



2016
VIENNA
PRESS
ASSOCIATION
Award-Winning
Publications

and Oakton Vienna CONNECTION

The open-fire pits kept icy hands warm at First Night Vienna on Church Street.

WELLBEING

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PHOTO BY DONNA MANZ/THE CONNECTION

JANUARY 4-10, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Vienna-based Cetrom Receives Two Recognitions

Cetrom, an industry-leading provider of custom cloud solutions that transform the way SMBs succeed, has been awarded a five-star overall rating in CPA Practice Advisor's 2016 Review of Hosting Providers for Accounting Firms.

The 2016 Review of Hosting Providers for Accounting Firms, presented by CPA Practice Advisor, takes a look at six application hosting products and rates each of the services available—ranging from

simple QuickBooks hosting, to the ability to create a custom server with the desired applications. In the review, Cetrom was deemed a good fit for CPAs and accounting firms of all sizes that are looking for flexible, customized application hosting and IT management. Cetrom's basic system functions, advanced features, programs hosted and support all received top star ratings.

Additionally, the company's

product strengths include a number of premium features at no additional cost, data migration completed by the Cetrom staff, 24/7, year round product support, guaranteed 99.9 uptime, and "Better than bank" level encryption.

Washington SmartCEO 2017 Future 50 Awards recognizes the region's 50 fastest-growing, mid-sized companies and 10 small "Emerging Growth" companies who have experienced outsized

growth based on a combined three-year average of revenue and employee growth. Within the last year, Cetrom has launched two new services, including CetromFS, cloud file sharing service; and Cetrom 2FA, two-factor authentication. Christopher Stark, president and CEO, Cetrom, said, "It is an honor to achieve such a high rating from CPA Practice Advisor's 2016 Review of Hosting Providers for Accounting Firms and to be recognized by Washington SmartCEO as one of the fastest

growing companies in this area.

Washington SmartCEO will recognize Cetrom in the 2017 January/February issue of its magazine and present the award to Cetrom during the Washington Future 50 awards gala on Feb. 9, 2017 at the Hyatt Regency Reston in Reston. For more information, visit: <http://www.smartceo.com/washington-future-50/>

Cetrom is headquartered in Vienna, with offices and SSAE 16-compliant data centers across the United States.

FAITH NOTES

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

The S.P.O.T for Youth Wednesday's at 7 p.m. A place where youth can come together and pray, ask questions about the faith and receive mentorship. The spot is a ministry of First Baptist Church of Vienna located at 450 Orchard Street, NW Vienna.

First Baptist Church of Vienna located at 450 Orchard Street, NW Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

Wesley United Methodist Church located at 711 Spring Street SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. -Fellowship time in the *fellowship hall*, 11 a.m. Traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

Youth Activities at Wesley United Methodist Church Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10:00am in the Upper room.

Youth Bible Study will meet every Sunday at 4:30pm off-site. Following bible study we will ride together over to the church for youth group. Email the Youth Ministry Staff for the address if interested!

The Anchor meets every Sunday from 6pm-8pm in the fellowship hall. Join us for dinner, games, worship, and diving deeper into the Word!

During the summer, Youth Sunday School meets most Sundays at 9:00am in the Upper room.

To receive the newsletter or for more information contact youth@wesleyvienna.org.

St. Thomas' Episcopal Church at the intersection of Lewinsville and Brook Roads in McLean, just a mile west of Tysons, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Look for our Pumpkin Patch this October, and check www.stthomasmcleanva.org for Special Events and Services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

ACT NOW FOR PRE-OPENING BENEFITS
Exclusive Charter Club membership & special pricing until Jan 31, 2017 — Save up to \$10,000



The Kensington promises to love and care for your family as we do our own

Opening in Falls Church Early 2017

Our beautiful assisted living and memory care residence is well on its way toward completion! We can't wait to officially open our doors to welcome residents, their families and friends. To those who have already chosen to entrust us with the care of loved ones, thank you. To those we haven't met yet, we look forward to the time when we do. Our own families make our hearts full, but we have plenty of room for yours. Stop in for a visit, and tell us what you need to help keep the seniors you love safe, secure, well, and most of all, happy. *We're eager to deliver on our promise to love and care for them as we do our own.*



THE KENSINGTON
An Assisted Living Community
FALLS CHURCH

Information Center: 1212 W Broad St, Falls Church, VA | 703.992.9868 | www.TheKensingtonFallsChurch.com



Vienna Mom with Three Kids Wins Free Roof from DryHome Roofing

DryHome Roofing and Siding has selected Vienna's Shari Ashley Blackburn, a mother of three children, as the recipient of a new roof through its 13th annual Free Roof for the Holidays program. DryHome is replacing the roof it put on 27 years ago.

"After a recent divorce, Shari—who has three kids and a 46 year old home in need of many repairs—is trying to stay afloat. What makes this unique is that I've known Shari since elementary school, and she was one of DryHome's first customers, so her nomination and hardship came as a surprise. She is a good, caring person. We hope that the new roof eases her burden and makes her holiday brighter," said Steve Gotschi, president, DryHome.

Throughout November, Sterling-based DryHome accepted nominations from customers and the community to identify a Northern Virginia individual, family or nonprofit in need. Blackburn received nominations by numerous friends and family. DryHome selected Blackburn as the recipient based on her needs, the condition of her 27 year old roof and the heartfelt nominations.

