

Vienna and Oakton CONNECTION

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Vienna Police Highlights

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Nov. 20 – 29, 2018.

INCIDENTS

Vandalism — 700 Block Meadow Lane, SW Between Aug. 1 at 12 p.m. and Nov. 18 at 12 p.m. A resident reported vandalism to her vehicle. She was not certain when or where the damage occurred.

Animal Case – Quarantine — 600 Block Kearney Court, SW Nov. 16, 1 p.m. A resident was bitten on the ankle by her neighbor's dog. The dog was placed on a 10-day quarantine.

Animal Case – Quarantine — 1000 Block Mountfort Court, SW Nov. 17, 12 p.m. A mail carrier was bitten by a dog while delivering mail to a residence. The dog was placed on a 10-day quarantine.

Vehicle Tampering — 400 Block Colin Lane, NW Between Nov. 19 at 8 p.m. and Nov. 20 at 7:30 p.m. A resident reported that an unknown person entered her unlocked vehicle that was parked in the driveway and rummaged through the vehicle. Nothing appeared to have been taken. **Vehicle Tampering — 600**

Block Upham Place, NW Between Nov. 19 at 11:30 p.m. and Nov. 20 at 7:30 a.m. A resident reported that an unknown person entered her unlocked vehicle, rummaged through it and took some loose change and a flashlight.

Vehicle Tampering — 800 Block Tapawingo Road, SW Between Nov. 19 at 11 p.m. and Nov. 20 at 7 a.m. A resident reported that an unknown person entered their unlocked vehicle, rummaged through it and took two pairs of prescription sunglasses and a penlight.

Arrest – Warrant Service — Amphora Restaurant 377 Maple Avenue, West Nov. 20, 3:01 a.m. Officers responded to the report of an employee who appeared to be intoxicated and was yelling at cus-

tomers. Ofc. Colligan spoke to the employee and, upon his interaction with him, detected signs of impairment. A wanted check on the employee indicated an active warrant with the Fairfax County Police. Ofc. Colligan arrested the 41-year-old man from Dale Court, SE in Vienna. He was transported to the Fairfax County Adult Detention Center where he was charged with Drunk In Public and the warrant charging Failure to Appear for Driving While Intoxicated was served.

Domestic Dispute — Hillcrest Drive, SW Nov. 20, 12 p.m. Officers responded for a verbal dispute between a resident and his parents.

Assault — Courthouse Road and

Nutley Street, SW Nov. 21, 12:40 p.m. Two drivers became involved in a physical altercation after a traffic dispute. Both drivers were advised of the warrant process should they wish to pursue charges

— 200 Block Cedar Lane, SE Nov. 23, 2:15 p.m. A resident came home and found her apartment door was open. The residence was checked, and nothing appeared to have been disturbed.

Assist Rescue — 1100 Block Ware Street, SW Nov. 25, 11:01 a.m. Officers responded to assist rescue with a woman at the residence. The woman was transported to an area hospital for evaluation.

Assist Rescue — 700 Block Ware Street, SW Nov. 25, 9:46 a.m. Officers responded to assist rescue with a woman at the residence. The woman was transported to an area hospital for evaluation.

Domestic Dispute — Gibson Circle, SW Nov. 25, 8:12 p.m. Officers responded to a dispute between two siblings.

Arrest – Narcotics Violation — 100 Block Patrick Street, SE Nov. 27, 12:06 a.m. Officers responded to the report of a suspicious vehicle. Upon their interaction with the vehicle's occupant, the officers detected the odor of marijuana. The man was found to be in possession of a measurable amount of marijuana. Ofc. Nesbitt issued a summons to the 27-year-old man from Patrick Street, SE in Vienna charging Possession of Marijuana. The man was released on his signature.

Petit Larceny — 7-11 537 Maple Avenue, West Nov. 27, 12:43 a.m. An employee reported a man entered the store, asked for e-cigarettes, then grabbed the e-cigarettes and fled without paying for them.

Assault — McDonalds Restaurant Nov. 28, 9:24 p.m. Officers responded to a fight at the McDonalds. Two teenage males were located in the bathroom. A citizen advised he observed the two juveniles enter the bathroom, then two men entered and began to fight with the juveniles. The men quickly left the restaurant. One of the juveniles' parents came to the restaurant to pick them up. Officers were unable to locate the men who were involved.

