

Vienna and Oakton CONNECTION

Singer-songwriter Rorie is playing her EP called "Dawn," at Jammin' Java in Vienna on Jan. 14.

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PHOTO BY MIKE SALMON/THE CONNECTION

JANUARY 3-9, 2018

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• GATHER •

— to bring together from various places, sources or people —



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VIEWPOINTS

What's Your New Year's Resolution for 2018?

— COLIN STOECKER

Sathar Muhammad, lives in Vienna and is the manager of Crepe Amor:

"We want to increase our business. We changed our coffee from Lavazza to Illy for our customers, to get the best Italian coffee. Crepe Love is our food truck and we go everywhere in Washington, D.C. and the metro area. We also do parties and graduations."



Katie Walsh, who lives in McLean, a beauty advisor at Merle Norman Cosmetics in Vienna:

"My New Year's resolution is to definitely move out of my parent's place. I'm almost 22 so it's about time to get out there and get on my own, to focus on growth and do my own thing. I hope to move somewhere like Falls Church or Washington, D.C. I want it to be close to home but far enough to be away from my family."



Kam Spain, 21, Vienna resident and barista at Starbucks is excited to have more snow in the new year.

"I hate snow, but I have to look forward to because it's going to happen anyway. It's because I lived in Louisiana pretty much all of my life so I have never seen snow." (Spain has lived in the area for four years.)



Rebecca Owen, a Reston resident, the manager of Jinny Beyer Studio in Great Falls.

"I want to quilt more and to finish some of the quilts that I have already started. I find quilting very relaxing and I love making something where I have something to show for it at the end."



Sharon Holland, from Fairfax owns Merle Norman Cosmetics in Vienna:

"I'm hoping to be more positive and more empathetic. You are just happier if you are more



positive and trying to see the better side of things that makes you a happier person."

John Blair, a Fairfax resident, a letter carrier in Vienna:

"I don't have any resolutions this year because life is good. I have everything I want to have.



The wife loves me, the kids are happy, and the bills are paid!"

Hugo Estrada, a software developer from Falls Church has ongoing resolutions.

"One of my resolutions is language learning, so I am learning Japa-



nese with my daughter. We dedicate 30 minutes every day, we have two text books and we work on it together at the end of every day."

Peter Kunzel, half German and half American, lives in McLean and is an economist.

"I think I want to exercise more and spend more time with the family. I do a



little bit of everything; cross training, running, swimming, squash, tennis, and I want to try to do a little bit more of all of the above."

Session Brings Sea Change

Wave election swamps Richmond with freshman members eager to make their mark.

BY MICHAEL LEE POPE
THE CONNECTION

This year's General Assembly will be like no other. For starters, the members walking the halls of the Capitol will not look the same. The crop of freshman includes the first transgender woman to serve in the Virginia General Assembly, the first lesbian, the first Asian-American woman and the first two Latinas. Gone are the 12 Republican members who were unseated, all white males. Also gone are the three members who got out before the bloodbath that flipped their seats from red to blue, also all white males. In their place is a diverse and young group of new members who are eager to make their mark on the commonwealth.

At the top of the agenda for the Democratic freshmen is expanding Medicaid to 400,000 people who would be eligible under the Affordable Care Act.

"I think what's really important for us, as Democrats, is to identify on the other side who we could have come over and join us," said Kathy Tran, who flipped a formerly Republican seat held by Del. Dave Albo (D-42) for more than 20 years. "We're going to have to reach out and basically identify who's really vulnerable and who's going to be in a position where they're going to have to be supporting the progressive values that were voted in as a wave across the commonwealth."

Even if they're successful navigating the diminished House Republican caucus, House Democrats will still have to deal with a Republican-controlled Senate. But the culture in the Senate is more moderate, and Republican senators have a history of supporting bills that have been routinely blocked in the House.

For example, Senate Republicans have a history of supporting the effort raising the threshold for grand larceny. That's an issue that Democrats have been pushing unsuccessfully for years that may now finally have a chance in 2018.

"We heard during the gubernatorial campaign, Ed Gillespie was supporting an increase so this is one of those issues that — especially with the outcome of the election — I think you can see some support behind," said Del. Patrick Hope (D-47), who is introducing a bill that raises the threshold from \$200 to \$500. "If someone makes a dumb mistake and walks out of a store with something small we shouldn't make a felon



PHOTO CONTRIBUTED

Republicans were unseated in 12 House districts, and Democrats flipped three seats where GOP incumbents decided against running in a year that ended up being a Democratic wave.

out of them."

THE WAVE ELECTION of 2017 was widely seen as a reacting to the Trump administration, and some of the bills that are now being crafted are also a reaction to the Republican agenda in Washington. State Sen. Dave Marsden (D-37) is putting together a tax reform plan as a Virginia answer to federal tax reform that gives tax cuts for the wealthy and corporations. Marsden wants to eliminate the food tax, reinstitute the inheritance tax and increase the gas tax. His tax-reform plan also taxes some services for the first time. For example lawn care and dry cleaning would be taxed but lawyers and doctors would not.

"Ever since I've been in the legislature I've heard complaints that we have a 19th century agriculture and manufacturing tax base but we're now a service economy. So this will start to tax some of those services," said Marsden. "We're trying to draw a distinction and get the discussion going around which services are optional for people and which ones are really necessary that we shouldn't burden them with taxes on."

Democrats are also eager to finally get some traction on gun control, which House Republicans have blocked for years. Back in 2015, Democratic Gov. Terry McAuliffe was able to forge a deal with Republicans to make state police available for voluntary background checks at gun shows. Now Democrats are hoping that newly reconstituted House committees and subcommittees might give them a chance to at least get gun control legislation on the floor rather than having it killed in subcommittee, a strategy Republicans used that allowed them to avoid being on the record voting

against banning assault weapons, for example. State Sen. George Barker (D-39) is introducing a bill that would allow judges to confiscate firearms from individuals they consider dangerous.

"It would have to go to court, and a judge would have to issue a ruling that there's probable cause and it's a serious situation and the gun should be temporarily removed," said Barker. "In some states, it allows police officers to confiscate it. But the bills that we are putting in do not. You would have to go to court."