Blackburn is self-employed, working as a property manager. Her income is not enough to sustain her three children—one who is in college, high school and elementary—and maintain her home. After learning about the new roof, Blackburn said: "I'm in shock. It's hard to wrap my head around receiving this gift. A new roof takes one big thing off my growing list of repairs. It also means a lot that my child-



PHOTO CONTRIBUTED

Vienna's Shari Ashley Blackburn, a mother of three children, is the recipient of a new roof through the DryHome Roofing and Siding 13th annual Free Roof for the Holidays program.

hood friend Steve put my first roof on and will do so again. I'm extremely grateful to DryHome and the friends who nominated me."

DryHome Roofing and Siding has been serving Northern Virginia for over 25 years and is committed to making a difference in the community. Every day, DryHome's work ensures that families and organizations have safe, high-quality roofs. The "Free Roof for the Holidays" program enables DryHome to thank its customers and the community by helping those who are struggling to have a safe roof over their heads too.



PHOTOS COURTESY OF VIRGINIA STATE POLICE

Suspect's vehicle and Trooper Hoye's Chevrolet Impala after the incident.

Vienna Woman Charged After Pursuit & Ramming Trooper's Vehicle

A 27-years-old Vienna woman faces multiple charges following a pursuit Saturday morning (Dec. 31, 2016) that started in Fairfax County and ended in Alexandria.

At 9:24 a.m., Virginia State Police Trooper A.M. Hoye initiated a traffic stop on a 2003 Honda SUV that traveling east on I-495. The offense was for speeding, as the Honda was traveling at 88 mph in a posted 55 mph speed limit.

The Honda pulled off onto the shoulder at Eisenhower Avenue in Fairfax County. During the course of the traffic stop, the Honda's driver gave the trooper false information. When Trooper Hoye began questioning the driver about her information, the driver put the Honda in gear and sped away. A pursuit was initiated.

During the pursuit, Trooper Hoye with the assistance of two other Virginia troopers positioned themselves around the Honda in an attempt to slow down, con-

tain and stop the suspect vehicle. Instead, the driver of the Honda sped up to approximately 113 mph and rammed the back of Trooper Hoye's Chevrolet Impala.

The impact of hitting the trooper's patrol car caused woman to lose control of the Honda. The Honda ran off the right side of I-495 and struck the Jersey Wall, just east of Route 1 in Alexandria. The woman then jumped out of the SUV and tried to flee on foot, but was detained by one of the other troopers assisting in the pursuit. Meanwhile, the Honda caught fire.

The woman was taken into custody without further incident. Virginia State Police charged her with reckless driving, one felony count of eluding police, and attempted malicious wounding of a law enforcement officer.

Trooper Hoye sustained a minor shoulder injury when her patrol car was rammed in the pursuit. She was treated at the scene. The Vienna woman was not injured. The incident remains under investigation.

Most Pressing Issues Vienna Faces in 2017

Vienna Mayor, U.S. Rep. Connolly discuss the year ahead.

Laurie DiRocco, Mayor, Town of Vienna

"1. Completing the renovation of the community center. With its new full-size gymnasium, LEED silver certification, and larger parking lot, it will be an even better community gathering space than it was in the past.

2. Continue to address transportation issues in the Town. The Town is working to be part of a VDOT test case to gather information on how citizens move around the Town of Vienna. We are looking for space for a parking structure on or around Church Street, continuing to look for creative solutions to challenging intersections, like the mini-roundabout at Park and Locust.

3. Improving the Town environment. Looking to preserve more of the tree canopy during redevelopment, creating a master pedestrian and bicycle plan for the Town to improve walkability and bikeability throughout the community, and



looking for opportunities to improve stormwater management.

4. Every spring the Town determines the next fiscal year's budget - fiscal responsibility and careful spending of taxpayers' dollars is always a priority.

As for the Marco Polo site and the Wolf Trap motel site, no new plans have been submitted to the Town for these locations."

Gerry Connolly, US Representative (D-11)

"My top priority has always been to protect and grow Northern Virginia's economy. By creating a pro-business environment, attracting federal investment, and developing our local technology industry we've created good-paying jobs and a quality of life that is the envy of the nation. This Congress, I will continue to stand up for our federal employees to make sure they get the pay and benefits they deserve. And, more important now than ever, I will remain a voice for our shared values, including respect for one another and our diversity of ex-



periences, which has made our community so successful."

—DONNA MANZ



Announcing Group Interviews for The Kensington Falls Church

Interview at our Information Center
on any Thursday from
December 15 until January 5 • 11am & 4pm
1212 West Broad Street, Falls Church, VA

Have you been searching for an organization with heart? Where you can make a difference in many lives? Where you can grow professionally and personally? Kensington Senior Living has been built upon two key values: a Love for Seniors and a Spirit to Serve. We are looking for individuals who share these values and would like to join our team in Falls Church, where we will love and care for our residents as we do our own families.

