.

SATURDAY/JAN. 24

Polyhymnia. 8 p.m. Immanuel Presbyterian Church, 1125 Savile Lane, McLean. Polyhymnia is an a capella chamber chorus that since 1991 has offered free concerts of works from Renaissance to contemporary and from many



PHOTO BY DAVID SEGAL PHOTOGRAPHY

Actors Allison Shelby, Casey Bauer, Daddy Issa and John Barclay Burns rehearse a scene from Vienna Theatre Company's upcoming production of Ken Ludwig's romantic comedy, "Be My Baby," opening Jan 23.

countries. Polyhymnia's Winter Concert series, under its conductor Steven Beck, features songs by Poulenc, Janacek, Tallis, Victoria, Desprez, Palestrina, and contemporary works by Steven Beck, Rich Campbell, and Ernst Toch. There is no charge for performances, but if you are willing to make a donation to support our costs it will be tax deductible.

SUNDAY/JAN. 25

Music from Oberlin at Oakton. 7:30 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Music from Oberlin at Oakton is a musical outreach program that is designed to give the Conservatory students an opportunity showcase their musical talents for interested audiences beyond Oberlin. Different groups of students perform in Oakton, VA three times a year and we are kicking off our 14th season. Local alums and community gets an opportunity to enjoy superb music from the Conservatory that has received the 2009 National Medal of Arts from the White House presented by the President Barack Obama. It is a free concert open to the public and is especially great for the whole family as there are Q&A session with the performers and reception at the end.
McLean Rotary Chocolate Festival. 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Calling all chocolate lovers! Come attend this delightfully delicious festival that supports a good cause. Admission: \$2. www.mcleanchocolatefestival.org

MONDAY/JAN. 26

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13-23 months with adult.
Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Ages 3-5 with adult.
Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12. Call branch for title.

TUESDAY/JAN. 27

LEGO Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs! Ages 3 & up with adult.

WEDNESDAY/JAN. 28

Winter Wonderland. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Learn how different animals survive in winter. Presented by Riverbend Park. Sponsored by Dolley Madison Friends of the Library. Age 3-5 with an adult. Call branch to make arrangements for sign language interpreters, listening systems or real-time captioning by calling the library branch.
Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends!

THURSDAY/JAN. 29

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice reading to teens.

FRIDAY/JAN. 30

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children, coffee and conversation for grownups!
Drop-in Chess. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome.

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.
Tai Chi Beginners' Practice. Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.
Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.
Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.



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Here's What's Happening at MCC

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Saturday, Jan. 31, 1 p.m.

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**MCC Summer Camp
Registration Begins**

Monday, Feb. 2, MCC tax district residents

Monday, Feb. 9, for all others

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Skiing at Massanutten Resort**

Monday, Feb. 2

\$135/\$115 MCC district residents

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The Movies' First Western Stars:
William S. Hart and
"Broncho Billy" Anderson**

Wednesday, Feb. 4, 7:30 p.m.

\$12/\$8 MCC district residents

**Old Firehouse Teen Center
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Friday, Feb. 6, 7-10 p.m.

\$5 Member/\$10 All others



Just in time for Valentine's Day!

**8th Annual McLean
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Saturday, Feb 7, 11 a.m.-5 p.m.

Admission: \$3, (save \$1 with this ad)

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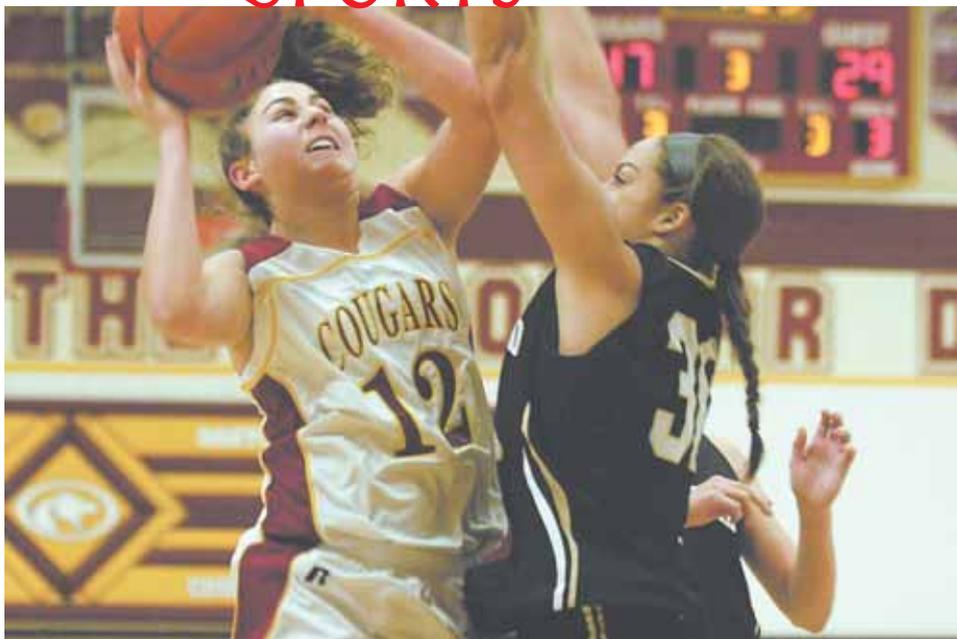