MANY OF THE BILLS lawmakers are working on involve unfinished business from previous sessions. State Sen. Scott Surovell (D-36) is working on a bill that would force Dominion to clean up decades of pollution at several coal ash ponds throughout Virginia. Dominion Energy plans to seal the pollution in place and put a cap on the ponds, which is significantly cheaper than cleaning up the pollution. But Surovell wants to require that the utility recycle the coal ash into concrete or ceramics. And, Surovell adds, it won't actually be more expensive for Dominion at all because the utility will end up passing along the cost to people who are paying for electricity.

"You eliminate the possibility that this toxic gunk will continue to leak arsenic, lead and other chemicals into our groundwater forever," said Surovell. "Landfilling is the short-term cheap solution. But long-term it has the worst potential effects because the stuff continues to leach out chemicals and give people cancer and poison fish and birds and ruin our groundwater."

State Sen. Adam Ebbin (D-30) is also returning to a familiar theme: decriminaliz-

ing marijuana. Several states across the country have already done this, and now that California has legalized pot for recreational use many feel that the tide may be turning on this issue. According to a recent report by the Virginia State Crime Commission, law enforcement officers have arrested more than 130,000 people for possession of marijuana in the last decade — 84 percent of them first-time offenders.

"I think people are realizing how inappropriate it is to give people a criminal penalty for a drug that so many people have tried and used and is arguably less significant and harmful than alcohol," said Ebbin. "It's still a tough fight. But we've got Senate Majority Leader Tommy Norment supporting it generally. And we've got Governor-elect Ralph Northam supporting it, generally."

ON THE CAMPAIGN TRAIL last year, Republicans and Democrats both supported several key agenda items — an indication that members from both sides of the aisle may end up working together this year on certain issues. One of those is ethics reform, a hot topic in Virginia since former Republican Gov. Bob McDonnell was convicted of corruption then cleared of wrongdoing by the U.S. Supreme Court. During the campaign last year, Republican candidate for governor Ed Gillespie and Republican candidate for lieutenant governor Jill Vogel both talked about closing a loophole that allows candidates to use campaign money for personal use. That's an issue that already has support among Democrats, although drawing a distinction between official use and personal use can be a gray area.

"I think we've got a consensus that we need to do something," said Del. Marcus Simon (D-53). "Whether we make it a weak ban or a strong ban — a civil violation or a criminal act — I think we're going to outlaw it one way or another."

Another issue where Republicans and Democrats are in agreement is expanding broadband to rural areas. Of course the details of how to make that happen and who benefits are where lawmakers get divided, although this is one of those issues where party ideology is less important than regional ties. Last year, for example, Republicans were divided about whether to create new hurdles for local governments to set up broadband networks in places where that might create competition for private providers. This year, the issue of broadband will once again be an important topic of conversation.

"I'm looking at ways to reduce regulatory burdens," said Del. Jennifer Boysko (D-86). "So I'm talking about including broadband in your municipal comprehensive plan, setting up a dig-once policy and creating a data governance board for smart communities."

SEE ASSEMBLY, PAGE 11

OPINION

2018

A Happy New Year? At least some cause for hope

Virginia's election last November, just two months ago, was the first in the nation since the current administration took over in Washington.

Here in Virginia there was some anxiety and uncertainty rolling into Election Day. First, at least one race will not be decided until later this week. Second, the Democrats swept the statewide races, Governor, Lieutenant Governor, and Attorney General.

EDITORIAL

Democrats hoped to make gains in the House of Delegates. It's fair to say no one anticipated the Democrats taking the House. After all, Republicans held a 66-34 majority, a nearly insurmountable advantage.

Democrats gained at least 15 seats in a turn-about that could leave the House split 50-50.

New members include the first transgender woman to serve in the Virginia General Assembly, the first lesbian delegate, the first Asian-American woman delegate and the first two Latina delegates.

Virginia's success has generated buzz about pursuing sweeping change in other state legislatures around the country.

Del. Marcus Simon said it well recently (on Facebook): "If someone had told me on Jan. 1, 2017 that one year later Democrats would have picked up no fewer than 15 and probably as many as 17 seats in the Virginia House of Delegates I would have said, 'Love your optimism, but don't get carried away.'"

"My advice to anyone running for office or thinking about running for office, or working for people running for office in 2018: Get carried away."

The new look and balance in the General Assembly could provide progress on some long stalled issues. (More Democrats in office do not equate to progress in all of these areas, it's important to note.)

❖ Expanding Medicaid under the Affordable Care Act to cover hundreds of thousands of poor people without coverage

❖ Nonpartisan redistricting and use of national best practices when it comes to drawing

political district boundaries after the next census.

❖ Progress in transparency, and making public information public. This includes lawmakers killing most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted. It should also include rolling back some of the many exemptions to the Freedom of Information Act passed by the General Assembly.

❖ Ethics reform, campaign finance reform.
❖ Making it easier, not harder, to vote.
❖ More control over utility rates and pollution.

❖ Criminal justice reform, including raising the threshold for a felony from \$200 to \$500.
❖ Tax reform.

A "wish list" could go on at some length. The 2018 session of the Virginia General Assembly begins Jan. 10.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Representing Reston, Vienna in Winter Olympics

What to look forward to in 2018?

BY SUPERVISOR CATHY HUDGINS
(D-HUNTER MILL DISTRICT)

As the year 2017 draws to a close, I would like to take a moment to reflect on three community values that were particularly evident this year. We have invested enormous time and energy creating our values and they can be seen in the implementation of the One Fairfax Resolution.

With the July 2016 adoption of the One Fairfax Resolution, the Fairfax County Board of Supervisors laid the foundation of a racial and social equity policy to ensure all individuals have an opportunity to reach their highest level of personal achievement. The resolution is a public commitment to achieving racial and social equity through county policy which include collective leadership, community engagement, equity tools and infrastructure to sustain systemic changes, and shared accountability.

One Fairfax moves us beyond embracing our growing diverse population to implementing a growth model driven by equity. Actions introduced by One Fairfax



PHOTO CONTRIBUTED

Maame Biney (center, in pink) received recognition from the Board of Supervisors for her U.S. Speedskating Short Track National Championship in 2012. At the time of the presentation, Maame was a sixth grader at Teraset Elementary School in Reston.

and completed in 2017 would be the establishment of the Police Review Panel and the hiring of an independent police auditor, Juvenile Justice Reform and the Pre-K initiative.

I am excited about building on these initial accomplishments in 2018.

Fostering and Expanding Community

Crafting anything starts with Vision and Planning. Which reminds me that nothing occurs in a

vacuum because Nature always rushes in willy-nilly to fill it. In the case of a Vision Vacuum, input and information are critical to the formation of a Plan. Together those fundamentals can nurture and expand community. To be successful, however, requires good public policy, community engagement, and professional expertise. Good neighborhoods don't just happen; they result from vision, planning and community support.