**Now hiring qualified full-time (starting at 30 hours/week)
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*(Health and dental insurances, life insurance, paid time off and
paid holidays for full-time positions. One free meal per day.
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Care Supervisors (CNAs)	Utility Staff
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Wellness Nurses (LPNs and RNs)	Maintenance Assistant
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Concierges	Porters
Dining Coordinators	Drivers
Cooks	Laundry Attendants



THE KENSINGTON
An Assisted Living Community

FALLS CHURCH

703.992.9868

www.TheKensingtonFallsChurch.com

Information Center:

1212 West Broad Street, Falls Church, VA 22046



**For immediate consideration or more details,
email FallsChurchCareers@KensingtonSL.com
or call 703-992-9868.**



PHOTO CONTRIBUTED

Chapter 227 Vietnam Veterans of America presented sixty-four \$50 gift cards and free haircut coupons to the Veteran Administration Supportive Housing Team for Northern Virginia. From left — Yolanda Peay, Miracle Hallman, Bruce Waxman (Chapter President), Len Ignatowski (Vice President), N'Dorah Walker, Janell Scott, Kyneike King, and Jemima Anglade. The VASH team finds lodging and helps homeless veterans and their families to transition from homelessness to a normal life. Photo by VVA Chapter 227.

Vietnam Veterans Brighten Holidays for Homeless Veterans, Military Family

Chapter 227 Vietnam Veterans of America of Northern Virginia, fulfilled its founding principle of "Never Again Shall One Generation of Veterans Abandon Another" by donating sixty-four \$50 gift credit cards to veterans and veteran families that need financial assistance for the holidays. The recipients are VA's Supportive Housing (VASH) housing participants. The gift cards will purchase groceries and other personal needs to make the Holiday merrier for our country's heroes. The chapter Holiday outreach is the seventh year for this program. The presentation included twenty free haircuts coupons from The Hair Cuttery that the American Red Cross provided. For the fifth year, the chapter fulfilled the Santa List for a wounded warrior family. This year's family has four children. The mission's success is attributed to the great Santa helpers, Chuck Harris, two Tour Vietnam War helicopter pilot, and his wife, Glenda. Both

are chapter members.

VASH Program is a joint effort between the Departments of Housing and Urban Development and the Veterans Administration to assist homeless veterans and their families in transitioning from homelessness to normalcy with affordable and stable lodging. The VA case managers currently serve 129 veterans in the Northern Virginia area of Fairfax, Arlington, and Prince William Counties and the Cities of Alexandria and Fairfax.

The chapter's "Just in Time" assistance continues throughout the year from buying a pair of safety work boots to emergency rental assistance. Anyone wishing to contribute to the chapter's efforts can mail a check made payable to VVA Chapter 227 with memo: 2017 Veteran Assistance. The mailing address is VVA Chapter 227, P.O. Box 5653, Arlington, VA 22205 or call Len Ignatowski at 703-255-0353.

Rotary Club of Vienna Sponsors Shelter Children's Holiday Party

On Saturday, Dec. 10, the Rotary Club of Vienna hosted a Christmas party to provide holiday cheer to 91 homeless and at-risk youth.

To start the party, each child selected a crafting project to gift to someone special in their lives. Once they finished making their gift and wrapping it, children met with Santa, made jewelry, decorated cookies, took pictures in a photo booth and listened to live holiday carols.

Nancy Garcia said, "During the party I felt so much gratitude because I was having the opportunity to see the happiness on each of the children's faces. It was unforgettable."

Children at the event ranged in ages from 4-15, and were from the Alternative House, Shelter House, Katherine Hanley Shelter and Devotion to Children. At the conclusion of the party, the children also received an item from their holiday wish lists and a book to take with them.

Billy Thompson, who has participated in this event for a decade, said, "Once you've attended this event and see the impact it has on children, you'll want to participate every year. This event makes me excited for the holiday season."

"I never thought that wrapping gifts, that weren't mine to give or receive, would feel so rewarding,"



PHOTO CONTRIBUTED

Vienna Rotarians Cristin Etheredge, Billy Thompson and Shobha Bora gear up to greet children.

echoed first time volunteer Shobha Bora.

To learn more about the Rotary Club of Vienna, visitors are welcome to join the members at one of the meetings held on Wednesdays 12 - 1:30 p.m. To learn more or to RSVP for a lunch, please contact Membership Chair, James Cudney, at James@Cudney.org

Details about the club can be found at www.viennarotary.org

NEWS

South Korean Students Visit Vienna Fire Station

At the end of December, a group of nursing students from South Korea visited the career and volunteer staff at Fire Station 2, Vienna, to learn more about pre-hospital emergency medical care in Fairfax County. They also wanted to learn about the variety of experiences the career staff and members of the Vienna Volunteer Fire Department have had in the fire and rescue service. The students also had an opportunity to tour the vehicles, check out the equipment, try on the gear firefighters wear and learn how to use a fire hose.



PHOTO COURTESY OF FAIRFAX COUNTY
FIRE & RESCUE DEPARTMENT

WEEK IN VIENNA

Vienna Church to Host 50th Anniversary Kickoff Community Dinner

The community is invited to attend the 50th Anniversary Kickoff Community Dinner on Tuesday, Jan. 10 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.

"2017 marks the 50th year that the church has served the Vienna community, and we invite everyone to celebrate with us throughout the year," said 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 case of snow, the dinner will be held Jan. 17.

