



Great Falls CONNECTION

WELLBEING

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Emilie Gregory of Great Falls and professional Philip Smith-Cobbs of Herndon star as the Sugar Plum Fairy and Cavalier in Classical Ballet Theatre's 'Nutcracker.' Local Dancers celebrated the holidays performing for military, first responders, and their families.

Dancing for Heroes

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JANUARY 4-10, 2017

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NEWS

Police Out To Catch Drunken Drivers

Grant funds new DWI Enforcement Squad.

BY FALLON FORBUSH
THE CONNECTION

A new squad of police officers has started patrolling the county and they have only one mission: to combat impaired driving.

The new Fairfax County Police Department DWI Enforcement Squad began working on Dec. 1 and are averaging several DWI arrests per night.

You'll know who they are by their cruisers, which are specifically marked with "DWI Enforcement Squad," said 2nd Lt. Dana Ferreira, who runs the squad.

The nine officers who were chosen for the squad have a prowess for catching those who drive while drunk. The officers averaged a total of 241 DWI arrests during the past seven years.

The squad will work from 7 p.m. to 5 a.m. in four-day rotations throughout the county eight patrol districts. As a team, the squad will be deployed each night to focus on two districts per shift.

"Our crime analysts will pull problem areas for us," Ferreira said.

The department has wanted to create the team of specialized patrollers for several years, but were unable to find the budget to do so until a federal grant was awarded.

THE SQUAD is operating under the Traffic Division of the department's Operations Support Bureau. However, the equipment and salaries have been paid for by a \$984,785 grant from the National Highway Traffic Safety Administration.

Expenditures that are not covered by the federal grant are the squad's vehicle maintenance and fuel.

"Every year, we have to reauthorize and reapply for the grant if we decide to continue with this program," says Ferreira.

The department has a desire to keep it going, according to Lt. Eli Cory, who is the assistant commander of the FCPD's Traffic Division.

"However we can continue it, we're going to pursue that, whether it's grant or other funds," says Cory.

Without the grant, the squad would be a large financial undertaking.

All the new positions in the new squad were filled by pulling existing officers out of their assigned communities where they patrolled the streets in the department's patrol bureaus or the bike team, according to Ferreira.

But the holes that the new positions left in the street will be filled by new officers, according to Lt. Eli Cory, who is the assistant commander of the FCPD's Traffic Division.

The desire for the squad came from a need in the community, says Cory.



PHOTO PROVIDED BY THE FAIRFAX COUNTY POLICE DEPARTMENT

You'll know who they are by their cruisers, which are specifically marked with "DWI Enforcement Squad," said 2nd Lt. Dana Ferreira, who runs the squad.

Statistically speaking, DWIs have gone down in the county but the department has seen drug use increase.

Last year, there were 522 crashes caused by impaired driving in the county, according to Officer Megan Hawkins, a spokesperson for the department. There has been less

this year, with 461 as of Dec. 13.

That's a 12 percent decrease.

"Although DWIs are down, we want to address the impaired driving while under the influence of drugs," Cory said.

"Whether it's marijuana, heroin, cocaine or anything that affects your ability to

clearly operate a motor vehicle, it's something we need to address in the county," said Cory.

The squad will receive special training so they can handle drug-related incidents. Squad members will receive advanced training in DWI detection, drug recognition, and effective testimony to ensure successful prosecution.

"We chose officers for this assignment that not only are effective at enforcement, but also effective in prosecution and conviction," said Ferreira. "We're not only taking people off the street, but we're going to successfully convict them in court."

To ensure they stay that way, they will be regularly working with the Commonwealth's Attorney General's Office to receive trainings so that they are up-to-date on case law.

The team will be certified as Drug Recognition Experts through the Drug Evaluation and Classification Program. The training requirements for certification have been established by the International Association of Chiefs of Police and the National Highway Traffic Safety Administration.

"In Virginia, the number of DRE certified officers is in the single digits," said Ferreira. "Our entire team will eventually receive that certification when training comes out."

The DRE training is designed to help officers determine if an individual is under the influence of drugs other than alcohol, or the combined influence of alcohol and other drugs, or suffering from some injury or illness that produces similar signs to alcohol and drug impairment.

While prosecution is paramount to the squad, voluntary compliance is the best way to combat impaired driving.

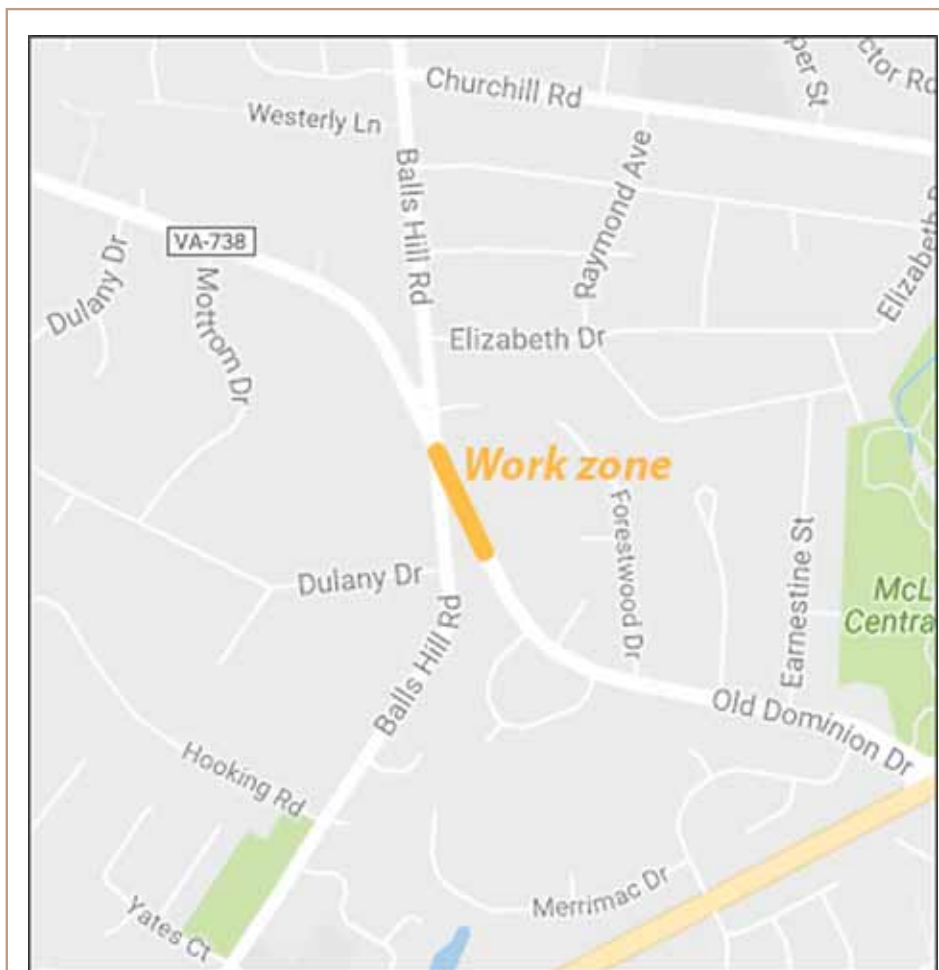
"Our ultimate goal is not making arrests, but is actually reducing the number of crashes in the county," said Ferreira. "If we had a year where we didn't make a single DWI arrest and didn't have a single impairment accident, I'd call that a success."