Last year witnessed multiple examples of diverse groups of stakeholders gathering in a public meetings. Thank you for voicing your concerns, contributing your ideas. I recognize that is a special

kind of civic service demanding time, talent and treasure from us all. In the final analysis, it is not the loudest voices or the most massive audience but that which is of the most long term benefit to the community that defines the right Vision and Planning.

Belief in a Bright Future

Two remarkable young women – Maame Biney and Veronica Day – boldly remind us that the best may be yet to come.

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Vienna & Oakton
CONNECTION

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NEWS



PHOTO COURTESY OF SCOV

The Shepherd's Center of Oakton-Vienna (SCOV) hosted their annual Caregivers Treat event in November. Pictured are students from American Massage and Bodyworks giving massage for those in attendance. For more information about SCOV and their programs for seniors visit www.scov.org/.

Shepherd Center Provides Treat for Caregivers

Being a caregiver for a family member with dementia is exhausting, whether the person is at home, a nearby facility or in another state. The caregiver must deal with medical and personal issues of the loved one, all the while losing him or her a little bit every day.

For 14 years, Shepherd's Center of Oakton-Vienna (SCOV) has hosted a free half-day for caregivers to give them a break and to recognize their sacrifice. Our Lady of Good Counsel Church in Vienna provided the venue. Additional support was provided by sponsors AARP and Arden Courts. This year's SCOV event had 41 caregivers. SCOV staff and volunteers assisted during the four-hour event.

Attendees were caregivers of parents, siblings, aunts and uncles. Some of the caregivers were in the early stages of realizing that their family member had a form of dementia.

The loved one of several attendees' had passed away, but the incredibly difficult journey is not over when the patient dies. Those whose loved ones have passed away have experiences and feelings that help other members of their support groups. A dedicated

group of volunteers took care of the care receivers in a separate room to give the caregivers a much needed break.

Free massages were again provided by American Massage & Bodywork and were the highlight of the day. The students of the Massage School gave in-chair massages to everyone.

Tony Haney of Senior Helpers gave the attendees some workable ideas for caregiving. Christi Clark, Insight Memory Center, talked about A Person Centered Approach to Care. Cheryl Harlan led a relaxation session that left caregivers smiling. A question and answer period led by support group leaders got everyone involved and provided useful information.

Caregivers had a chance to exchange ideas with each other. The value of a support group such as the one sponsored by SCOV was emphasized. A highlight was the music of the Hunter Mill Bog Trotters, a bluegrass band of four that had everyone tapping their feet. One of the Bog Trotters had attended the SCOV support group previously.

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.

FAITH NOTES

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

Vienna Assembly of God, 100 Ayrrhill Ave, NE, Vienna, will hold Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31, services on Sunday morning at 10:30 a.m. There will be no evening services. Installation of new Pastor Brenda Burns will occur on January 7, 2018 during the 10:30 a.m. service.

Wesley United Methodist Church located at 711 Spring St., 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.

SEE FAITH, PAGE 6

JANUARY 13TH

REMODELING + DESIGN SEMINARS

Are You & Your Family Enjoying the Most From Your Home?

We Hope You Will Join Us!
Saturday, January 13th, 2018- 10am-2pm
 Where: Sun Design Corporate Office
 5795B Burke Centre Pkwy, Burke, VA 22015
(located behind the Kohl's shopping center)
Seminars run from 10am-12pm. Lunch to follow.
Please arrive at 9:45am for check-in.
Seating is limited!
RSVP: info@sundesigninc.com or call Erin at 703.425.5588

Seminars:

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Vienna Physician Receives ‘Excellence in Service’ Award

Dhiraj Jagasia, M.D. leads the development of a “Pain Passport” for non-narcotic pain control options.

BY MERCIA HOBSON
THE CONNECTION

The new Colorado Center for Reproductive Medicine Northern Virginia (CCRM), at 8010 Towers Crescent Drive, fifth floor, Vienna, announced their head anesthesia provider, Dhiraj Jagasia, M.D., M.B.A., received the “2017 Excellence in Service and Professionalism” award from Johns Hopkins Medicine on Nov. 7.

According to Hopkinsmedicine.org, “The Excellence in Service and Professionalism award is presented to the physician who actively promotes a culture that embraces, expects, and rewards the delivery of patient- and family-centered care.”

Jagasia, who currently resides in Arlington,

was recognized for his work in the development of a “Pain Passport” that walks patients through the use of non-narcotic pain control options. When patients are actively engaged in their care, they report better physical and emotional health.

Jagasia said, “One of the things we came up with is the Pain Management Passport... The first couple of lines say I know I have options for managing my pain. The tokens in this passport represent my commitment to exploring these options for my own health and well-being. This is all centered around the four tenets really of patient-centered care, which are respect and dignity, information sharing, participation, and collaboration.”

CCRM Northern Virginia is one of the 10 locations of Colorado Center for Reproduc-



PHOTO COURTESY OF ASTONISH MEDIA GROUP, LLC

Dhiraj Jagasia, M.D. was recognized by Johns Hopkins Medicine for his work in the development of a “Pain Passport” that walks patients through the use of non-narcotic pain control options. Jagasia received the “2017 Excellence in Service and Professionalism Award.”

tive Medicine (CCRM) across the United States and Canada. The Vienna facility houses an all-inclusive center with an on-site clinic, surgery center, IVF laboratory and clinical laboratory. CCRM’s website reports their cen-

ter is one of the nation’s leading fertility clinics providing a wide variety of fertility treatments, ranging from basic infertility care to the most advanced in vitro fertilization (IVF) technology available today.

Vienna Assembly of God Installs a New Lead Pastor

The Reverend Brenda Burns will be installed as Lead Pastor of Vienna Assembly of God by the Superintendent of the Potomac Ministry Network, Rev. Ken Burtram, on Jan. 7, 2018. Brenda Burns is not unfamiliar to the congregation as she has been serving alongside her husband, Rev. Craig Burns, for over 30 years in the church. She has held positions in Children’s Ministry and Women’s Ministry while concurrently leading in the position of Worship Pastor.

Craig Burns informed the church of his decision to step down from the position of Lead Pastor early in 2017. He says, “In the era of the #metoo movement, we want to elevate women in places of leadership. For too long men have overpowered and abused women and that has to change. Vienna Assembly of God has always been a safe place, but it’s now going to also be an empowering place for women.”