For more information, visit the church website at www.GoodShepherdVA.com

Vienna Branch of AAUW to Visit 1st Stage

On Saturday, Jan. 14, 10 a.m. American Association of University Women (AAUW) Vienna Branch will tour 1st Stage, the trailblazing, professional theatre in Tysons, 1524 Spring Hill Road, McLean in the Spring Hill Business Center. Free parking. 1st Stage, the cultural hub of Tysons, is offering a wide variety of plays in an intimate setting. On the theatre tour, the participants will learn about its history, hopes and challenges, and enjoy a scene from the current production "Trevor." This program is open to the public and light refreshments will be served. For more information, contact: Viennaauw@gmail.com

Titanic Secret Resurrected in Vienna

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the Jan. 19 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. Dr. J. Robert DiFulgo, Vietnam War veteran and author of "Titanic's

Resurrected Secret - H.E.W." will discuss his novel.

This post-Titanic story is about an individual whose identity was forfeited because of the theft of an extremely valuable object, which he had in his possession. Come and learn about this unknown story about one of the greatest passenger ship tragedies. The general public, teachers, and all veterans are invited. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.

JAN. 19TH

HOME RENOVATION

Are You & Your Family Comfortable in Your Home?

We Hope You Will Join Us!

Thursday, Jan. 19th, 2016 - 5pm-8pm

Where: Sun Design McLean Office
6862 Elm Street, Suite 330, McLean, VA 22101

Seminars run from 5pm-6:30pm. Dinner to follow.
Please arrive at 4:45pm for check-in.

Seating is limited!

RSVP: info@sundesigninc.com or call Erin
at 703.425.5588



THIS EVENT FILLS UP FAST!

If you are unable to make this date, please give us a call to get on the schedule for the next event!

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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

Virginia General Assembly 2017

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

At noon on January 11 the sergeant at arms will enter the chamber of the House of Delegates carrying a 20-pound, 24-karat gold coated mace that he will place in a holder in the front and center of the chamber signifying that the House of Delegates is in session. That formality has been followed since the eighteenth century when it signified that Virginia was one of the British royal colonies. On the Senate side of the Capitol the Lieutenant Governor who is the president of the Senate will call that body to order. The Governor will address a joint session of the House and Senate that evening.

With all the history and pomp and circumstances that surround



COMMENTARY

a legislative session the list of issues before the Assembly is very up to date. The need for legislation related to Uber, Airbnb, and Tesla electric cars is likely to be heard within the context of new practices of commerce coming up against established traditions and turf. Lobbyists outnumber legislators more than six to one with some seeking to protect the status quo and others wanting new directions and innovation. The job of legislators is to determine the public good among conflicting interests.

Fortunately not all issues are earth-shattering. Many of the more than 3,000 bills and resolutions that will be considered this year are fairly mundane dealing

with the operation of government. Since localities have only the powers delegated to them by the General Assembly, there will be numerous "local" bills that may affect only a given local government. There is likely to be only 15 or 20 high profile bills that will get widespread press coverage and heavy public lobbying.

With the outcome of the national elections, the social conservatives will feel empowered to put in their bills to limit or eliminate legal abortions. The Governor is expected to veto these bills if they pass just as he did a year ago when he vetoed Virginia's version of North Carolina's HB2 permitting discrimination against LGBT persons. The national election experience last year will result in more bills to eliminate fraud from elections even though none has been

shown to exist in Virginia. These bills do keep many citizens from being able to register and to vote.

There is a strong citizen effort to have Virginia adopt an independent non-partisan redistricting law for which I have been advocating since the 1980s, but the party in power would have to relinquish their power for that to happen which makes the legislation a long shot. I and others will be introducing gun safety legislation, but the NRA grip on the legislature is firm. Hopefully more citizen involvement will help to loosen that hold and reasonable common sense bills can be passed.

The good news likely to be coming out of the session is that meaningful reform of Virginia's mental health system will take place and positive steps reforming public education will be enacted.

Vienna & Oakton
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SCHOOLS

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

U.S. Air Force Airman Eric J. Kim graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is a 2014 graduate of Langley High School, McLean.

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

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

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

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

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

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

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

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

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

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

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

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

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UPCOMING EVENTS

You're Invited! Join us for these free events, hosted by Tall Oaks. Space is limited and RSVP is required. Call 703-834-9800.

Alzheimer's Support Group
 Monday, January 9 • 7 pm

The Basics of Dementia
 with Diane Vance from the Alzheimer's Assoc.
 Thursday, January 12 • 6:30 - 8 pm

The Value of Assisted Living
 presented by Ellen Dooley,
 Director of Community Relations, Tall Oaks
 Saturday, January 21 • 10 am

Wills, Living Trusts, Advanced Directives: What It's All About
 presented by Attorney Betsy Ann Scott
 Monday, January 30 • 7 pm

Tall Oaks is conveniently located just one mile from the Wiehle Avenue Metro Station (Silver Line).

Kiddie-rock favorite Rocknoceros opened the kids' entertainment under the Big Tent, doing both a 6 p.m. and 8 p.m. performance.



PHOTOS BY
DONNA MANZ/
THE CONNECTION



Volunteers – kids from the audience – helped Master Magician Michael Chamberlin with his on-stage illusions.