Arrest – Domestic Assault — Locust Street, SE Nov. 28, 11:28 p.m. Officers responded to a domestic assault between a brother and sister. The dispute began when the brother was playing his music too loudly and escalated when the sister took the radio from him and attempted to damage it. The brother struck his sister, and a fight ensued. As the sister grabbed her phone to summon police, the brother took the phone and smashed it to prevent the 911 call. The sister suffered injuries to her face but refused rescue. MPO Smith arrested the 18-year-old man from Locust Street, SE in Vienna. He transported the man to the Fairfax County Adult Detention Center where he was charged with Domestic Assault, Preventing Someone from Calling Police, and Destruction of Property. A Protective Order was issued, and he was released on a \$3000 unsecured bond.

Fraud — Burke and Herbert Bank 302 Maple Avenue, West Nov. 29, 1:20 p.m. An employee reported a man entered the bank and attempted to pass a fraudulent check. The man left the bank before police were summoned. **Trespassing — Viet Aroma Restaurant 165 Glyndon Street, SE Nov. 29, 1:55 p.m.** Employees requested assistance with a man who was causing a disturbance in the restaurant. The man was advised to leave the restaurant and that he may be charged with trespass if he returned. Soon after this incident, the man entered the Chipotle at 213 Maple Avenue,

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Bards Alley entered Vienna storefront decoration contest by bringing the Polar Express to life.

PHOTOS BY LISA FAY/
THE CONNECTION



Bards Alley Wins Window Decorating Contest

Church Street wine and book shop Bards Alley has taken home the grand prize in the Vienna Town Business Liaison Committee's annual holiday window decorating contest. Winners were announced Monday, Nov. 26, at the Town of Vienna's 22nd annual Church Street Holiday Stroll.

Bards Alley won Best in Show over 23 other participating businesses for its Polar Express-themed storefront display, and, as the shop's reward, will take Mayor Laurie DiRocco aboard its staff for one hour to help with holiday sales this season.

Bards Alley owner Jen Morrow outlined the shop's creative process in linking their display to Vienna's identity. "We wanted to capture both the spirit of Vienna and the theme of a classic holiday story. Given our connection to the W&OD, my first thought was of trains — and which train is more well-known and festive than the Polar Express? Local resident Phil Charwood artfully gave life to the magical scene and we were so excited to share it with the community," said Morrow.

Other award-worthy Vienna storefronts were recognized as well: Cycle Chi, Caffe Amouri, and Trousseau.



Bards Alley has taken home the grand prize in the Vienna Town Business Liaison Committee's annual holiday window decorating contest.

Bards Alley has a corner filled with Christmas inspired books.



PHOTOS BY LISA FAY/THE CONNECTION

OLGC community met their goal of providing 100 dinners (actually 101) to local families.

Thanksgiving Dinner Drive Exceeds Expectations

Our Lady of Good Counsel's 5th Annual Thanksgiving Dinner Drive is in the books: Once again-they met their goal of providing 100 (actually 101) local families of Clearview Elementary School in Herndon with delicious Thanksgiving Dinners. This year they enhanced their family recipes by including fresh fruits, vegetables and dinner rolls too. All dinners included a \$25 Walmart gift card for turkeys.

Many of OLGC families sup-

port the program every year. This drive is organized by Meghan Gillespie and her team of volunteers and students, who handled the pre-planning, organization, countless email responses, study sessions to make sure every meal was ticketed, matched, and then loaded up in cars and vans, and driven to hand out the dinners. Many of students and volunteers braved the cold and carpool line on Nov. 20 to receive the dinners and sell gift cards.



OLGC students gather dinners.



Student collecting the contributions for those in need.

OPINION

Give Locally

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about helping others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence

of the needy families among us.

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness. Some of these are children who may not be sure that they will have a meal between the meals they get at school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts

and plenty that we associate with Christmas and the holiday season.