PHOTO CONTRIBUTED
Rev. Brenda Burns

Brenda Burns was elected as the new Lead Pastor in November 2017 by a unanimous vote of the church members. During the transitional period, Craig and Brenda Burns shared the pulpit and other pastoral duties.

After her installation, the Burns’ will be taking some time off to rest. Once they return Brenda Burns is excited to re-engage with the Vienna

community and to bring her vision to the church. She says, “my first job is to be a good shepherd to the people who are here. Making sure that everyone that is a part of this congregation is being encouraged towards transformation – that we’re all being disciplined and moving forward together in whatever God has for us – will be my first priority.” She also desires to bring to the church a renewed emphasis on prayer and has shared that racial reconciliation is a core value that will flavor sermons, outreaches, and other ministries of the church.

WEEK IN VIENNA

Women at the Helm to Speak at Vienna Library

The Vienna Area Branch of The American Association of University Women (AAUW) will host a free event, Women at the Helm, Saturday, Jan. 13, 2018 at Patrick Henry Library. Refreshments at 10 a.m. Program at 10:30. Vienna Mayor Laurie DiRocco and Town Council Members Carey Sienicki and Linda Colbert will share their

experiences of leading the Town of Vienna.

AAUW is the nation’s leading voice promoting equity and education for women and girls. Founded in 1881, AAUW members examine and take positions on the fundamental issues of the day — educational, social, economic, and political. Visit vienna-va.aauw.net/.

Shepherd’s Center of Oakton-Vienna: Upcoming Events

THURSDAYS/JAN. 4 & 18, 2018

Caregivers Support Group. For caregivers to adult family members with dementia. First and third Thursdays of every month at Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton, 10 – 11:30 a.m. Free. Hosted by Shepherd’s Center of Oakton-Vienna, scov.org. For more information, contact facilitator: Jack Tarr, 703-821-6838, jtarr5@verizon.net.

and get those brain cells growing again. 10 a.m.-noon at UUCF, 2709 Hunter Mill Road, Oakton. Light refreshments provided by Sunrise at Hunter Mill. For class schedule: visit www.scov.org. Classes run Jan. 18-March 15, 2018.

FRIDAY/JAN. 12, 2018

“Dining with Dorothy.” 12:30 p.m. Join friends or make new ones at another “Dining with Dorothy” socializing/dining event at Skorpio’s Maggios Greek Family Restaurant, 421 Maple Ave. E., Vienna. To reserve a space contact Dorothy Flood at dflood1706@gmail.com.

THURSDAY/JAN. 11, 2018

Adventures in Learning Open House. Sign up

FAITH NOTES

FROM PAGE 5

Youth Activities at Wesley United Methodist Church. Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. 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 a.m. 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, 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. Check www.stthomasmcleanva.org for special events and services through the year. St. Thomas’ Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary’s Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and in-

cludes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holyccomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap. Contact the Church Office at 703-938-6521.

Mom’s Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-938-6521 so that we can plan appropriately for materials and childcare.

SPORTS

Warhawks Hockey Team Wins Against Cougars

The Madison Warhawk Varsity Ice Hockey team defeated the Oakton Cougars 4-3. Oakton scored two goals midway in the first period but the Hawks came back late in the first with an unassisted goal from forward Matt Hetherington.

The Cougars would hold their lead thru much of the second period however an onslaught of penalties would hamper their offense. Forward Luke Pohlman, assisted by Jeff Hunter would tie the game up late in the first and defenseman Nick Willey, assisted by TJ Ezzard would score the go ahead goal early in the third period. Matt Hetherington, assisted by Jeff Hunter would give the Warhawks and insurance goal midway through the third period. The Cou-



PHOTO BY ADAM SHAYNE

Warhawk forward Jeff Hunter skates for clear ice during the game against the Oakton Cougars. Hunter would tally 2 assists in Madison's 4-3 win over the Cougars. Goalie Ben D'Haiti stopped 32 shots

gars would score late in the third however it was too little too late. Warhawk goalie Ben D'Haiti turned away 32 shots as the Cou-

gars outshot the Warhawks 35 to 16. Madison's next game is against Woodgrove, Sunday Jan. 7, 2018 at 8:10 p.m. at Ashburn Ice House.

South Lakes Swim & Dive Triumphs Over Herndon

South Lakes High School's Varsity Swim and Dive teams emerged victorious in their first league match-up against Herndon High School on Friday, Dec. 15, at the Herndon Community Center. The girls team won with 177.5 points over Herndon's 136.5. The South Lakes boys gained their first win of the season with 199 points to Herndon's 115.

The boys dominated from the start with one-two finishes in the 200 yard Medley Relay and the 200 yard Individual Medley. The 200 medley relay team of Hunter Ellis, Jacob Lewis, Jack Edgemon, and Solomon Blackmon came in first with Kyle Diederich, Will Dunne, Matthew Fritz, and Kyle Thomas taking second. In the IM, Edgemon swam a state-qualifying time of 1:56.44 for first, with Diederich coming in second.

Other highlights for the boys included:

- ❖ A sweep of the 50 yard Freestyle by Blackmon (first), Ellis (second), Thomas (third), and Dirk Stassinis (fourth)
- ❖ A sweep of the 100 yard Butterfly by Edgemon (first) with a state-qualifying time, Fritz (second), Matthew Beach (third), and Lewis (fourth)
- ❖ A first place finish for the 200 yard Freestyle



PHOTO CONTRIBUTED

South Lakes' Emily Fritz moves to pass her Herndon opponent to win the 100 yard Breaststroke in the matchup between the teams on Dec. 15.

Relay team of Ellis, Thomas, Edgemon, and Blackmon

❖ A one-two finish in the 100 yard Backstroke for Ellis (first) and Connor Lewis (second)

❖ A first place finish in the 400 yard Freestyle Relay for Diederich, Fritz, Beach, and Connor Lewis.

For the girls, one-two finishes in the 200 yard Individual Medley and the 500 yard Freestyle, along with a sweep of Diving were highlights. Anna Redican touched first in the IM with Emily Fritz coming in second. In the 500, Hannah Lane finished first with Rachel Mietlicki second. In diving, Emma Bulger (first), Devon Allesandrino (second), Aggie Allesandrino (third), and SJ Brown (fourth) got the sweep.