First Night Vienna Draws Families and Friends

Alcohol-free celebration offers free entertainment on four stages.

It was kids' time under the Big Tent until 9 p.m. when First Night Vienna opened its annual New Year's Eve celebration at 6 p.m. Four additional venues brought live music and entertainment to the family-friendly lineup of activities and events for all ages. From rock music to magic, open-pit fires to food trucks, First Night Vienna, sponsored by the Vienna Business Association in partnership with the Town of Vienna and local sponsors, offered a fun and alcohol-free evening to the community.

The indoor entertainment venues – Caffè Amouri, Cocoa Vienna, Concord Lodge, and Vienna Presbyterian chapel – provided respite from the blustery chill. Vienna Wireless hosted ham radio demonstrations, as well, and, about six food trucks sold a diversity of snacks and small plates.

VBA's Oktoberfest generates revenue for First Night Vienna, while many local businesses donate funds and goods to help out.

—DONNA MANZ



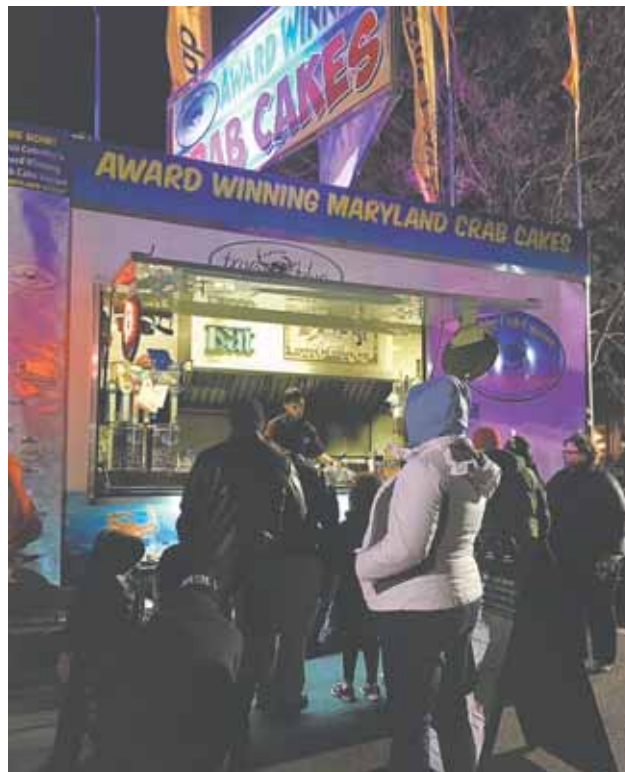
Five-year-old Joshua Findlay made friends with a big penguin on Church Street as the annual FirstNight Vienna celebration kicked off.



Vienna Business Association volunteers Beth Cooper, Barbara Rosecrans, and Lu Cousins, handed out party hats and glittery tiaras to young guests at First Night Vienna.



Early in the evening, there was still dancing space available and the Vienna Singing Princesses found welcome partners with young children.



A half-a-dozen food trucks sold street food, from Indian plates and crab cakes to steak and snacks.



The open-fire pits kept icy hands warm at First Night Vienna on Church Street.

News

Registration Opens for Reston Encore Chorale's Winter/Spring Session

Registration is open for the Winter/Spring session of the Encore Chorale at locations in Northern Virginia and singers of all vocal experience, age 55+, are welcome to join. Fifteen weekly rehearsals will begin the week of Monday, Jan. 9, 2017 at the following locations.

❖ Encore Chorale of Reston – Rehearsals begin Tuesday, Jan. 10 at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$185 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music, CD in your music part and performances.

❖ Encore ROCKS Reston– Rehearsals begin Thursday, Jan. 12, 2017 at 6:30 p.m. at St. Anne's Episcopal Church located at 1700 Wainwright Drive, Reston. Fee is \$175 for 15 weekly rehearsals, sheet music, CD in your music part and performances.

There are no auditions and singers may be seated for rehearsals and performances. Singers will rehearse each week for 90 minutes in preparation for May performances. The spring repertoire for Encore Chorale includes Porgy & Bess, Va Pensiero, Les Miserables, Do, Lord Remember Me, and more. The conductor is David Lang. The Spring repertoire for the ROCKS choruses includes favorites like, All You Need is Love by the Beatles, Longest Time by Billy Joel, Forever Doo Wop and Rock On—a medley of hits from the 50's & 60's.

Singers may register at the first rehearsal or online at www.encorecreativity.org. Call 301-261-5747 for more information.

Encore currently has 15 Encore Chorales and 5 Encore ROCKS choruses in Virginia, Maryland and Washington, D.C. serving more than 1000 singers, and 11 affiliate chorales nationally.

Encore Chorale is the largest growing choral music program for older adults in the country. For more information, visit the Encore website at <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org

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Annandale United FC - Girls Tryouts

Annandale United FC is holding girls expansion & summer Super-Y tryouts for hard working girls that have the passion and desire to play competitive soccer. AUFC will form teams or add players for NCSL (Select) and NPL (Premier) levels of play. Additionally we will form USL Super-Y teams which will compete this summer.