ONE OF THE MOST VISIBLE things the department does to deter drivers from disobeying DWI laws is through sobriety checkpoints.

"If you look at statistics from other states that don't employ DWI checkpoints, you can see that their DWI crash rates and fatality rates are much higher than Virginia and other states that utilize DWI checkpoints," Cory said.

Primarily, the squad will be on the street looking for traffic safety issues, including DWIs, speeding, reckless driving and distracted driving.

"I'd far rather call a family member and tell them that their loved one has been arrested than tell them that they've been injured or killed in an accident," Ferreira said. "If it takes me bringing someone to jail and taking their freedom even only temporarily to get them off of the roads so they don't harm themselves or someone else, it's entirely worth it to me."



Flagging Operation on Old Dominion Drive

A flagging operation will take place on Old Dominion Drive (Route 738) between Balls Hill Road and Van Ness Court Wednesday, Jan. 4 through Wednesday, Jan. 11 in order to replace several pipes and reshape a ditch, according to the Vir-

ginia Department of Transportation.

The eastbound lane and shoulder area of Old Dominion Drive will be closed during the flagging, which will occur between 9 a.m. and 3 p.m. each day.

All work is weather permitting.

REAL ESTATE

2016: Best Year in Decade for McLean, Great Falls Market

Sellers in McLean and Great Falls experienced the “best of times” market conditions in 2016.

BY KAREN BRISCOE

The year 2016 is going to go down in the history books as the best real estate market for sales in McLean and Great Falls in a decade. The number of transactions was up 10 percent year over year, rising to 1,081. That is the first time ever over the 1k mark. Furthermore, compared to the 2006 market, it was up over 18 percent. This is outstanding news for the market area as we enter into the new year of 2017 and the inauguration. All segments performed better or remained steady in 2016 over 2015. There were two segments that experienced year over year increase in sales of 20 percent or more.

The price segment that experienced the greatest increase year over year was the \$1.25 to \$2 million range. This market niche comprises mostly in-fill new home builders who tear down existing older homes for the land value. It has been the case that many of the lots have been purchased off market thus potentially skewing the numbers for the lower price ranges. Available land for development in McLean and Great Falls is at a premium, thus it is difficult to predict how long this trend is likely to continue. As long as end-user home purchasers have to compete with builders for lots, there is more demand than supply. When demand continues to outpace supply; it can be a healthy sign of a rising market. However these dynamics make it more challenging for a first or second time home buyer to purchase in the community.



The other price range that was strong for 2016 was the \$750k to \$1 million which saw an increase of 20 percent in sales year over year. This is the best indicator of the potential for price appreciation as buyers no longer are able to find housing that meets their needs in the under \$750k range.

The upper bracket price points above \$2 m continued to be flat for 2016 over 2015 and similar to the 2006 levels. The number of buyers who are qualified to purchase homes in this segment is considerably smaller and remains fairly constant. There are some projections that with the new administration we could experience a greater number of purchasers who can afford a luxury home and thus have a more robust market in this price range in 2017.

Sellers in McLean and Great Falls experienced the “best of times” market conditions in 2016. The number of transactions was up year over year and even greater than 2006, which experts have considered the last peak year for the area. Heading into 2017 there are strong indications that homes in good condition for the market and priced correctly should continue to sell for strong prices. And there are some market segments that could experience price appreciation, provided demand remains strong relative to supply.

Karen Briscoe and Lizzy Conroy and their team HBC Group at Keller Williams are active and experienced Realtors® in the Northern Virginia, suburban Maryland and Washington, D.C. marketplace. Contact via the means most convenient for you: www.HBCRealtyGroup.com, 703-734-0192, Homes@HBCRealtyGroup.com.

McLean & Great Falls Annual Market Analysis of Home Sales (Based on Final Closed Price):

| 2016 compared to 2015 and 2006 | | | | | | |
|--------------------------------|---------------------------------------|-----------|--------------|------------------------------------|----------------|------------|
| 2016 Sales: 1,081 | | | | | | |
| | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 2016 | | | | | | |
| 22101 | 14 | 32 | 118 | 80 | 152 | 72 |
| 22102 | 6 | 15 | 43 | 30 | 58 | 222 |
| 22066 | 3 | 17 | 62 | 43 | 79 | 35 |
| | Total: 23 | Total: 64 | Total: 223 | Total: 153 | Total: 289 | Total: 329 |
| | Combined Total Upper Brackets: 310 | | | Combined Total Lower Brackets: 771 | | |
| 2015 Sales: 982 | | | | | | |
| Zip Code | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 22101 | 10 | 32 | 93 | 72 | 138 | 84 |
| 22102 | 4 | 14 | 39 | 31 | 44 | 213 |
| 22066 | 3 | 18 | 46 | 49 | 59 | 33 |
| | Total: 17 | Total: 64 | Total: 178 | Total: 152 | Total: 241 | Total: 330 |
| | Combined Total Upper Brackets: 259 | | | Combined Total Lower Brackets: 723 | | |
| 2006 Sales: 915 | | | | | | |
| Zip Code | >\$3 Mil | \$2-3 Mil | \$1.25-2 Mil | \$1-\$1.25 Mil | \$750k-\$1 Mil | <\$750k |
| 22101 | 7 | 29 | 68 | 54 | 125 | 120 |
| 22102 | 14 | 20 | 33 | 24 | 27 | 209 |
| 22066 | 5 | 17 | 66 | 36 | 48 | 13 |
| | Total: 26 | Total: 66 | Total: 167 | Total: 114 | Total: 200 | Total: 342 |
| | Combined Total Upper Brackets: 259 | | | Combined Total Lower Brackets: 656 | | |