Other highlights for the girls included:

- ❖ A first place finish for the 200 yard Freestyle Relay team of Katie Nguyen, Megan Slater, Redican, and Sophia Landeryou
- ❖ A regional's-qualifying time and first place finish in the 100 yard Backstroke for Redican
- ❖ A first place finish for Fritz in the 100 yard Breaststroke.

South Lakes returns to the pool at 6:30 on Friday, Jan. 5 to take on Washington & Lee High School at Spring Hill RECenter.

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ENTERTAINMENT



'Aesop's Fables'

Aesop's Fables are the featured act on Saturday, Jan. 6, 11 a.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Barter players act out "Androcles and the Lion," "The Oak and the Reed," "The Fox Without a Tail," "The Beast in Love," "The Tortoise and The Hare" and "The Boy Who Cried Wolf." \$15, or \$10 to McLean Community Center members. Call 703-790-0123.

members. Call 703-790-0123. **Dog Sled Drama.** 3 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Barter Players presents "The Call of the Wild." \$15, or \$10 to McLean Community Center members. For ages 12 and older. Call 703-790-0123.

SUNDAY/JAN. 7

Meet the Plant Artist. 1-3 p.m. at Green Spring Botanical Gardens, 4603 Green Spring, Road, Alexandria. Great Falls artist, Betty Ganley will be presented with the First Place award for her watercolor, La Plumage at the event. Vienna Art Society multi media art exhibit, "Up Close To Mother Nature" will be on exhibit until Feb 25. Call 703-642-5173. **A Gershwin Celebration.** 4 p.m. at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Featuring Millicent Scarlett, soprano; Brian Quenton Thorne, tenor; Alvy Powell, bass-baritone; and Frank Conlon, pianist and host. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 pm, 45 minutes prior to the start of the concert. Visit amadeusconcerts.com.

TUESDAY/JAN. 9

Civil War in Fairfax. 7:30 p.m. at the McLean Governmental Center, 1437 Balls Hill Road, McLean. The program will feature noted historian Don Hakenson who will discuss "Rare Civil War Stories in Fairfax County." Call 703-356-8223.

THURSDAY/JAN. 11

McLean Traveler Day Trip. 9:30 a.m.-3:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Trip to National Gallery of Art in Washington, D.C. to see "Johannes Vermeer and the Masters of Genre Painting." Call 703-790-0123.

Adventures in Learning Open House. 10-noon at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. Increase brain power. Visit www.scov.org.

FRIDAY/JAN. 12

Dining with Dorothy. 12:30 p.m. at Skorpio's Maggios Greek Family Restaurant, 421 Maple Ave. E, Vienna. Socializing and dining event. Email dflood1706@gmail.com. **5th and 6th Grader Party.** 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Patrons will enjoy free catered food and beverages, music played by a professional disc jockey, dancing on

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.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, 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. Admission to park is free except for some special events.

Fundamentals of Watercolors.

Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org.

SATURDAY/JAN. 6

Rainbows, Haloes, and Glories. 10-11 a.m. at Turner Farm Park, 925 Springvale Road, Great Falls. At Observatory Park at Turner Farm, explore phenomena that can be seen in the open sky. Learn about rainbows, haloes and glories, the green flash and purple light, and why the sky is blue and sunsets are orange. \$8. Call 703-324-8618.

Aesop's Fables. 11 a.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Barter players act out "Androcles and the Lion," "The Oak and the Reed," "The Fox Without a Tail," "The Beast in Love," "The Tortoise and The Hare" and "The Boy Who Cried Wolf." \$15, or \$10 to McLean Community Center

WELLBEING

Ready for the Cold

Preventing, recognizing and treating hypothermia and frostbite.

BY MARILYN CAMPBELL

Frigid temperatures and the chill of winter can usher in dangerous health conditions, particularly for those most vulnerable: the elderly and young children. Two of the most prevalent cold-weather ills are hypothermia and frostbite. For those who have to be outside when it is dangerously cold, knowing the warning signs and prevention techniques for these conditions are the keys to keeping them at bay, say health care providers.

"Even a typical winter in this area can be dangerous," said Amy Talbot, Ph.D, of George Mason University. "But extreme conditions can make it even worse for those most vulnerable."

Hypothermia, which occurs when one's body core temperature drops, can develop more quickly than many people realize, says Talbot. "Obviously feeling very cold is a warning sign, but also shivering and experiencing signs that the cold is affecting your brain, so feeling



PHOTO BY MARILYN CAMPBELL

Record cold temperatures can lead to frostbite and hypothermia.

disoriented, stumbling or losing balance easily, unusual speech pattern or changes in personality."

Frostbite is when the skin and underlying tissue are damaged by cold temperatures, says Beth Lowe, RN, a private-duty nurse in Arlington. "During the beginning stages of frostbite, you might see your skin turn red and you'll feel numb or tingling

SEE DANGEROUSLY. PAGE 9

an open dance floor and other attractions, such as a photo booth, temporary tattoos and board games. \$35/\$25 MCC district residents. Call 703-448-TEEN.

Java, 227 Maple Ave E, Vienna. Local musician plays her new EP called "Dawn." Call 703-255-1566 or visit www.roriemusic.com.

TUESDAY/JAN. 16

Meet the Civil War Author. 10 a.m.-1 p.m. at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. James G. Lewis talks about his book "Confederate Calvary General Jeb Stuart" and Civil War history around Great Falls. Lunch will be served and reservations are required. Call 703-938-6471 or email karen.emami@globalinfotek.com.

WEDNESDAY/JAN. 17

Art Workshop. 10 a.m.-4 p.m. at the Vienna Arts Center, 115 Pleasant St. Artist Jacqueline Saunders is hosting a one day workshop. Call 703-319-3971 or visit ViennaArtsSociety.org.

FRIDAY/JAN. 26

Artists Reception. 6-9 p.m. at Torpedo Factory Artists @ Mosaic, 2905 District Ave, Suite 115, Fairfax. Artist Susan Gulick will be there discussing her show "Uncommon Visions," which will be on display Jan. 24-Feb. 25. Visit torpedofactory.org.

SUNDAY/JAN. 14

MLK Speaker. 2 p.m. at The Old Firehouse, 1440 Chain Bridge Road. Award-winning sports columnist William Rhoden will speak on the timely subject of "Activist Athletes." \$20, \$10 for McLean Community Center tax district residents. Visit: www.aldentheatre.org or call 703-790-0123.