Annandale HS Stadium
4700 Medford Drive, Annandale, VA
Saturday's - Jan 14, 21, 28,
Feb 4, 11, 18, 25, March 4th
U9-U12 : 10-11 AM
U13-U16 : 11-12 PM



If you are interested, have questions or would like to register for tryouts, please email the Girls Director of Coaching: aufc_girls@annandaleunitedfc.org

Training sessions are normally held three (3x) a week in the greater Annandale area.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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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."

News

Students wade through a local stream to reach a location to measure water temperature.



PHOTO CONTRIBUTED

Bringing Trout Back to Local Streams

The Students for Environmental Action (SEA) Club at James Madison High School in Vienna has worked the past two years conducting watershed assessments and water quality analysis in streams from Harrisonburg to Culpepper. The work these scientists are doing is part of the Trout in the Classroom (TIC) initiative. The purpose of this work is to determine whether or not brook trout, Virginia's state fish, can be reintroduced to establish a trout population in local streams. The SEA Club at Madison is exclusive in its work because it serves to scout release locations for the entire Northern Virginia TIC cadre. The Catharpin Creek Headwaters on Bull Run Mountain in Prince William County has been the focal point of these field efforts.

In June, the SEA club met with VA Governor Terry McAuliffe and Secretary of Natural Resources Molly Ward to brief them on this initiative, which directly correlates to the type of work the Governor was hoping to produce when he signed Executive Order 42- Es-

tablishing the Virginia Environmental Literacy Challenge. Not only has the SEA Club been conducting the field stream assessments, it has also been raising trout to introduce to the stream. In a large fish tank in a science classroom, the fish are raised from eggs to fingerlings. This scientific investigation is fostered and facilitated by two Science teachers at the school, Dick Gongaware and Kirk Smith.

In November, the VA Department of Game and Inland Fisheries validated these efforts and approved the Bull Run location for a trout introduction, which is slated for Spring of 2017. If successful, Catharpin Creek will be the only sustainable native trout stream in the DC suburbs, which will be a hallmark accomplishment for TIC. Members of the SEA Club will be present for this introduction to the stream and will continue to monitor the introduction point for trout growth, movement and reproduction activity.

—FRANCESCA BRANSON

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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



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NEWS

Open House, Registration for Adventures in Learning

The Shepherd's Center of Oakton-Vienna continues its Adventures in Learning (AIL) line up of classes with their Winter 2017 semester schedule that includes 40+ classes with a wide range of subjects - from a Health and Wellness series to Potpourri series and World Affairs series to T'ai Chi or Intermediate Contract Bridge. T'ai Chi is being offered twice each week. Students may attend one or all of the AIL Winter classes for one \$40 fee and are encouraged to create their own schedule - attend classes all day or attend only one class. Students are welcome to sample a class for free.

The following classes are but a few of the classes to choose from.

* Potpourri Series includes *Broadway Musical Inspired by Great Literature*; *Zen Coloring*; *A Spiritual Guide to Retirement*; *Blue Nails: Indigo Dying Worldwide*.

* The Health Series includes *Balance, Balance and more Balance*; *Eat Right at 50*; *Live Life with Laughter for the Health of it: New Thinking and New Models: Housing Programs and Services for Older Adults*.

* The World Affairs Series includes *America's War Machine Vested Interest*; *Trieste - A Great City*; *The aftermath of WWII*.

SCOV will be providing a free Fall Prevention Screening and free blood pressure check at their Jan. 12 open house from 10 a.m. - noon. For a complete listing of classes or to register, visit <http://scov.org/ail-open-house> or call the office at 703-281-0538. To register or learn more about Adventures in Learning or the Shepherd's Center of Oakton Vienna, students are encouraged to attend an open house on Thursday Jan. 12 from 10 a.m. - noon at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road,



PHOTO COURTESY OF SCOV

Adventures in Learning (AIL) Committee members from the Shepherd's Center of Oakton-Vienna gather to make final arrangements for their Winter 2017 Adventures in Learning classes. Pictured, from left, first row, committee members Florence Andrews, Judy Gallimore, Estelle McNeil. Second row: Ben Sands, Tanya Hassan, Kathy Tugendhat. Open House is set for Jan. 12, 2017 at the Unitarian Universalist Congregation of Fairfax (UUCF), Program Building, 2709 Hunter Mill Road, Oakton. Classes begin Thursdays, Jan. 19 - March 16, 2017 and are held at (UUCF). For details call the office at 703-281-0538 or visit www.scov.org

scov.org/ail-open-house or call the office at 703-281-0538. To register or learn more about Adventures in Learning or the Shepherd's Center of Oakton Vienna, students are encouraged to attend an open house on Thursday Jan. 12 from 10 a.m. - noon at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road,

Oakton. Golf cart transportation will be provided to assist students from the parking lot to classes. Light refreshments will be provided at the Open House by Sunrise at Hunter Mill.

To volunteer, donate or learn more about how you can help, visit www.scov.org or contact the office at 703 281-0538, office@scov.org

Oakton Tames the Wildcats with a Large Win over Centreville

Oakton High School's Swim/Dive teams are still undefeated with another win against Centreville High School. Oakton was able to rock the pool once again, defeating both teams by over 100 points. Oakton boys won with a score of 233-81, and the Oakton girls scored 250 points while Centreville girls scored 63 points.