Women's Legislative Roundtable Previews Upcoming 2017 Legislative Session

The League of Women Voters of Virginia (LWVVA) sponsored the Pre-Session of the Women's Legislative Roundtable, (WLRT) on Wednesday, Dec. 7, 2016, at the State Capitol in Richmond. Presentations were made by 17 representatives of nonprofit organizations and from secretaries of Governor McAuliffe Cabinet. They gave short and informative speeches on their areas of expertise before an audience of about 130 people, including Leaguers and friends. This annual event provides an opportunity for attendees to learn about what other groups will be advocating for and what cabinet members expect will occur during the upcoming General Assembly (GA).

The subjects covered were as diverse as the state budget, women's rights, vot-

ing rights, election laws and voter protection, equality for lesbian, gay, bisexual and transgender Virginians, issues of Latinos, redistricting, transparency, public safety, criminal justice reform, juvenile justice, domestic and sexual violence, mental illness, poverty, decriminalization of marijuana, civil forfeiture, police reform, and conservation of natural resources. The common thread in many of these speeches was the need for justice and fairness.

Ric Brown, the Secretary of Finance, said that a potential \$1.5 billion budget shortfall is being expected due to lower-than-expected income and sales tax collections. To handle this shortfall, Gov. McAuliffe asked Executive Branch agencies to make budget cuts. These have included delaying grant payments and new positions, elimi-

nating 26 current positions, canceling pay raises, trimming the state's payroll in other ways, and using the rainy day fund. Virginia is an income tax state so it is difficult to project income inflows. Medicaid Extension is not in the budget.

Secretary of Administration, Nancy Rodrigues, Secretary of the Commonwealth, Kelly Thomasson, and Secretary of Natural Resources Molly Joseph Ward all thanked the League for its nonpartisan efforts for voter rights. The Commissioner of Elections, Edgardo Cortes said a record number of Virginia voters registered online and voted. According to Co-President Lois Page, “We were awed once again by the compassion, determination and dedication of these civic activists, who want what is best for all Virginians.”

What does the WLRT do?

This informational forum is where legislators and non-profit organizations' representatives talk about pending legislation and issues of concern. The LWVVA will moderate the WLRT forums, which start at 8:30 a.m. on Wednesdays, after the GA convenes on Jan. 11, 2017. The first WLRT meeting will be held in Richmond on Jan. 18, 2017. You are welcome to attend these meetings.

The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

To learn more about this organization, visit www.lwv-fairfax.org.

News

Langley Hockey Team Remains Undefeated

The Langley Saxons Ice Hockey team remained undefeated with a 7-5 win over Centreville/Fairfax last Friday Dec. 9. Scoring was led by senior Kevin Wang, who scored a hat trick (3 goals) and accounted for 5 total points; and junior Thomas Eberhardt, who had a goal and 4 total points. Facing a 4-5 deficit at beginning of the third period, Langley scored 3 goals in the final 12 minutes of the game to remain undefeated at 5-0-1.

Langley Ice Hockey out on the ice.



PHOTO CONTRIBUTED



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Terrilynn Kelley

Terrilynn Kelley of Weichert Realtors Great Falls Office Recognized for November

Mark Ackermann, regional vice president of Weichert, Realtors, announced that Terrilynn Kelley of the Great Falls office was recognized for her exceptional industry success in November.

A top producer, Kelley led her Weichert sales region, which comprises offices throughout Arlington, Fairfax, Fauquier, Loudoun, Orange, Prince William and Warren counties, for new home dollar volume.

Invite this talented neighborhood specialist in to learn about the real estate services that Weichert, Realtors has to offer. Kelley can be reached in Weichert's Great Falls office at 731-A Walker Road, or call 703-759-6300 for more information.

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OPINION

Unsung Heroes of Police Reform

Personal involvement of Culosi, Beltrante key to success of police commission.

The call for reform and transparency in Fairfax County Police began long before the shooting death of John Geer in August 2013. Some members of the Fairfax County Police Practices Review Commission pressed for reform for nearly a decade before the formation of the commission. Their experience also should answer any question about whether reform was really needed.

Anita and Sal Culosi lost their son Dr. Salvatore "Sal" Culosi Jr. when he was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse by a SWAT team member executing a search warrant. Police knew Culosi was unarmed and did not consider him dangerous. The shooting was ruled an accident and the officer faced no charges.

"My son would still be alive today," Culosi said at the first meeting of the commission in March 2015, "but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk."

Culosi Sr. told members of the commission that David M. Rohrer told him that use of force policy changes had been made since his son's shooting, but that Rohrer declined to give him copies of the changes or tell him exactly what changes were made. Rohrer, now deputy county executive for public safety was Fairfax County police chief when Culosi Jr. was killed.

As the commission began its work, Police Chief Edwin Roessler and Rohrer among others, embraced Sal Culosi Sr.'s involvement, and worked with him on many details of policy



PHOTO BY TIM PETERSON/THE CONNECTION
Sal Culosi (left) and Nicholas Beltrante (right) attend the first meeting of the Fairfax County Ad Hoc Police Practices Review Commission in March 2015

changes ranging from how SWAT teams are deployed to "ready gun position." New policies were developed with his input, are available to the public and mark significant improvements.

NICHOLAS R. BELTRANTE, a retired D.C. homicide detective and Mount Vernon resident, founded Virginia Citizens Coalition for Police Accountability in 2010 in response to the shooting death of unarmed David A. Masters who was shot and killed by a Fairfax County Police officer on Richmond Highway and Fort Hunt Road on Nov. 13, 2009. Masters, a former U.S. Army Green Beret, struggled with mental health issues.

Beltrante decried the secrecy surrounding the Masters and Culosi cases among others, and began advocating for the formation of a civilian review panel.

He wrote to the Connection in 2012: "During the years 2010-2011, the CCPA has directed a number of letters to Chief David M.