Rorie in Concert. 7 p.m. at Jammin'

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Winter Walk of Lights. At Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. During the Winter Walk of Lights, the garden is transformed into a half-mile, walk of lights. Revisit perennial favorites such as the animated Lakeside Lights, the Fountain of Lights, and the Holiday Nature Walk – and look for new displays each year. Round out a visit roasting marshmallows and sipping on hot beverages, available for purchase. Visit www.novaparks.com/events/winter-walk-of-lights.

Textures Exhibit. Through Jan. 7, various times at the Vienna Arts Center, 115 Pleasant St., NW. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Great Falls Farmers Market.

Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

McLean Farmers Market, Fridays, through Nov. 17, 2017; 8 a.m. to noon, 1659 Chain Bridge Road, McLean, Master Gardener Plant Clinic on site to answer questions about plants in your landscape

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org.

The Freeman Store & Museum

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

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

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

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian

WELLBEING

Dangerously Cold, Take Precautions

FROM PAGE 8

or stinging,” she said. “The main thing to remember is not to try to re-warm your own skin, because you can do more damage. It’s best to seek emergency medical treatment.”

Dressing in layers and wearing shoes that are appropriate for extreme cold are keys to preventing hypothermia and frostbite, advises Carolyn Johnson, Ph.D. of Montgomery College. “When it’s extremely cold you want to wear clothing that traps your body temperature and protects you from cold air and wind,” she said. “A basic formula to keep in mind: a base layer that should be made from a fabric that wicks away moisture. The second layer should trap heat so it should be made of a polyester fleece over something similar. The top layer should be waterproof and windproof.”

Lowe recommends avoiding cotton clothing during the extreme cold because if it gets wet, it can make you cold. “Many of these preventative measure are things that most people already know, but may not think about until it’s too late,” she said.

Another preventative component, says Talbot, is nutrition. Both food and liquids can help keep one’s body warm. “Skipping a meal can make you more susceptible to hypothermia and frostbite,” she said. “It’s important to eat carbs and protein for energy when you’re going to be outside for a prolonged period of time, like if you’re hiking or playing sports.”

If you believe that you are beginning to develop

LOCAL SHELTERS

For those who are not able to seek shelter, social service providers in Virginia and Maryland are ramping up efforts to provide shelter to those who need to get out of the cold. For more information:

Fairfax County

703-691-2131 or fairfaxcounty.gov

City of Alexandria

703-548-7500 or alexandriava.gov

Montgomery County

240-777-3289 or montgomerycountymd.gov

Arlington County

703-228-1300 or 703-228-1010
publicassistance.arlingtoncounty.gov

frostbite or hypothermia, Lowe says in order to avoid advancing the seriousness of the condition, move your body by doing jumping jacks or some other vigorous movement and get out of the frigid elements. “There’s no set amount of time that it takes for [hypothermia or frostbite] to develop, so it’s important to keep an eye on those who are most vulnerable. But once you notice the warning signs you can try to stop the conditions before they advance, by drinking plenty of fluids, eating carbs and getting inside to a warmer temperature.”

Fair Ridge OB/GYN is pleased to announce the addition of two new providers!



Dr. Laura Pickford received her bachelor’s degree from the University of Maryland and attended medical school at the University of Virginia. She has practiced in Northern Virginia since 1999, and is the Perinatal Safety Officer at Inova Fair Oaks Hospital. Dr. Pickford is Board Certified and a Fellow of the American College of Obstetrics and Gynecology.

Cynthia Stone, MSN-FNP, received her Master’s degree as a family Nurse Practitioner from George Mason University in collaboration with George Washington University in 2004. After spending 2 years working in a family practice, she chose to focus on women’s health and has been working in OB/GYN since 2006.



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Here's What's Happening at MCC

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"Aesop's Fables"
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Saturday, Jan. 6, 11 a.m.

and

**"The Call of
the Wild"**

Adapted from Jack London
by Catherine Bush

Saturday, Jan. 6, 3 p.m.



Churchill Road Elementary School
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\$15 per show/\$10 MCC district residents

McLean Traveler
**National Gallery of Art -
Washington, D.C.**

Thursday, Jan. 11
9:30 a.m. – 3:30 p.m.

\$55/\$50 MCC district residents

The Old Firehouse
5th & 6th Grader Party
Snow Ball

Friday, Jan. 12, 7–9 p.m.

The Old Firehouse, 1440 Chain Bridge Rd.
\$35 per person/\$25 MCC district residents

Sponsored by The Alden

**Dr. Martin Luther King Jr.
Day Celebration**

**William Rhoden:
"Activist Athletes"**

Sunday, Jan. 14, 2 p.m.

The Old Firehouse
1440 Chain Bridge Rd.

\$20/\$10 MCC district residents



**MCC Governing Board Election
Run for a seat on MCC's
Governing Board!**

Petition forms are available
Monday, Jan. 22

View full details on the Center's website.



The McLean Community Center

www.mcleancenter.org

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OPINION

Hudgins

FROM PAGE 4

The “Laugh until you can’t laugh anymore” 17-year-old Maame Biney will be representing the U.S. and her hometown, Reston, in February at the 2018 Winter Olympic Games. Which speaks volumes for someone born in Ghana and who didn’t even grasp the concept of ice until age 6. Her sport: short track speed skating.

With her infectious giggle and joy at winning, she is also the first African-American woman to join the U.S. Olympic Speed Skating Team. And after the Olympics, will she hang up her skates? Probably not.

According to Anthony Barthell, Women’s Short Track National (Olympic) Team Coach, “She’s a natural athlete. Most natural athletes have a hard transition to skating because speed skating is so unnatural. It goes against everything you’re taught as an athlete. So for her, she’s learned how to skate and is able to use her natural athletic abilities... In my eyes, I feel she can be one of the top girls in the world. It’s going to take a little bit of time, but she has the potential.”

Remarkably, she hasn’t lost sight of the long-range big picture. With a goal of becoming a chemical engineer, graduating on time – with her friends – is as

important a goal as short track skating and applying to college. Now, that is a comprehensive life view.

Think for a moment: What is it when you have a 64-pound, head-first, face-down toboggan without steering, an engine, brakes, or seat belt, hurling along at 90 miles per hour, through ice-covered turns? Answer: A skeleton sled, very possibly held by Vienna native and Madison High 2007 grad, Veronica Day. She is also an Olympic hopeful for the 2018 U.S. Winter Olympic Skeleton Team.