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Oakton's Lindsey Abed, left, goes up for a shot against Westfield on Jan. 9

Oakton Girls' Basketball Improves to 14-1

The Oakton girls' basketball team extended its winning streak to 13 games with a 50-34 win over Centreville on Jan. 16.

The Cougars improved their record to 14-1.

Oakton and Centreville have met in the last two Concorde District/Conference 5 championship games, with the Wildcats winning in 2013 and the Cougars coming out on top in 2014.

The Cougars faced Chantilly on Tuesday, after The Connection's deadline. Oakton will travel to face Herndon at 7:30 p.m. on Friday, Jan. 23.

Langley Girls' Basketball Starts 11-1

The Langley girls' basketball team has maintained its hot start to the midpoint of the season.

After losing to Fairfax on Dec. 16, the Saxons won their next eight games, improving to 11-1 with 53-39 victory over South Lakes at Langley High School.

"The team is playing well and improving each game," Langley head coach Amanda Baker wrote in an email. "Each player is really starting to take ownership of their individual role and everyone is committed to team success over individual success."

Baker is in her fourth season as head coach of the Saxons. Langley's combined record in her first three seasons was 25-45, with the Saxons losing in the opening round of the district/conference tournament each year. However, the 2014-15 team seems to have turned things around.

"Focus has been a huge factor in our success," Baker wrote. "Each week players identify individual goals for themselves and they have a partner that helps keep them accountable for achieving that goal. As a team we prepare for each opponent with absolute focus on our specific game plan. After each game the team does a great job refocusing for the next opponent."

Langley recently faced two of the top teams in Conference 6 and came away with a win in each game. On Jan. 16, the Saxons knocked off defending conference champion South Lakes. Three days earlier, Langley won a low-scoring affair against Madison, 36-33. The Warhawks, led by 6-foot-2 Virginia Tech signee Kelly Koshuta, reached the region semifinals last season.

Junior guard Paige Galiani leads Langley in scoring at 18 points per game, including 31 3-pointers. She is averaging 4.6 rebounds and 1.5 steals per contest.

Sophomore guard Ariana Aulisi is averaging 8.8 points, 6 rebounds and 2.4 steals per game, to go with a team-high 15 blocks. Junior guard Lizzy Shamloo is averaging 6.8 points, and freshman point guard Jordyn Callaghan leads the team with 32 assists.

Lauren Meyer is the team's top defender. The senior forward was matched up against Koshuta and South Lakes' Princess Aghayere.

Langley faced Thomas Jefferson on Tuesday, after The Connection's deadline. The Saxons will host rival McLean at 5:45 p.m. on Friday, Jan. 23 as part of a girls'/boys' doubleheader.

"Our goal is to keep improving each day," Baker wrote. "The team understands that early success is not the ultimate goal, it is to be playing our best basketball at the end of the season. We have been at the bottom before and know that if we don't stay focused and committed to improving, our season could end earlier than we'd like."

— JON ROETMAN

Langley Snaps Madison Girls' Basketball's Winning Streak

The Madison girls' basketball team had its nine-game winning streak snapped by Langley as the Saxons defeated the Warhawks 36-33 on Jan. 13.