Rohrer regarding these and other citizen allegations of police abuse, misconduct, and negligence. These letters have gone unanswered. As a result the CCPA began in January 2012 mailing letters of complaint to Fairfax County Board of Supervisors Chairman Sharon Bulova with the understanding they would be forwarded to Supervisor Gerald W. Hyland, the board's Public Safety Committee chairman, for appropriate action. In recent weeks the CCPA has written to Supervisor Hyland in an effort to determine what action, if any, he had taken. To-date, we have not heard from Supervisor Hyland.

"The apparent lack of accountability by various entities of the Fairfax County Government regarding these serious issues has caused many citizens grave concern and some have expressed their frustration by indicating their belief this may constitute a case of malfeasance."

Beltrante noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases were closed.

The establishment of a civilian review panel and an independent police auditor, both approved last year by the Fairfax County Board of Supervisors, plus changes in policies about use of force, transparency and crisis intervention, among many others, are major accomplishments.

The Culosis and Beltrante began the call for such changes many years before the death of John Geer. Geer's best friend, Jeff Stewart, also served on the Ad Hoc Commission. Stewart was present on the scene when his friend was shot dead. Stewart's voice was also critical on the commission. The personal involvement of these families and individuals in the process, plus the new openness of leadership in the FCPD, made all the difference.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Comstock Addresses Top Priority Issues

Congresswoman's report to the 10th district residents.

BY BARBARA COMSTOCK
MEMBER OF CONGRESS (R-10)



As I finish my first term serving you in Congress and prepare for the next Congress, I wanted to share with you what I consider some of the key top priority legislation that we passed. A lot of these issues – like cracking down on human trafficking – are often underreported by the press but are important for our region and our communities. My staff and I have met with stakeholders, local elected officials, and advocacy groups and have had hundreds of meetings throughout our District with constituents to find critical solutions to problems that affect us all. In total, I visited over six hundred local businesses, technology companies, schools, rotaries, charities, and many other different

COMMENTARY

groups in Virginia's Tenth District over the course of the last two years.

❖ The House just cleared the American Innovation and Competitiveness Act, which included provisions from my Research and Development Efficiency Act. Our region is home to a significant amount of research professionals and this legislation will limit redundant regulations to allow these researchers to focus on their jobs without being impeded by inefficiencies.

❖ Recently, Congress passed the 21st Century Cures Act, which was just signed into law. This is legislation that will have a real and immediate benefit to families and communities not just in our District, but throughout our nation.

❖ Congress passed the National Defense Au-

thorization Act for Fiscal Year 2017, which notably gave our troops the largest pay raise they have seen in six years. A strong national defense is essential to the safety and freedom of our fellow citizens. This bipartisan legislation contained two of my amendments and will strengthen our national defense at a time when we must defend against the daily threat of terrorism.

❖ We have worked across the aisle to end human trafficking and a major step in the fight against this scourge was our passage of the Justice for Victims of Trafficking Act. This ongoing battle is one that must be fought at the local and state level as well as the federal level. We will continue to work against human traffickers who have a reckless disregard for the well-being of our children.

❖ A priority of mine has been to honor our

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PEOPLE

Eleanor Lane of Herndon Competes in All-American Miss Pageant Teen Division

This past summer Eleanor Lane competed in the Virginia State Teen division of the National American Miss Pageant here in Reston. She won multiple awards including: Academic Achievement Award, 2016 Miss Virginia Teen Queen's Court 2nd runner-up, Actress Winner, Spokesmodel 1st runner-up, and 1st runner-up miss personality.

The awards earned her an invite to represent the state of Virginia and compete at the national level in the National All-American Miss Teen Division. In addition to the main competition, she competed in actress, academic achievement, essay, and spokesmodel competitions. As a spokesmodel, she wrote a speech on something she is passionate about, "Raising Awareness for Panic Disorder," and will present it to a large audience and professional judges.

At the competitions she sharpened her presentation skills, interview skills, and planning skills. And she made some new friends.

The National American Miss Pageants are dedicated to celebrating America's greatness and encouraging future leaders. Each year the National American Miss Pageants awards \$1.5 million in cash, scholarships and prizes to recognize and assist the development of young women nationwide.

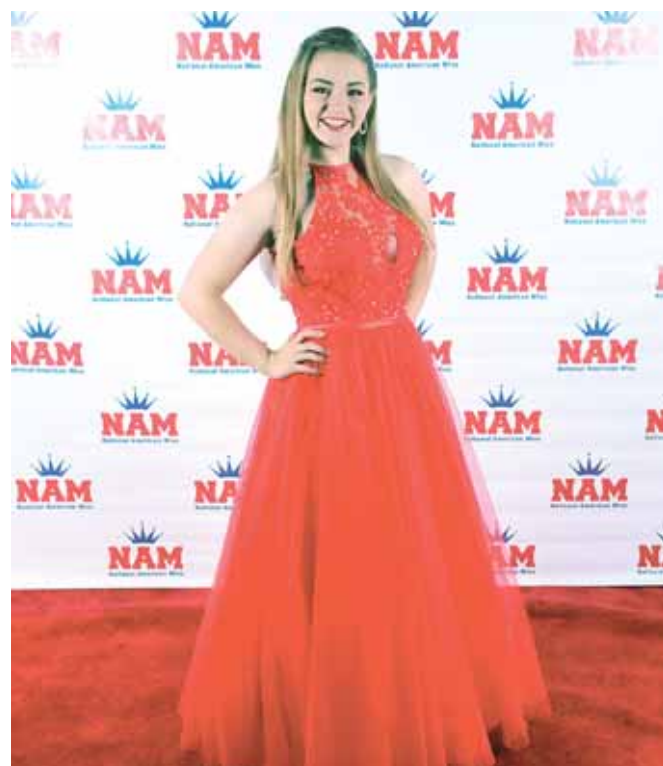


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Eleanor Lane recently competed in the Virginia State Teen division of the National American Miss Pageant and won an array of the awards that earned her an invitation to represent the state of Virginia and compete at the national level in the National All-American Miss teen division.