Wait a minute, you’re probably puzzling, how did this happen? Wasn’t she a high school track and field stand-out? Besides, there isn’t much snow in North Carolina where she graduated from college with a degree in international business and international studies.

Both true – clearly, this is someone who continues to learn and grow physically as she continues to expand culturally and globally. Equally true is her spunk and determination in her growth potential: “Do I think I can be number one or two in the U.S.? Absolutely, I don’t think it’s a pipe dream at all.”

All I can say is that with strong public policy and public participation and local schools educating crack-jack female student athletes, I have every confidence in and am looking forward to another productive, successful year in 2018! With every good wish to the entire Hunter Mill community for warmer weather and a Happy New Year.

General Assembly Delegation to Hold Public Hearing

The Fairfax County delegation to the General Assembly will hold a hearing for public comment regarding the upcoming 2018 session on Saturday, Jan. 6. The forum begins at 9 a.m. in the boardroom of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax with parking available in front of the Government Center Building. Only Fairfax County residents may register to speak, and individuals may speak on their own behalf or on behalf of an organization serving County residents.

Fairfax County Board of Supervisors Chairman Sharon Bulova will welcome the delegation to the Government Center on behalf of the Board of Supervisors and deliver brief remarks. Fairfax County residents who want to sign up in advance to speak at the hearing should register online using the form or contact the Office of the Clerk to the Board of Supervisors at 703-324-3151, TTY 711, by noon on Friday, Jan. 5. Requests for ADA accommodations should be made as soon as possible but no later than 48 hours before the public hearing.

All speakers are asked to personally register for their speaking slot (residents needing assistance will be helped on a case by case basis). Organizations are encouraged to limit their number of

speakers to a maximum of five. Additional attendees in support of said organization at the public hearing may be recognized by the chair. Speaking slots will be numbered based on a first come, first served allocation. Point of contact for other questions or requests for ADA accommodations: Arielle McAloon (703-324-2649) or Chris Camarca (703-324-2683).

Each speaker will be allocated three minutes to address the delegation. Speakers must be present when called to the podium, and people who miss their turn will be added to the end of the list of speakers. The Chair reserves the right to modify the guidelines on site for the smooth operation of the public hearing.

The hearing will be televised live on Fairfax County Television Channel 16 (Channel 1016 in HD on Cox; Channel 16 on Verizon or Comcast), and can also be viewed on-line through the Channel 16 stream.

Further information on the public comment hearing is available from members of the Fairfax County legislative delegation. Contact information for individual delegation members is available on the Virginia General Assembly web page at whosmy.virginiageneralassembly.gov/

Armstrong Elementary Students Honored for Achievement

Nine students at Neil Armstrong Elementary School in Reston have been honored by the School PTA for participation and achievement in the 2017-18 National PTA Reflections arts in education program.

The reflections program honors imagination, creativity and interpretation of the theme “Within Reach.” Students were encouraged to create an original work of art in one or more of the following categories: dance choreography, film production, literature, 3-d art, musical composition, photography, visual arts and special artist division for students with disabilities.

The following achievement awards

were earned for each category and grade division:

❖ Award of Excellence: This award is given to a student in each arts category, in each grade level division, that best interprets the theme. This award advances to local awards program.

Photography – Andrew Das (Intermediate)

Literature – Asha Das (Intermediate)
Visual Arts – Ben Fox (Intermediate)
3D Sculpture – Evie Lenz Miller (Primary)

❖ Award of Merit: This award is given to the next highest scores for each arts category in each grade level division.

Visual Arts – Julia Cochran (Interme-

diate)

Photography – Andrew Das (Intermediate)

Visual Arts – Asha Das (Intermediate)
Visual Arts – Madeline de Clerck (Middle School)

❖ Honorable Mention: This award is given to the next highest scores for each arts category in each division.

Literature – Sofia Bentolila (Intermediate)

Visual Arts – Charlotte de Clerck (Primary)

Visual Arts – Matthew de Clerck (Intermediate)

For more information about the program, visit PTA.org/Reflections.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

TUESDAY/JAN. 9

Vienna Oakton Chapter of NARFE. 1 p.m. at the Vienna Community Center, 120 Cherry St SE. Speaker will be Lisa Mottesheard, Account Manager for Caption Call, of Eastern Virginia. Call 703-938-9757 for more.

English as a Second Language Classes. 7-8 p.m. at St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Come help 150+ adult learners master the English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. Call 703-980-9380, email stmarksesl@gmail.com, or visit www.stmarksesl.org.

THURSDAY/JAN. 11

English as a Second Language Classes. 7-8 p.m. at St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Come help 150+ adult learners master the English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. Call 703-980-9380, email stmarksesl@gmail.com, or visit www.stmarksesl.org.

THURSDAY/JAN. 18

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia, meets first and third Thursdays of every month. Call 703-821-6838 or email jtarr5@verizon.net for more.

SUPPORT GROUPS

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

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

Assembly

FROM PAGE 3

IT MAY SEEM like the elections never cease in Virginia, where voters go to the polls multiple times every year. And although Washington is already focused on the 2018 campaign, Richmond is already preparing for an epic election in 2019. Not only will that election include all members of the House and the Senate, it will also set the scene for who controls the redistricting process. Both parties are eager to control as much of the process as possible, and Democrats have already won a major victory by electing a governor who will have veto power over the maps drawn by lawmakers.

"The one piece of this that I'm interested in doing is having a factor of competitiveness and competition being part of the equation," said Del. Mark Keam (D-35). "Right now all the standards that they use for redistricting are things like partisanship, demographics and minority status. But there's nothing that talks about whether a district is competitive or not."

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I'm Very Seldom Wrong, But This Time I'm Write



By KENNETH B. LOURIE

Since I don't have to write for a deadline this week (12/27/17 papers have already gone to press), maybe I'll write for pleasure. Not that writing this column is ever not my pleasure, but it is time-sensitive, at least on a weekly basis. And though that "weekliness" can occasionally induce some pressure, mostly I can manage it. Besides, it contributes to what you read and my feelings about having written. As such, my columns are rarely about the past, well, only in so far as it gives the present and future concerns some context. Generally speaking however, I am writing about extremely-current events. It's not exactly real time, but the timing is exceptionally real.

This sort of holiday break occurs at The Connection every year as we condense our publication schedule and finish/publish three weeks of newspapers in nine business days. And even though this "condensation" is nothing new for any of us long-sitting employees, it does present its own unique set of challenges, yet it is a schedule which has stood the test of time. Time which eventually leads to pleasure.