Madison returned to the win column three days later with a 64-40 victory over McLean on Jan. 16, improving its record to 10-4.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

McLean Gymnasts Win Fairfax High Meet

Jacqueline Greene and the McLean gymnastics team finished first during a meet at Fairfax High School on Jan. 10. The Highlanders, who finished state runner-up last season, will compete in a meet at 6:30 p.m. on Thursday, Jan. 22 at Washington-Lee High School in Arlington.



Madison's Julie Collier competes during a meet at Fairfax High School on Jan. 10. The Warhawks are scheduled to participate in a meet at 4:30 p.m. on Wednesday, Jan. 21 at Chantilly High School.

The Warhawks faced Fairfax on Tuesday, after The Connection's deadline. Madison will host Hayfield at 7:30 p.m. on Friday, Jan. 23.

Golden Girls Senior Women's Softball

The Golden Girls Senior Women's softball league is looking for women ages 40 and older to play in its four-team league on Wednesday nights and Saturday mornings in Vienna.

Learning skills, physical exercise, and good sportsmanship are stressed, all while having fun. You are never too old to play! For more info, go to www.goldengirls.org

Squash Tournament Coming to McLean

A junior squash tournament will be held at The McLean Racquet and Health Club Feb. 13-15.

Registration deadline is Feb. 10.

It's a silver tournament, which is recommended for those players who have finished in the upper half of a bronze tournament.

Age groups for boys and girls include U11, U13, U15, U17 and U19.

Early registration fee is \$95. Registration after the deadline is \$110. Register online at ussquash.com/tournaments or contact Hunt Richardson at hunt@jahangirsquash.com or by calling 202-365-1526 for more information.

Vienna Babe Ruth Online Registration Open

Vienna Babe Ruth has unveiled a new website along with a new online registration process. Vienna-area ballplayers ages 13 to 19 can register now for the Spring 2015 season. Go to GVBR.org and click on the red "Register Now" button. Register before Feb. 1 for the early-bird discount.