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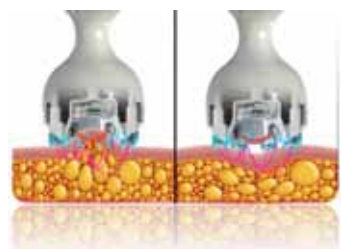


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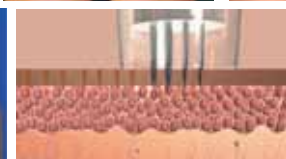
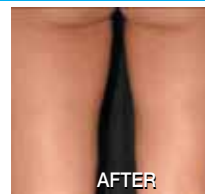
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COMMUNITY



PHOTOS BY TONY DE LA PAZ
The Dance of the Mirlitons is one of many lovely performances in the Kingdom of Sweets.

Local Dancers Celebrate the Holidays with Military, First Responders, and Their Families

Classical Ballet Theatre celebrated the 2016 holiday season with its annual, classic production of The Nutcracker, held at the 532-seat Ernst Theater at Northern Virginia Community College. The magical performances are a family favorite in the Washington Metropolitan Area for many reasons. Well-known are the beautiful choreography, stunning costumes, and good-natured humor as well as the guest appearances by renowned professional artists. Not so well known,

however, are the extensive behind-the-scenes efforts to make the performances accessible to everyone, and this year was no exception. Classical Ballet Theatre gave a free performance of its classic Nutcracker to a full house of military, first responders, and their family members, totaling over 500 special guests.

"This year's tribute performance for military, first responders, and their families was one of my favorite," shared Cynthia Donavin, who founded Classical



Classical Ballet Theatre's Nutcracker is known not only for its beautiful choreography and stunning costumes but also for its good-natured humor. Here, Clara (right) is saddened by her brother's treatment of her new Nutcracker doll, and her Uncle Drosselmeyer (center) immediately takes care of the issue.

Ballet Theatre (CBT) of Northern Virginia over 25 years ago. She continued, "As a not-for-profit, performing arts organization, CBT approaches its outreach mission with enthusiasm, and I greatly appreciate all patrons and volunteers who help CBT make the arts accessible to all."

Classical Ballet Theatre thanks its many independent patrons as well as supporting businesses and organizations, including Activity Rocket, Arts Council

of Fairfax County, ArtsHerndon, Dance Metro DC, Girl Scout Council of the Nation's Capital, NextStop Theatre, and The Cinnamon Tree. Classical Ballet Theatre also invites area residents and businesses to visit www.cbtnva.org/donate to help continue its community outreach, like the free tribute performance for military and first responders as well as free Children's Series performances for area preschools and free educational programming for Girl Scouts.

McLean to Celebrate Dr. King's Legacy

McLean Community Center Celebration of Martin Luther King Jr. Day with Chuck D.

BY DAVID SIEGEL
THE CONNECTION

Continuing its long tradition, the McLean Community Center will celebrate the life and works of Dr. Martin Luther King Jr. by observing his birthday, a Federal and Commonwealth of Virginia public holiday.

The Martin Luther King Jr. Holiday was established Nov. 3, 1983, when President Ronald Reagan signed a bill establishing the 3rd Monday of every January as the Martin Luther King, Jr. National Holiday, beginning in 1986.

"The principles Dr. King fought for are a foundation for any healthy community, and it's important that we all be reminded of Dr. King's vision and example," said Sarah N. Schallern, director, performing arts, McLean Community Center (MCC).

"McLean can be an example of a community united by its mutual respect and its recommitment to Dr. King's values of the power of words



Chuck D's 2017 Martin Luther King Jr. Day address is titled 'Rap, Race and Reality;'

PHOTO BY
WALTER LEAPHANT/
COURTESY OF
MCLEAN COMMUNITY
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and acts of nonviolence to transform ourselves and our world," noted Schallern.

The 2017 MCC event speaker will be Chuck D. He is a working musical artist whose "work addresses social issues in direct, passionate terms," said Schallern. Considered one of the most important performers in rock-and-roll history, Chuck D speaks to all ages and backgrounds.

A founding member of the legendary

rap group, "Public Enemy" Chuck D redefined rap music and hip-hop culture using music to address racism with such as "Fight the Power," "Don't Believe the Hype," "911 Is a Joke," "Bring the Noise." He has been vocal about the Black Lives Matter movement. He speaks to all ages and backgrounds. He is also a voice and insight on technology, politics, rap and soul music, and race in America.

"Chuck D may not represent the 'typical' McLean-ite or their experiences or

Where and When

McLean Community Center presents "2017 Martin Luther King Jr. Day Celebration with Chuck D" at Alden Theatre, McLean Community Center, 1234 Ingleside Ave, McLean. Event on Sunday, Jan. 15, 2017 at 2 p.m. Tickets \$10 (MCC tax resident), \$20 for non-MCC. Call 703-790-0123 or visit www.aldentheatre.org.

opinions," added Schallern. "Audiences should expect to hear what he really thinks, and be prepared to hear things that they may not agree with."

Schallern noted that the audience "can expect to hear strong opinions from a legendary rap artist. And he is approachable. Since he will be attending a meet and greet after his speech, audiences can see for themselves!"

Chuck D's thought-provoking remarks will bring his insights, knowledge and understanding of the intersection of popular culture and politics. His 2017 Martin Luther King Jr. Day address is titled "Rap, Race and Reality."

Inviting residents to the McLean community Martin Luther King Jr. Day event with Chuck D, Schallern noted that "Our McLean community is thoughtful, curious, engaged and well-educated. They care about the world."

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WELLBEING

Keeping Resolutions

Realistic goals and specific plans among keys to success.

BY MARILYN CAMPBELL
THE CONNECTION

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

"Both of my parents died from heart attacks," says Ripke, 57 of Fairfax Station. "My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds."

Losing weight, getting organized, achieving physical fitness and improving one's finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the Journal of Clinical Psychology, only eight percent of people who make New Year's resolutions keep them and achieve success.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so," said Joel Bitman, a Bethesda-based psychotherapist. "Another reason is that people often set unrealistic goals or don't have a plan to achieve their goals."

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. "When you set a goal, say quitting smoking for example, ask yourself whether it's something that you really want to do or something that you think you should do," said Bitman. "If you're doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit."

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one's body by the end of the year, setting unrealistic expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

"Trying to lose 60 pounds in time for a beach vacation during spring break isn't going to happen," he said. "But losing 10 pounds by April is absolutely achievable for most people."