And time off is part of what drives this mid-to-late December rush. Because in the newspaper business, especially considering the 24/7 news cycle, with which we are all familiar, even for a weekly publication - for both editorial and sales, you are mostly on. So getting a chance to publish and then pause, gives us all an opportunity to refresh and recharge. And since I'm honeymooning, so to speak, (see column dated 12/13/17 titled "As Good As It Gets"), I have nothing particularly cancer-centric to write about and/or worry about, well, top of mind anyway. There's plenty of cancer stuff bottom of mind though. The difficulty is keeping it there.

The problem/reality is, even when you're meandering around in your head, in order to write, there is a cancer section which inevitably fights its way to the top. It's not as if I have a multiple personality disorder: Kenny-without-cancer and Kenny-with-cancer (my website, by the way: www.KennyWithCancer.com), but sometimes I think I must. Thinking one could totally compartmentalize the facts and fissures that a "terminal" lung cancer diagnosis/"13 month to two year" prognosis imposes is an admirable, much talked about goal but in truth, it's probably unrealistic and likely leads to that dual personality. But who's kidding whom? It's hard/IMPOSSIBLE to know.

So for the moment, I can pretend/presume that Kenny-without-cancer is front and center, top of mind and in control, free to wander aimlessly in print and ponder his fate as if nothing much - other than one's own mortality, is effecting his judgment. Ah, one can dream. And oddly enough, I have been dreaming more, and sleeping longer and deeper, too. I'm sure it's simply a coincidence that having five weeks off from any cancer-related activities/obligations, and likewise having nine days off from any newspaper-related activities has contributed to this semi peace and quiet. A quiet which will soon end when we leave for two days in Pennsylvania to spend Christmas with my wife Dina's cousins, which, along with the cheesesteak I plan on eating, provides it's own sort of comfort and joy.

Still, any port in the cancer storm provides a welcome respite from the - with apologies to Shakespeare - slings and arrows of outrageous misfortune (Shakespeare's quote was "fortune"), however real or imagined. To be sure, cancer is no joke, neither is being diagnosed with a "terminal" form of it: non-small cell lung cancer, stage IV, at age 54 and a half. But making fun of it and the circumstances surrounding it, has been my stock and trade since I first went public - in print, in June 2009. The means I've justified to prevent my premature end. So far, so good.

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



Rorie and her band have been at Jammin' Java several times over the past few years.



PHOTOS BY MIKE SALMON/THE CONNECTION

Rorie embraces life in her songs.

Local Pop Star Rorie Sings Her Way to the Big Time

BY MIKE SALMON
THE CONNECTION

New York has had an influence on musicians through the years, and the big apple was part of the picture when Erin Rea Ochocki, aka "Rorie," broke away from the 9-5 world, adopted the one-name genre of Rorie and hit the stage as a singer. She hasn't looked back either. "I traveled around the city, playing shows by myself and realized that was my passion," the 20-something singer said.

Fast forward a few years and Rorie has a name of her own, and several EP's, including one called "Dawn," that consists of four songs she's highlighting at her show at Vienna's Jammin' Java on Jan. 14.

"Dawn" focuses on overcoming obstacles and struggles that crop up in life, and Rorie has seen a few of these struggles to know first hand. In New York, for example, she worked for a non-profit, devoting her time to combat human trafficking, and worked with a roommate on a music video to raise awareness. The roommate, Jordan Ippolito, danced a choreographic routine in a deserted, dusty structure to drive home the point.

Rorie even did some video work in Old Town, Alexandria where she lives now. A video company called Open Valve Studios from Los Angeles, flew into town with their equipment and they spent a few days filming, including part in Killer ESP coffee shop right on King Street. "They were really fun, we filmed for three days, we were really good friends after that," she said.

Video production guru Franck Tabouring of Open Valve Studios, was happy with the folks at Killer ESP and the City of Alexandria as well. He came into town without having much time to scout locations, and just popped into Killer ESP and it all worked. Killer ESP is an independent coffee shop run by Rob Shelton, and their handmade mugs, local art on the walls and

Singer-songwriter Rorie is playing her EP called "Dawn," at Jammin' Java in Vienna on Jan. 14.



independent attitude was just what they needed. "When you deal with tight locations like this one, you just have to adapt and keep equipment down to a minimum and simply go with the flow, which was very easy to accomplish given the overall naturally relaxing atmosphere in Alexandria," said Tabouring.

The Open Valve film crew likes to shoot video on location, and the atmosphere in Old Town Alexandria worked out well. He scouted places via the internet and Google

Satellite, and then contacted city officials and it was "smooth sailing," he said. "It's wonderful when you get to travel to a place where filming is encouraged and welcomed," he said.

Rob Shelton, the manager at Killer ESP, has seen Rorie in for a cup of coffee a few times and was enthusiastic when Open Valve called. Although he couldn't be there in person for the video shoot, "I just told them to come in and make themselves at home," he said, even suggesting the front

Where & When

Rorie is playing at Jammin' Java, 227 Maple Ave. E. on Sunday, Jan. 14 at 7 p.m. Visit www.jamminjava.com or call 703- 255-1566 for more.

room as a good spot because of the light. "She's super talented and takes a warm, organic approach to production," he said of Rorie.

It's not her first experience in Alexandria though. They also played at Alexandria's First Night on New Year's Eve last year.

Singer-Songwriter

Rorie likes to write her own music and bases most themes on her own life, as most musicians do. Some influences on her style include Joni Mitchell of the 1960s fame, or the X Ambassadors. The rest of her band are Dwayne Butler on drums, Doug Kurucz on bass and Patrick McLaughlin on guitar, all from Northern Virginia. In the videos, she waltzes around, searching for something just out of reach, sporting a hairstyle highlighting her bangs, similar to Zooey Deschanel of TV fame. She is familiar with the hipster genre, and embraces it. "I think it's a cool thing to be a hipster," she said.

"Climate," is one of the songs on her Old Town video, and she seemed to know what she wanted to video to resonate, said Tabouring. "She connected with our style and always welcomed our input, while we made sure to stay true to the song's message and what she had in mind both visually and emotionally," he said. Rorie admits to carrying around a notepad and taking down notes of inspiration from time to time, like authors and musicians do to jot down ideas that pop up.

She's played at Jammin' Java a few times before, so they know her music. "As a whole, Rorie's music tells stories of both heartache and hope," it said on the Jammin' Java show preview.