HOME SALES

In December 2014, 119 homes sold between \$1,954,870-\$198,000 in the Vienna and Oakton area. This week's list represents those homes sold in the \$1,954,870-\$291,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
2747 STREAM VISTA CT	4	4	2		OAKTON	\$1,954,870	Detached	1.72	22124	THE RESERVE AT TIMBER LAKE
11591 EMBREE CT	5	4	1		OAKTON	\$1,941,125	Detached	0.88	22124	RESERVE AT WAPLES MILL
2086 HUNTERS CREST WAY	6	7	2		VIENNA	\$1,780,000	Detached	3.82	22181	HUNTERS CREST
303 NIBLICK DR SE	5	5	1		VIENNA	\$1,595,000	Detached	0.37	22180	WESTBRIAR CC MANOR
906 OLYMPIAN CIR SW	5	4	1		VIENNA	\$1,542,333	Detached	0.31	22180	VIENNA WOODS
302 JOHN MARSHALL DRIVE NE	5	4	1		VIENNA	\$1,454,720	Detached	0.31	22180	VIENNA
501 WINDOVER AVE NW	6	6	1		VIENNA	\$1,415,000	Detached	0.41	22180	WINDOVER
112 DOGWOOD ST SW	5	4	1		VIENNA	\$1,407,515	Detached	0.27	22180	WEST VIENNA WOODS
8504 WEDDERBURN STATION DR	4	3	1		VIENNA	\$1,385,000	Detached	0.41	22180	WEDDERBURN ESTATES
1450 CARRINGTON RIDGE LN	5	4	1		VIENNA	\$1,370,000	Detached	0.32	22182	CARRINGTON
11315 WALNUT CREEK CT	5	4	1		OAKTON	\$1,355,000	Detached	0.83	22124	WAPLES MILL MANOR
624 PINE ST SE	5	5	1		VIENNA	\$1,350,000	Detached	0.40	22180	MURMURING PINES
11424 MEADOW LAKE CT	5	4	1		OAKTON	\$1,295,000	Detached	0.83	22124	TIMBER LAKE
2989 WILSON AVE	5	4	1		OAKTON	\$1,258,000	Detached	0.52	22124	OAKTON HEIGHTS
3450 VIRGINIA OAKS DR	5	5	1		OAKTON	\$1,250,000	Detached	0.91	22124	WESTOAKS
102 CASMAR ST SE	6	5	1		VIENNA	\$1,224,900	Detached	0.25	22180	VIENNA WOODS
11108 DEVILLE ESTATES DR	5	4	1		OAKTON	\$1,185,000	Detached	2.88	22124	DEVILLE ESTATES
1827 BEULAH RD	5	4	1		VIENNA	\$1,175,000	Detached	0.87	22182	SPRING LAKE
9106 TETTERTON AVE	5	4	1		VIENNA	\$1,150,000	Detached	0.56	22182	MANORS AT WOLF TRAP
1719 LONDON HILL RD	5	3	1		VIENNA	\$1,100,000	Detached	0.59	22182	HUNTER MILL ESTATES
2016 WOODFORD RD	5	4	1		VIENNA	\$1,065,000	Detached	0.22	22182	WOODFORD OAKS
340 PARK ST NE	3	2	0		VIENNA	\$1,050,000	Detached	0.63	22180	VIENNA
2217 CENTRAL AVE	4	4	1		VIENNA	\$1,030,000	Detached	0.18	22182	CAMPBELLS LANDING
11744 STUART MILL RD	4	3	0		OAKTON	\$990,000	Detached	1.22	22124	VALE
529 GLYNDON ST NE	4	3	1		VIENNA	\$985,000	Detached	0.33	22180	SPRINGWOOD
1657 BEULAH RD	5	4	0		VIENNA	\$950,000	Detached	1.19	22182	MAC DOWELL
2212 CENTRAL AVE	5	4	1		VIENNA	\$939,000	Detached	0.15	22182	CAMPBELLS LANDING
1800 SUNNY CREEK CV	5	3	1		VIENNA	\$930,000	Detached	0.27	22182	WEST CREEK
3605 VALE STATION RD	5	4	1		OAKTON	\$925,000	Detached	0.85	22124	VALE RIDGE ESTATES
2912 OAKTON RIDGE CIR	4	3	1		OAKTON	\$895,000	Detached	0.72	22124	OAKTON MILL ESTATES
2049 MADRILLON RD	4	4	1		VIENNA	\$895,000	Detached	0.10	22182	MADRILLON COURTS
11441 NORWEGIAN MILL CT	6	3	1		OAKTON	\$885,000	Detached	0.62	22124	WAPLES MILL ESTATES
9722 HIDDEN VALLEY RD	5	3	1		VIENNA	\$875,000	Detached	0.14	22181	COURTHOUSE OAKS