A key to that achievement is creating a set of concrete goals that are realistic, specific, measurable and include a timetable, says Bittman. "You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult," he said. "But if you are able to make small changes and reach small weekly, daily or even hourly goals, you're more likely to gain confidence to keep going. It's easy to become discouraged and give up."

"If you want to become more fit, but you haven't exercised in years, you might begin by committing to walking 30 minutes a day, three days a week," said Brand. "That is much more realistic than sign-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so."

— Joel Bitman

ing up for a gym membership and planning to spend an hour there every day until you've whittled your body down to a size two."

Failing to recognize small accomplishments and rewarding oneself for reaching milestones is one reason that Bittman believes many resolutions made in January fizzle into a pipedream by February. "If you commit to skipping morning coffee at your favorite coffee shop each day for a week, and saving the money that you would have spent, you can celebrate by allowing yourself to have a small latté on Sunday morning."

Avoiding high-risk environments that can sabotage even the best-laid plans is a suggestion that Brand gives to her clients. "It's like if you're an alcoholic you should stay out of bars," she said. "If you're trying to lose weight surround yourself with people who have healthy eating and fitness habits."

VIEWPOINTS

What is your New Year's Fitness Resolution and How Will You Keep It?

—FALLON FORBUSH

Briget Borges, 23, of Reston

"I mostly just want to stay consistent with eating right. I need to mindfully eat rather than emotionally eat. I will use MyFitnessPal [calorie counting smartphone app] or maybe I'll keep a journal."



Gary Ford, 54 of Reston

"I want to do a Tough Mudder [a 10- to 12-mile mud and obstacle course] and an IRONMAN triathlon. I have a workout plan. I bike, run, swim and take spin classes at Crunch and I do weights."



Jennifer Moffatt of Herndon

"I've decided to change up my work out because I've only been doing cardio for the last 20 years. I'm scheduled to work with a personal trainer the first week of the year to learn about weights."



Keats Nicoll, 57, of Oakton

"I've been doing this for a long time, but I am trying to be more scientific about my goals and lose a little fat. I work out with a trainer three times a week. The key is to stay consistent."





PHOTO CONTRIBUTED

From left: 1st Lieutenant Tony Kim (Assistant Commander of the Reston District Police Station), Linda O'Brien, Officer Ryan Wheelbarger, Officer Laura Redman, Reston Parking Enforcement Officer Syed Ali, 2nd Lieutenant Anthony Lampe.

Great Falls Garden Club Honors Reston Police Station

Over the past few years Great Falls Garden Club has made holiday arrangements to show support and appreciation for the Fairfax County police officers at the Reston station and all they do for our community.

In keeping with that tradition, about 20 holiday tabletop greenery arrangements were delivered to the Reston Police Station for the officers and staff to enjoy during December and into January.

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—John Wooden

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NEWS

Holiday Light Contest Results Are In

The three winners of the Celebrate Great Falls Foundation's Holiday Decorating Contest have been selected. Each of the three winners received \$200 rewards.

Judges Julie Casso of the Arts of Great Falls Foundation; Teresa Nasif of the Great Falls Friends & Neighbors; and Dawn McFee of the Great Falls Citizens Association selected the winners in the three categories:

❖ Best Business: LAuberge Chez Francois

❖ Best Storefront: Mookie's BBQ - Old Mill Market Shopping Center

❖ Best Neighborhood: 9054, 9056 and 9058 Jeffrey Road

"Congratulations to our three winners and thank you to all those who participated in lighting up the night this year!" the Celebrate Great Falls Foundation said in an email to its subscribers. "The true

winner was our community for being able to enjoy it all."

Honorable mention was given to Krops Crops for its red holiday lights on Georgetown Pike and to the Porcelli family at 798 Sherlin Lane for their holiday display.

Judges also gave special kudos to Adeler Jewelers for its "Diamond Tree" and the Great Falls Volunteer Fire Department for its holiday décor.

— FALLON FORBUSH

WEEK IN GREAT FALLS

History Alive at Great Falls Senior Center

The Great Falls Senior Center (GFSC) will have Mary Ann Jung, award-winning actress, Smithsonian scholar, writer and director recreate Julia Child, an American chef, author and television personality who brought French cuisine to the American public with her debut cookbook, Mastering the Art of French Cooking, at the Jan. 17 event. Jung researches and writes her own scripts and performs in the authentic costumes, accents and characters' eras. She has appeared on CNN, the Today Show and Good Morning America. She has been a lead actress and director of Renaissance History and Shakespearean Language at the Maryland Renaissance for more than 34

years. She performed as Queen Bess and was director with the Florida Renaissance Festival from 1994-2006; she was also director of Street Theater and Family Performances for Artscape.

The event sponsor is the Great Falls Area Ministries, formerly the Great Falls Ecumenical Council, whose mission is to love God and one another, to serve others, to worship together and to support one another spiritually.

The Jan. 17 event will be held at The Great Falls Grange, 9818 Georgetown Pike from 10 a.m. to 12; light refreshments will be served. Space is limited and reservations are a must. Contact Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345.

THE CONNECTION Newspapers & Online

UPCOMING SPECIAL SECTIONS

JANUARY

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
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CALENDAR

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

ONGOING

Ongoing Contemplative

Candlelight Service St. John's Episcopal Church, located at 6715 Georgetown Pike, McLean. One mile east of Beltway Exit 44. Experience God in word, chant, and silence and pray by lighting a candle. www.stjohnsmclean.org

CHO Food, New Toy, and Bike

Drive Nov. 1 - Dec. 31 at various locations around Vienna. Dish soap, canned fruit, chili, canned beef stew, diapers and wipes, canned salmon, Spam, tuna, tomato sauce, and laundry detergent are in particular need. CHO requests that no food be expired.

Winter Walk of Lights at

Meadowlark Botanical Gardens open every day through Jan. 8, 2017. Open Thanksgiving, Christmas and New Year's, too. The walk of lights runs daily from 5:30 - 10 p.m. Last tickets sold at 9:30 p.m. This family-friendly six-week winter wonderland of spectacle is only a few years old but has garnered a loyal following from throughout the Northern Virginia area, particularly Vienna and its environs. To buy timed tickets online: <https://www.novaparks.com/events/winter-walk-of-lights>

Fishing Rod Rentals 8700 Potomac Hills Street, Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2hr max). Valid driver's license required.