With many swimmers still absent with finals at club team meets, both Oakton teams had to put in other swimmers into individual events that they normally would not swim. They all swam extremely well by taking the opportunities they had and converting it to quite a few points for the team.

Oakton performed so well that many events had Oakton swimmers winning first through fourth, thus letting the Cougars have a great victory over Centreville. Sophomore Kevin Bourdelais won first place in the 500 freestyle, while also helping his 200 freestyle and 400 freestyle relay teams win a few points to put Oakton on top. Senior Nicole Lopez also swam well with a first place finish in 100 butterfly and great swims in the 200 freestyle, 200 freestyle relay, and the 400 freestyle relay.

Overall, Oakton remains undefeated for their last



PHOTO CONTRIBUTED

Freshman Will Phan swimming freestyle in the 200 IM.

three meets, hoping to remain this way for the rest of the season. With the return of swimmers and head coach Parker Ramsdell, who were unable to come to the meet, the Cougars will be able to dominate once more. Next Friday, Oakton will be swimming in a tri-meet for their last meet before winter break. They will be swimming against James Madison High School and Langley High School at Oak Marr Recreation Center at 6 p.m.

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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

Winter Walk of Lights at Meadowlark Botanical Gardens open every day beginning on Friday, Nov. 18, 2016, 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>

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

"Ensemble" — Friday, Dec. 9 - Jan. 9 at the New Katibeh Art Center 2070 Chain Bridge Rd., Suite 180, Vienna, VA 22182. The Vienna Arts Society presents "Ensemble", a collection of members' artworks, to include paintings and original etchings, sculpture, woven bead jewelry and fused glass, at the Katibeh Art Center. Free and open to the public. 703-319-3971 www.ViennaArtsSociety.org

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

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

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

FRIDAY/JAN. 6

The Old Firehouse "Unruly Theater 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.

SATURDAY/JAN. 7

Grand Opening Party 10 - 2 p.m. Venue: Bach to Rock McLean, McLean Square, 6649-A Old Dominion Drive. Bach to Rock, McLean is relocating. The Grand Opening of their new location is taking place. Come out and meet the teachers, check out the recording studio, enjoy a free toddler "Mommy and Me" class, schedule a free music



PHOTO BY DONNA MANZ/THE CONNECTION

Meadowlark Botanical Gardens becomes ablaze with a half-a-million colorful sparkling lights in its annual Winter Walk of Lights, beginning on Friday, Nov. 18, 2016, through Jan. 8, 2017.

lesson, enter into prize drawings and giveaways. Cost: Free. <https://mclean.bachtorock.com>

Michael Clem Band at Jammin Java Showtime 7:30pm 227 Maple Ave E., Vienna. Tickets: \$15GA/ \$18Premier. 877-987-6487 www.jamminjava.com

The Capitol Steps at The Alden 8 p.m. 1234 Ingleside Ave. McLean, VA 22101. To recover from this off-the-wall election cycle, remain calm and walk, do not run, to The Alden and shelter-in-place with these master political satirists. \$50/\$35 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



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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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SPORTS

Oakton puts Westfield into the Dog House

Oakton Swim/Dive had another successful meet at Cub Run Recreation Center against the Westfield High School's Bulldogs. The Cougars dominated the pool, beating their opponent by over 100 points for both girls and boys. The boys team defeated Westfield 247-65, and the girls also tasted victory with a win of 228-84.

As this weekend had many meets for club teams, such as Winter Classic, Junior Nationals, and the Tom Dolan invitational, many swimmers were not able to swim at the meet at Cub Run. The Cougars, however, were able to overcome this obstacle, along with head coach, Parker Ramsdell, absent from the meet. Oakton was able to rise up to their challenge of defeating the Bulldogs despite some of the swim/dive "family" being missing last night.

Because of many swimmers not being able to make it to the meet, others were put into events they wouldn't normally swim. Emily Voelkel, a junior, was seeded to swim the 500 freestyle last minute, but was able to come out with a first place finish. Voelkel



PHOTO CONTRIBUTED

Junior Jessie Yu a member of the Oakton Swim/Dive team swimming in the 200 freestyle relay.

also swam well in her other events, the 200 freestyle, 200 freestyle relay, and the 400 freestyle relay. Oakton also did well in both relays and individual events, usually taking

first through fourth place across the board.

Although Ramsdell and many swimmers couldn't attend the meet, Oakton was able to rise to the occasion and defeat Westfield.

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

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 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](https://www.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/>.

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21 Announcements

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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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Free public service seminars -

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- 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

Winter Coat Closet Open Until March 18

The 2016-2017 Hunter Mill District Winter Coat Closet is open until Saturday, March 18, 2017. The closet will operate from the Community Room of the North County Governmental Building on Cameron Glen Drive in Reston. Last year, volunteers with the Hunter Mill District and Cornerstones provided 5,000 coats and more than 1,300 winter accessories to neighbors in need. The closet operates on the following schedule: *Saturdays, 10:30 a.m. to 12:30 p.m.; Tuesdays, 10 a.m. to noon; Thursdays, 6 to 8 p.m. Closed on Saturday, Dec. 24 and 31.