2840 RIFLE RIDGE RD	4	2	1		OAKTON	\$870,000	Detached	0.56	22124	HUNT VALLEY ESTATES
9135 ERMANTRUDE CT	5	3	1		VIENNA	\$865,000	Detached	0.35	22182	BLUFFS OF WOLF TRAP
1423 WOLFTRAP RUN RD	4	2	1		VIENNA	\$850,000	Detached	0.35	22182	WOLF TRAP WOODS
1516 SNUGHILL CT	6	3	1		VIENNA	\$849,000	Detached	0.61	22182	WOLF TRAP WOODS
1852 BRENTHILL WAY	3	3	1		VIENNA	\$820,000	Townhouse	0.05	22182	BRENTWOOD COURTS
3289 MILLER HEIGHTS RD	4	2	1		OAKTON	\$810,000	Detached	0.53	22124	TATTERSALL
400 HOLLOWAY CT NE	5	3	1		VIENNA	\$805,000	Detached	0.28	22180	GLYNHILL
1726 ASOLEADO LN	5	3	1		VIENNA	\$780,000	Detached	0.50	22182	SUN VALLEY
3001 MILLER HEIGHTS RD	4	3	1		OAKTON	\$779,000	Detached	1.00	22124	CINNAMON RIDGE
2727 VALESTRA CIR	5	4	0		OAKTON	\$775,000	Detached	0.95	22124	BERRYLAND FARM
11807 WAYLAND ST	4	2	1		OAKTON	\$770,000	Detached	0.50	22124	FOXVALE
2902 MELANIE LN	4	4	0		OAKTON	\$765,000	Detached	0.49	22124	CINNAMON RIDGE
2700 EARLS CT	4	3	1		VIENNA	\$765,000	Townhouse	0.07	22181	VIRGINIA CENTER
118 CASMAR ST SE	5	4	1		VIENNA	\$750,000	Detached	0.24	22180	VIENNA WOODS
9804 PEPPERMILL PL	5	3	0		VIENNA	\$750,000	Detached	0.51	22182	CLARKS CROSSING
2009 LABRADOR LN	5	3	0		VIENNA	\$747,500	Detached	0.27	22182	EUDORA
1796 DAWSON ST	3	2	2		VIENNA	\$741,000	Townhouse	0.07	22182	AMBERWOOD
9502 TUBA CT	4	3	0		VIENNA	\$735,000	Detached	0.38	22182	SHOUSE VILLAGE
8167 QUINN TER	3	2	2		VIENNA	\$732,500	Townhouse	0.04	22180	PROVIDENCE PARK
2204 CEDAR MILL CT	5	3	1		VIENNA	\$719,000	Detached	0.16	22182	CEDAR MILL
10406 STONE RIDGE LN	5	2	1		VIENNA	\$710,000	Detached	0.60	22182	WAYSIDE
11014 DEVENISH DR	4	2	1		OAKTON	\$705,000	Detached	0.47	22124	CINNAMON RIDGE
10300 CONEJO LN	4	2	1		OAKTON	\$700,000	Detached	2.24	22124	HIDDEN ESTATES
3232 HISTORY DR	4	2	1		OAKTON	\$696,000	Detached	0.65	22124	FOXVALE
11403 BRONZEDAILE DR	4	3	1		OAKTON	\$692,000	Detached	0.61	22124	FOXWOOD
9633 PERCUSSION WAY	5	3	1		VIENNA	\$685,000	Detached	0.35	22182	SYMPHONY HILL WEST
916 WESTWOOD DR NE	4	3	1		VIENNA	\$675,000	Detached	0.29	22180	WESTWOOD MANOR
9115 BRIAN DR	4	3	1		VIENNA	\$665,349	Detached	0.42	22180	TOWN AND COUNTRY ESTATES
8219 BUCKNELL DR	4	2	1		VIENNA	\$655,000	Detached	0.25	22180	DUNN LORING WOODS
8213 BUCKNELL DR	4	2	1		VIENNA	\$647,500	Detached	0.25	22180	DUNN LORING WOODS
8029 TREVOR PL	3	2	2		VIENNA	\$640,000	Townhouse	0.06	22182	COURTHOUSE STATION
2815 BREE HILL RD	4	2	1		OAKTON	\$637,500	Detached	0.47	22124	STUARTS MILL WOODS
8616 WILLOWMERE DR	4	3	0		VIENNA	\$625,000	Detached	0.25	22180	MERRIFIELD VIEW
3517 WILLOW GREEN CT	4	3	0		OAKTON	\$621,000	Detached	0.62	22124	WAPLES MILL ESTATES
248 CHURCH ST NE	4	2	0		VIENNA	\$620,000	Detached	0.37	22180	AYR HILL
137 EAST ST NE	3	2	2		VIENNA	\$600,000	Townhouse	0.05	22180	WOLFTRAPPE SQUARE
2617 OCCIDENTAL DR	3	3	0		VIENNA	\$599,777	Detached	0.24	22180	DUNN LORING WOODS