Our rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for persons 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Great Falls Studios Virtual Gallery

Open online 24/7 at <http://www.greatfallsstudios.com/copy-of-virtual-gallery> for the month of October. The gallery features the member artists participating in the Great Falls Studios 2016 Art Tour. During the month of October, in the Large Meeting room at the Great Falls Community Library, 9830 Georgetown Pike, GF, member artists participating in the Art Tour are on display. The exhibit will be open during regular library hours.

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Rd, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Winter Hours: January & February, 11am-4pm, last tour 3pm. Admission to park is FREE except for some special events.

FRIDAY/JAN. 6

The Old Firehouse "Unruly Theatre Project" 7 - 9 p.m. Free for all ages

1440 Chain Bridge Rd. The Unruly Theatre Project (UTP) is an improv-based theatre company composed of professional young adults. UTP uses improv in unconventional ways, to foster creativity, counteract stress and enrich audiences. In this free performance, the area's hottest professional teen improv company will provide an entertaining and hilarious night of comedy.

"Ensemble" at the New Katibeh Art Center 5 - 7:30 p.m. 2070 Chain Bridge Rd., Suite 180, Vienna.



PHOTO COURTESY OF MCC

Chuck D will be the featured speaker at the McLean Community Center's (MCC) annual Dr. Martin Luther King, Jr. Day Celebration. The celebration takes place Sunday Jan. 15 at 2 p.m. Best known as leader and co-founder of the legendary rap group, Public Enemy, Chuck D redefined rap music and hip hop culture with the release of Public Enemy's explosive debut album, "Yo Bum Rush The Show," in 1987. Speaker subject to change. Cost: \$20/\$10 MCC tax district residents. Visit: www.aldentheatre.org

SUNDAY/JAN. 8

Art Show and Reception 1 - 3 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. Reception for the Vienna Arts Society show at the Horticulture Center and Historic House from December 20-February 19. Free. 703-642-5173

Young Soloist Recital 3 p.m. at The Alden 1234 Ingleside Ave. McLean. Free admission; tickets are not required. The Premier Showcase for Great Chamber Music in Northern Virginia. This free classical music series, now in its 41st season, features professional musicians who have won international recognition for their artistry. The series also includes Young Soloists Recitals that showcase the talents of local school-age musicians. Cosponsored by the Music Friends of the Fairfax County Public Library and The Alden.

Concert: Opera Celebration 4 - 6 p.m. Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls VA 22066.

The new year is the traditional time to revel in the beauty of the voice. Beloved Amadeus pianist-in-residence Frank Conlon brings together spectacular talent in solos and ensembles, as well as his incomparable storytelling. Cost: Season pass \$150 or \$30 at the door. Visit: <http://amadeusconcerts.com/>

TUESDAY/JAN. 10

All Traffic Solutions Ribbon Cutting Ceremony 10 a.m. 12950 Worldgate Drive, Suite 310, Herndon. A ribbon cutting ceremony will be held to celebrate our new Herndon headquarters in Worldgate—the heart of the Virginia Tech Corridor. Herndon Mayor Lisa Merkel will lead the festivities.

Source Studio New Year's Ribbon Cutting Party & Free Pilates Class 6 - 7 p.m. Socializing and Ribbon Cutting (ribbon is cut at 6:30 pm) 7 p.m. Celebratory Free Pilates Class. 144 Church St NW #102 Vienna entrance on right side of building. Organic Tea served. It's a time of new beginnings and fresh starts. Between 6 pm and 6:25 pm at the party, you can enter a raffle to win a free month of classes at the

studio. sourcecorestudio.com
50th Anniversary Kickoff Community Dinner at The Church of the Good Shepherd (United Methodist) in Vienna. The free spaghetti dinner will be held in the Fellowship Hall from 5:30 to 7 p.m. at the church, located at 2351 Hunter Mill Road in Vienna. Pastor Eric Song. "We know our lives are busy during the week so to kick things off we are offering a free home-cooked meal for our community families to enjoy." Reservations are not required, but helpful 703-281-3987. Takeout also will be available. In the case of snow, the dinner will be held Jan. 17. www.GoodShepherdVA.com

WEDNESDAY/JAN. 11

Open House FB Meekins Cooperative Preschool 12:45pm - 1:45pm 900 Maple Avenue East, Vienna. Yellows (2s), Blues (older 3s/4s), Reds (Pre-K).

THURSDAY/JAN. 12

"Brush Up Your Shakespeare" 7:30 p.m. \$5/\$3 MCC tax district residents.

Experts from the Shakespeare Theatre, American Shakespeare Center and the Folger Shakespeare Library are back to give you a guided tour of the world of Shakespeare in preparation for American Shakespeare Center on Tour's Shakespeare Weekend at The Alden.

SCOV Open House/Registration Day 10 - noon Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Rd, Oakton.

There will be an open house for Seniors at the Winter semester of Adventures in Learning. The eight week session will begin January 19th and run through March 16th from 9AM to 2PM. Light refreshments will be provided. If you are unable to attend the open house, you may view the schedule of interesting classes and registration form at <http://www.scov.org/ail-open-house> and mail the form to us at any time during the term. There is a \$40 registration fee for the semester, take as many or as few classes as you wish. 703-281-0538



McLean Community Center
The Center of It All



Here's What's Happening at MCC

The Old Firehouse Family Event



Unruly Theatre Project

Friday Jan 6, 7-9 p.m.

Free admission

Concerts @ The Alden

Young Soloist Recital

Sunday, Jan. 8, 3 p.m.

Free admission

The Alden Speakers & Education

"Brush Up Your Shakespeare"

Thursday, Jan. 12, 7:30 p.m.

\$5/\$3 MCC district residents



5th and 6th Grader Party

The Snow Ball

Friday, Jan. 13, 7-9 p.m.

\$35/\$25 MCC district residents.

Advance registration recommended.

Activity No. 4602.317



Onstage @ The Alden Barter Players

"The Ugly Duckling"

Saturday, Jan. 14, 1 p.m.

\$15/\$10 MCC district residents



"The Giver"

Saturday, Jan. 14, 4 p.m.

\$15/\$10 MCC district residents



Martin Luther King Jr. Day Celebration

Chuck D

"Rap, Race, Reality"

Sunday, Jan. 15, 2 p.m.