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21 Announcements



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-Werner Heisenberg

1st Stage Grows with Tysons Community

BY FALLON FORBUSH
THE CONNECTION

When you think of Tysons you may think of retail and shopping, but that's not the only ticket in town.

Tucked into the Spring Hill Business Center just north of Tysons Galleria and Tysons Corner Center is an award-winning, professional theater company: 1st Stage.

The company has been growing along with the Tysons community for the last nine years since it was founded in 2008 by Mark Krikstan, a retired drama teacher at Marshall High School in Falls Church.

During Krikstan's time teaching, many of his students became professional actors who went on to perform in Washington, D.C., and throughout the Northeast, says Alex Levy, Krikstan's successor and 1st Stage's artistic director.

"There was no professional theater in Fairfax County at all," Levy said. "Mark started this place with the idea of being a place that would be a first opportunity for professional actors and professional artists."

Not only is 1st Stage providing actors with a venue to perform work in their hometown, but Krikstan's dream of creating a professional company has been realized.

"There was a great want and a great need ... a community starved of the arts," Levy said.

While 1st Stage claims to be the county's first professional company, it is now one of three that have recently formed in the area.

IN 2015, the burgeoning theater company received a \$10,000 National Theatre Company Grant from the American Theatre Wing, the organization that created the Tony Awards.

The competitive grant program invests in "cutting edge theatre companies" to help the "industry-changing companies" enhance resources, build infrastructure and create new initiatives.

"It was an exciting validation for us," said Levy. "Great theater is happening here in Tysons and is making an impact not just in our own community but around the country."

Levy was living in Los Angeles when he was offered the job to lead 1st Stage in 2014 and has enjoyed helping the company realize its goals.

"It's such an interesting time to be here," he said. "Tysons is going through this major change and to be a part of that conversion was a really exciting opportunity."

While McLean has several opportunities for community theater, he loves being a part of Tysons' story as a hub for professional artists.

The artists performing at 1st Stage are the same artists that audiences can expect to see in the region's leading theater companies — the District's Kennedy Center, Arena Stage at the Mead Center for American Theater and the Studio Theater, as well as



Scott Ward Abernethy in "Broadway Bound" at 1st Stage. The show ran through Dec. 18, 2016.

PHOTOS CONTRIBUTED

Arlington's Signature Theater — but with one difference that Levy boasts as a differentiating factor: a 110-seat theater.

"You're really right there, connected to them," he said.

"As Tysons changes and grows, so is 1st Stage," Levy said. "The two are very connected and we want to be a place for this community to come together."

There are plans to expand in the future, but "intimacy is something that we are fiercely protective of," he said.

In January 2015, the theater company took over the storefront next door to add rehearsal space and is currently in the process of adding more bathrooms and space to build sets for productions.

As Tysons continues to redevelop and grow, the theater is looking for opportunities to move to a new permanent home, but some things will not change.

"Within the changes that will happen in the future, we are committed to maintaining the intimacy of our venue," Levy said. "That won't change, the things that people have come to love at 1st Stage; being that close to the performance will continue."

Mainstream theater will also be avoided now that the company has an established and loyal audience that can appreciate a diverse performance lineup.

THE COMPANY'S MISSION to create great art is something that attracted local actor Doug Wilder to participate in the company.

"Even the idea of having a 100-seat theater in Tysons is a risk," said Wilder. "You can fill a 200-seat theater if all you do is audience-pleasing, easy work."



Teresa Castracane and Noah Schaefer in "Broadway Bound" at 1st Stage. The show ran through Dec. 18, 2016.

Wilder will be playing the lead role in the company's next play, "Tevor," that will debut in February. The unconventional show is about an erratic, 200-pound chimpanzee.

"There's a physical challenge of convincing an audience that he is not human, while still speaking English," Wilder says.

He and the human characters in the play speak English, so the audience will understand what is taking place, but there will be times that the characters will not understand the chimpanzee.

"There are these misunderstandings, but neither the humans nor the chimpanzee



Actor Doug Wilder received the Robert Prosky Award for Outstanding Lead Actor in a Play from the Helen Hayes Awards — which honors excellence in professional theater throughout the Washington region — for his performance as Francis Henshall, a failed street musician, in 1st Stage Theater's production of "One Man, Two Guvnors" during its 2014-2015 season.

understand across species," he said.

Dark comedy is fueled by these muddled conversations, he says.

While he is excited for the role, he is also terrified.

"The role is a gift, but I'm terrified because I have to be good enough to be worthy of it," he said.

His professional acting peers think he has the talent to pull it off.

Wilder, who is also the director of education for the National Conservatory of Dramatic Arts in D.C., received the Robert Prosky Award for Outstanding Lead Actor in a Play from the Helen Hayes Award, which honors excellence in professional theater throughout the Washington region. He received the award for his performance as Francis Henshall, a failed street musician, in 1st Stage Theater's production of "One Man, Two Guvnors" during its 2014-2015 season.

In addition to finishing its remaining shows in its 2016-2017 season, 1st Stage will also host its first national festival this year.

Through funding from the Arts Council of Fairfax County and the Reva & David Logan Foundation, 1st Stage will be hosting the Logan Festival of Solo Performance July 6-16.

"It's going to bring some of the nation's great solo performers from around the country into Tysons," Levy said. "We're just thrilled about that."