2868 SUTTON OAKS LN	4	3	1		VIENNA	\$593,500	Townhouse	0.05	22181	COUNTRY CREEK
104 PATRICK ST SW	5	4	0		VIENNA	\$588,000	Detached	0.41	22180	VIENNA WOODS
204 ELM ST SW	3	2	0		VIENNA	\$575,000	Detached	0.24	22180	WEST VIENNA WOODS
102 JAMES DR SW	4	3	0		VIENNA	\$570,000	Detached	0.24	22180	VIENNA WOODS
2837 SUTTON OAKS LN	4	3	1		VIENNA	\$565,000	Townhouse	0.04	22181	COUNTRY CREEK
10110 EBENSHIRE CT	4	3	1		OAKTON	\$560,000	Townhouse	0.03	22124	CONCORD VILLAGE
9614 SCOTCH HAVEN DR	3	2	2		VIENNA	\$530,000	Townhouse	0.04	22181	COUNTRY CREEK
2511 SWIFT RUN ST	4	2	1		VIENNA	\$525,000	Detached	0.25	22180	STONEWALL MANOR
540 MARSHALL RD SW	4	3	1		VIENNA	\$514,315	Detached	0.33	22180	PICKETT ESTATES
425 MILL ST SE	3	2	2		VIENNA	\$513,000	Townhouse	0.05	22180	VILLAGE SQUARE
607 WARE ST SW	3	1	0		VIENNA	\$510,000	Detached	0.23	22180	VIENNA WOODS
11705 LARIAT LN	4	2	1		OAKTON	\$505,000	Detached	0.47	22124	VALE PARK WEST
3117 VALENTINO CT	4	3	1		OAKTON	\$490,000	Townhouse	0.04	22124	OAKTON VILLAGE
2360 WHEYSTONE CT	3	2	2		VIENNA	\$490,000	Townhouse	0.03	22182	WHEYSTONE
10459 WHITE GRANITE CT	3	2	2		OAKTON	\$469,000	Townhouse	0.04	22124	ARROWOOD
248 COMMONS DR NW	3	2	2		VIENNA	\$465,000	Townhouse	0.05	22180	VIENNA COMMONS
2781 STONE HOLLOW DR	3	3	0		VIENNA	\$465,000	Townhouse	0.03	22180	DUNN LORING VILLAGE
8621 DELLWAY LN	3	2	1		VIENNA	\$458,000	Townhouse	0.05	22180	DUNN LORING VILLAGE
447 KNOLL ST NW	4	3	1		VIENNA	\$454,065	Detached	0.30	22180	WINDOVER HEIGHTS
507 LEWIS ST NW	4	3	1		VIENNA	\$450,515	Detached	0.29	22180	WINDOVER HEIGHTS
404 HOLLOWAY CT NE	4	3	1		VIENNA	\$439,155	Detached	0.24	22180	GLYNHILL
213C LOCUST ST SE	3	2	1		VIENNA	\$435,000	Townhouse	0.03	22180	VIENNA TRAIL
1581 LEEDS CASTLE DR #101	2	2	0		VIENNA	\$435,000	Garden 1-4 Floors	0.03	22182	WESTWOOD VILLAGE
2726 GALLOWES RD #808	2	2	0		VIENNA	\$427,500	Hi-Rise 9+ Floors	0.03	22180	WILTON HOUSE
8740 WOLFTRAP RD	3	2	0		VIENNA	\$420,000	Detached	0.62	22182	WOODFORD COLLINS
9480 VIRGINIA CENTER BLVD #2132	2	2	0		VIENNA	\$392,000	Garden 1-4 Floors	0.03	22181	ACADIA
9480 VIRGINIA CENTER BLVD #1172	2	2	0		VIENNA	\$392,000	Garden 1-4 Floors	0.03	22181	ACADIA
9826 OAKDALE WOODS CT	3	2	1		VIENNA	\$385,000	Detached	0.05	22181	OAKTON CLOISTERS
9480 VIRGINIA CENTER BLVD #3202	2	2	0		VIENNA	\$382,000	Garden 1-4 Floors	0.03	22181	ACADIA
207A PARK ST SE #A	3	2	0		VIENNA	\$372,400	Garden 1-4 Floors	0.03	22180	AYR HILL STATION
9828 SWEET MINT DR	3	2	2		VIENNA	\$370,000	Townhouse	0.03	22181	CYRANDALL VALLEY NORTH
2938 JERMANTOWN RD #9	3	3	1		OAKTON	\$365,000	Townhouse	0.03	22124	TREEBROOK
10141 OAKTON TERRACE RD	2	2	0		OAKTON	\$315,000	Townhouse	0.03	22124	THE OAKTON
2704 GLENGYLE DR #19	3	2	1		VIENNA	\$312,000	Garden 1-4 Floors	0.03	22181	MOSBYS LANDING
2726 GALLOWES RD #809	1	1	0		VIENNA	\$295,000	Hi-Rise 9+ Floors	0.03	22180	WILTON HOUSE
2726 GALLOWES RD #606	1	1	0		VIENNA	\$291,000	Mid-Rise 5-8 Floors	0.03	22180	WILTON HOUSE