\$20/\$10 MCC district residents



The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org



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I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlikely as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs — and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition — or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety — and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No. I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies — and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate — which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the chocoaholic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because — there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar — and with cancer, might actually be worse.

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

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

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21 Announcements

ABC NOTICE
Passion Food Ten, LLC trading as TenPenh Tysons, 7900 Westpark Dr., Tysons Corner, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Combined Mixed Beverage Restaurant/Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. David Wizenberg, Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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An expert is someone
 who knows some of the worst
 mistakes that can be made in his
 subject and how to avoid them.
-Werner Heisenberg

FROM PAGE 6

veterans for their many sacrifices and improve their daily lives. One such piece of legislation is H.R. 203, the Clay Hunt Suicide Prevention for American Veterans Act. It must be incumbent upon us to ensure our veterans are taken care of after they serve our nation and we worked in a bipartisan manner to pass this legislation, which was signed into law.

❖ Opioid addiction was recently declared a Public Health Emergency in our Commonwealth and we must utilize every resource available to fight against this disease. I have worked with my colleagues on both sides of the aisle as a member of the Bipartisan Taskforce to Combat the Heroin Epidemic and we came together to pass the Comprehensive Addiction and Recovery Act, landmark legislation that will considerably improve our treatment and prevention services and help those tragically addicted. I also joined with local elected officials and regional representatives in Loudoun and Fairfax Counties to form a Heroin Operations Team that employs a comprehensive approach to battling this epidemic that hits so close to home.

❖ I voted for over \$600 billion in tax re-

BULLETIN BOARD

FEBRUARY

Free public service seminars -
-Decluttering: Feb. 2, McLean High School, 1633 Davidson Rd., McLean.
-Aging in Place: Feb. 8, Falls Church H.S., 7521 Jaguar Trail, Falls Church.
-Downsizing: Feb. 14, Marshall H.S. 7731 Leesburg Pk., Falls Church.
-Retirement Communities Feb. 22, Madison H.S., 2500 James Madison Dr., Vienna.
For more information and seminar registration go to RetireeRealEstate.org, or call 703-772-3033.

ONGOING

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering>. Questions? Email lpadgett@prsinc.org.

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. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/litcombudsman/.

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.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved 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 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The **Lewinsville Senior Center in McLean** needs a **Certified Arthritis Exercise Instructor.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or

lief to fuel our economy and our local businesses and to give our hardworking families the much-needed help they deserve. The House passed the PATH Act, which makes the Research and Development Tax Credit permanent and will help unleash innovation and economic growth in the Commonwealth.

❖ My legislation, the INSPIRE Women Act, passed the House earlier this year. We continue to focus on educating our next generation in the new, 21st century skillsets necessary to succeed as our economy increasingly relies on innovative new technologies to advance and grow. The INSPIRE Women Act will encourage young women to pursue skilled STEM careers as we build the next generation of technological entrepreneurship. Unfortunately, the Senate did not take up this bill, but we have high hopes it will be passed by both chambers and signed into law in the 115th Congress.

❖ During the past two summers, we held annual 10th Congressional District Young Women Leadership programs. Over 800 young women participated and learned from successful entrepreneurs, businesswomen, scientists, and other women in a wide range of fields.

❖ Congress passed the FAST Act, legisla-

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

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

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Vienna Toastmasters. 2nd and 4th Wednesdays from 7:30-9 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.

Virginia Sheriffs' 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://vasheriffsinstitute.org/scholarship/>.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. www.volunteerfairfax.org.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Brinker Toastmasters. 2nd and 4th Saturday, 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Brinker.wordpress.com.

Pauline Shirley Toastmasters Club Meeting. 2nd and 4th Tuesday, 7 p.m. McLean Community Center, 1234 Ingleside Ave.,

tion that gives assurance to our state and local governments and advances our infrastructure solutions throughout the nation. I was named as a conferee by Speaker Paul Ryan for the House-Senate negotiations and worked with my colleagues across the aisle to include some of my important provisions in this legislation, including Metro reforms, a 5-year strategic plan for transportation R&D, a major traffic congestion study, and more. The FAST Act was signed into law.

In all, 17 of my legislative initiatives were signed into law during the 114th Congress—most of which originated with the meetings we took with constituents. During the next two years, I will continue to focus on direct interaction with constituents and businesses in Virginia's Tenth, as that is the best way to represent you in Congress.

It is a privilege to serve you in the Tenth District. I may be contacted at my Sterling office at 703-404-6903, or my Washington, D.C. office at 202-225-5136. By visiting <http://comstock.house.gov>, you can sign up to receive my email newsletters and follow my efforts to serve you. You can also follow me on Facebook and Twitter for real-time updates on my activities in Congress and in the District. If I may ever be of service, please do not hesitate to contact me.

McLean. Develop better speaking and presentation skills, learn to think quickly and clearly on your feet. 703-893-5506 or paulineshirley.freetoasthost.info.

Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Northern Virginia Charter Chapter of the American Business Women's Association Holds Business Meetings. The Chapter meets the third Thursday each month from 11:30 - 1:30 p.m. Tickets via Eventbrite are \$25 in advance and \$30 cash at the door. Seating is limited. Open to businesspersons working or living in and around Fairfax and Prince William counties. Guests and prospective members welcome. The Northern Virginia Charter Chapter of the American Business Women's Association embraces positive, energetic and supportive women willing to help themselves and other women succeed both professionally and personally. To register, use <https://www.eventbrite.com/e/abwa-nvcc-welcomes-sherron-washington-from-the-p3-solution-tickets-25778817136>.

Fire Prevention Week Oct. 9-15, 2016 How often do smoke alarms need to be replaced? A national survey shows most Americans don't know. Fire Prevention Week promotes the importance of replacing smoke alarms every 10 years. NFPA is promoting this year's campaign theme, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years," to better educate the public about this potentially life-saving message. Visit: www.nfpa.org

Krops Crops a long time business in Great Falls open Monday – Friday 10 to 6pm. Saturday and Sunday 10 to 5pm. We've cleaned up the barn in two separate areas which are now filled with shabby chic, refinished furniture, Vintage and antique items. Store is located at the corner of Georgetown Pike and Utterback Store Road in Great Falls VA. The antique center just opened on September 1st. There are currently 5 vendors; we're looking for a few more. Contact Wendy Hunter 703-973-8772



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