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Guests enjoy the new Crescent Lounge.

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21 Announcements
PUBLIC NOTICE
AT&T intends to submit a Section 106 submission for a proposed modification to an existing telecommunication facility (Sequoia) at 2110 Washington Blvd in Arlington, VA. AT&T is publishing this notice in accordance with federal regulation 37CFR 1.1307. Three (3) antennas will be replaced on the 66 foot building, with centerline heights of 62 feet. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so by contacting Scott Horn (856-809-1202, scotthorn@acerassociates.com) at ACER Associates, LLC at 1012 Industrial Dr., West Berlin, NJ 08091.

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21 Announcements **21 Announcements**



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21 Announcements **21 Announcements** **21 Announcements**

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Seasonal Seven Dwarfs



By KENNETH B. LOURIE

Sneezy, Coughy, Phlegmy, Stuffy, Achy, No-Sleepy and Post-Nasal Drippy; and no Doc, which is possibly what led to this column being written. To tell you the truth – and I always do – if I didn't have stage IV, non-small cell lung cancer, I wouldn't have given these symptoms a first thought, let alone a second one. But since I do have cancer and it's mostly all I think about; as much as I tried to pretend otherwise and consider these symptoms unrelated, my lungs/breathing did seem to be affected.

And so after 10 days or so of coughing, then full-blown "colding" and back to coughing again, I acquiesced and scheduled an appointment with my Primary Care physician. After asking me the usual and customary how-I-feel questions – which did not prompt an OMG-type reaction from my doctor, he next unwrapped his stethoscope from around his neck and approached me to listen and presumably learn. He placed his stethoscope on my upper back and then on my chest and of course asked me to "breathe in," and "breathe out," repeatedly. Apparently, he heard nothing of consequence. No indications to warrant a chest X-ray, he said; no suspicious sights or sounds to further investigate. As he summarized his assessment: "It's winter," which I correctly understood to mean my symptoms were not cancer-related, I exhaled in relief, smiled widely and thanked him for the reassurance. Then he put his hand on my shoulder and said: "Nothing to worry about." A few minutes later, I left his office with a precautionary prescription for cough medicine and four days of antibiotics; completely normal protocol, lung cancer notwithstanding. But it didn't stop me from worrying. Cancer sort of has an intent of its own.

And that's the problem, underlying and overlaying. Everything I say or do or think or write is filtered – unconsciously anymore, through the prism of my being originally diagnosed with a "terminal" form of cancer. If ever there was a disconnect between symptoms, feelings, mortality, etc.; well, there isn't anymore. We're (cancer and I) not exactly one big happy family, but we are all living together under one roof, residing in one head; mine, mostly. I've had better roommates, that's for sure. Unfortunately, this is one I can't simply ask to leave.

Usually, I can manage, except when there's a blip, something not typically seen or felt on my emotional radar. This most recent bout with the symptoms I've described, completely normal and expected almost at this time of the year, probably should not have been neglected by yours truly for as long as they were (seven to 10 days). Sometimes, fear has a way of affecting your better judgment, though. In retrospect, I certainly should have acted sooner. Hopefully, I've learned my lesson. Next time, I won't ignore the "seasonal seven dwarfs." I was lucky this time. Life is not a fairy tale. Pretending otherwise could be grim.

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

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

FRIDAY/JAN. 23

McLean Art Society Meeting. 10 a.m. - noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Alice Kale will be the featured artist. She will talk about artist travel diaries for sketching and recording memories, using convenient and easy-to-carry materials. There will also be a chance to sign up for a painting trip to Greece scheduled for the May 2-16, 2015. All are welcome.

SUNDAY/JAN. 25

Free Seller Seminar, "What Every Seller Needs To Know," 1-4 p.m. Presented by The Lyons & McGuire Team of Keller Williams Realty. Come learn invaluable tips on selling your home from a professional stager, a photographer, a home inspector and more. RSVP by Jan. 19 to LyonsMcGuire@TeamGreatFalls.com. Seating is limited.

MONDAY/JAN. 26

Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group.

Evening ESL Conversation Group. 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice speaking English in this informal conversation group.

TUESDAY/JAN. 27

Improve Your English Skills. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Get focused help with reading, writing, speaking and listening. Adults.

WEDNESDAY/JAN. 28

English Conversation Group. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting.

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group.

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna.

A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd, Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

Virginia Sheriff's Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or http://vasherriffsinstitute.org/scholarship/.

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Annie Abruzzo, 10, said that she and her mom saw the cat adoption sign and “had to come in.”

PHOTOS BY DONNA MANZ/THE CONNECTION



PetMAC stocks a diversity of cat and dog foods, from canned and dry to refrigerated. Owner Cindy Williams says she opened her shop because she loves being able to work with formerly-homeless animals and offer good nutrition to enhance their health.

Pet Food and Adoption Center Opens at Reston’s Lake Anne

PetMac merges animal rescue and good nutrition in shop.

DONNA MANZ
THE CONNECTION

When PetMAC owner Cindy Williams of Vienna moved her pet supply and adoption center to Reston’s Lake Anne, she took her business philosophy of community outreach and high-quality inventory to a lakeside shopping center abundant with small locally-owned businesses. Williams’ PetMAC [Pet Marketplace and Adoption Center] opened at Lake Anne Plaza on Jan. 3. On Jan. 4, the shop featured its first adoption fair – homeless cats - with partner Homeward Trails, and repeated a cat adoption event the following Sunday.

“I really wanted to be a part of a community of other merchants and residents,” said Williams. “I moved from Vienna to Reston two years ago and fell in love with Lake Anne.”

PETMAC IS A NUTRITION-BASED pet supply shop selling all-natural pet foods, treats, toys and other supplies for dogs and cats. It works closely with local animal rescue groups to host adoption fairs, and Williams plans on having “resident” cats available for adoption at the shop.

On Saturday, Jan. 17, PetMAC hosted adoptable dogs from Homeward Trails from 10 a.m. to noon. A representative from Answers Raw Pet Foods was on-hand to offer free samples and provide information about their foods.

Often, shelter animals come in emaciated, needing nutrient-dense food to help them recover, Williams said. PetMAC donates a



Homeward Trails volunteer Fran O’Connell takes an “adoptable” cat out of her crate to show off to PetMAC customers. PetMAC owner Cindy Williams of Vienna [left] hosts cat and dog adoption events at her shop.

portion of its sales to rescue groups Williams works with, such as Homeward Trails and K-9 Lifesavers.

Williams has been actively engaged in animal rescue for about 20 years, first as a volunteer for the Washington D.C. Humane Society, where she got her dog, and for private rescue groups in Northern Virginia.

PetMAC moved to Lake Anne after almost a decade in Arlington. “When I opened the shop, I wanted to offer a venue to find homes for animals in-need, and offer good nutritional options at prices competitive

“I love being able to work with formerly-homeless animals and offer good nutrition to enhance their health ... PetMAC is a merger of animal rescue and good nutrition for pets.”

— PetMAC owner
Cindy Williams

with other places selling the same food we sell,” Williams said. “You do pay more for higher-quality food and ingredients.”

PetMAC offers a diverse selection of canned, dry, and raw foods for dogs and cats, as well as accessories, from leashes to play-toys. The shop is decorated with a hand-painted trellis marked with pawprints as leaves.

A NATIVE OF THE D.C. AREA, Williams opened her first PetMAC in 2005. Her initial foray into the pet food business was a web-based home-delivery business model. When she opened her physical site in Arlington, Homeward Trails set up an adop-

tion center there. Homeward Trails eventually moved to a larger location but Williams maintained her supportive partnership with them. PetMAC still works closely with Homeward Trails, as well as others, to find forever-homes for rescue dogs and cats. Potential pet-parents fill out an adoption application at the adoption events; they do not take the pet home immediately.

PetMAC sponsors, and donates to, various fundraisers benefiting animals. It hosts frequent dog and cat adoption events, and offers seminars conducted by veterinarians and other industry experts, as well as food-tasting demonstrations and social events. PetMAC features special events from Yappy Hours, to photos with Santa and an annual Howl-o-Ween party for dogs.

Shortly after her Lake Anne grand opening, Williams lost her own cat to cancer. She understands and appreciates the pet-parent/pet relationship. “I love being able to work with formerly-homeless animals and offer good nutrition to enhance their health,” said Williams. “PetMAC is a merger of animal rescue and good nutrition for pets.”

FOR MORE INFORMATION about PetMAC and upcoming events, go to www.petmac.org and click on the Lake Anne page. Winter operating hours are Tuesday through Friday, 11 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m. Closed Sunday, except for special events, and Monday. PetMAC is located at 11412 Washington Plaza West. Park at Lake Anne Plaza and walk toward lake for PetMAC shop will be on your right.

To learn more about PetMAC’s stock or information on adopting a new family member, contact Cindy Williams by email at cindy@petmac.org or by phone at 571-325-2099.

To learn more about animal rescue at Homeward Trails, go to www.Homewardtrails.org.