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and visit with Santa. Help Share help those in need by fulfilling a wish or donating gift cards. Contact ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.
- ❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org. Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.
- ❖ **The Community Foundation of Northern Virginia** www.cfnova.org. The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. www.cfnova.org/for-donors/donate-now
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in December. Children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com
- ❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. www.nvfs.org. Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500
- ❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for

- homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.
- ❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. www.touchingheart.com, 703-901-7355.
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030
- ❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without December holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. Britepaths.org
- ❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: Contact@CentrevilleLRC.org www.centreville-lrc.org/
- ❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. lortonaction.org/seasonal-assistance/.
- ❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact alnorthernva@gmail.com or visit www.northernvirginia.assistanceleague.org
- ❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation

- for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org
- ❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. www.shelterhouse.org
- ❖ **Friends of the Fairfax County Animal Shelter**. For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858 www.facebook.com/pg/FFCAS/about/
- ❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309 www.newhopehousing.org/how-to-help/donate/
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. www.pathwayhomes.org
- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates three clubs in the county, Culmore, Chantilly and Mount Vernon. focusing on character and academic success. www.bgcgw.org/fairfax
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.
- ❖ **TAPS, Tragedy Assistance Program for Survivors**, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, Medicaid, 703-535-5568, www.neighborhoodhealthva.org
- ❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. oarnova.org/christmas
- ❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. www.nami-northernvirginia.org/ HelpLine: (571)458.7310, Email: info@nami-nova.org
- ❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. Crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511
- ❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution; to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment. (202) 888-2037 www.potomacriverkeepernetwork.org
- ❖ **Potomac River Conservancy**, 301.608.1188 potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level.

Vienna & Oakton CONNECTION

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WEEK IN VIENNA

Juvenile Arson & Vandalism Suspects Arrested

The Vienna Police and Fairfax County Police departments have charged two juveniles, a 14-year-old Vienna resident and 13-year-old Reston resident, with several felony and misdemeanor crimes, including arson and destruction of property. These arrests are the result of a cooperative investigation conducted by the Vienna Police Department, Fairfax County Police Department, and Fairfax County Fire Marshal's Office. The charges relate to the fire set Oct. 14 at the former Marco Polo restaurant at 245 Maple Avenue West in Vienna as well as the Sept. 9 vandalism of several buses in the rear parking lot of the same location. Other charges filed relate to the Nov. 4 vandalism of two historic government buildings near Lahey Lost Valley Park, which caused several thousand dollars in damage. The investigation into bomb threats in McLean and Reston is ongoing. The police departments would like to acknowledge the citizens who came forward to provide information about these cases and to thank residents for their patience during this investigation. Anyone who has additional information concerning these cases is asked to contact MPO Juan Vazquez at Vienna Police Department.

Police

FROM PAGE 2

East and began causing another disturbance. Again, the man was advised to leave the restaurant, and he complied.

Emotionally Disturbed Person — 200 Block Park Terrace Court, SE Nov. 29, 4:21 p.m. Officers responded to a noise complaint. They located the man on his balcony and spoke to him. It was determined that the man was not in need of immediate services and appeared in good physical condition. Information on the incident was given to mental health professionals to follow up if needed.

Arrest — Noise Violation — The Bey Lounge 303 Mill Street, NE Nov. 29, 10:50 p.m. Officers responded to a complaint of loud music. Ofc. Williams determined the music was coming from The Bey Lounge. Ofc. Williams charged the 48-year-old woman, from South George Mason Drive in Falls Church with Excessive Noise at Night. The woman was released on a summons.

Arrest — Narcotics Violation — Pleasant Street and Maple Avenue, SW Nov. 29, 11:49 p.m. Sgt. Juelharte observed an occupant of a vehicle throw trash out of the window while the vehicle was traveling on Maple Avenue.

The officer initiated a traffic stop and, upon her interaction with the driver, detected the odor of marijuana. The driver was found to be in possession of a measurable amount of Marijuana. Sgt. Juelharte issued a summons to the driver, a 23-year-old man from Old Courthouse Road in Vienna charging Possession of Marijuana.

A passenger in the vehicle, a 23-year-old man from Cottage Street, SW in Vienna was issued a summons for Littering. Both men were released on their signatures.

CRASHES

300 Block Maple Avenue, East — Nov. 17, 1:29 p.m. Vehicle-1 was maneuvering through the parking lot when it side-swiped Vehicle-2 (a legally parked, unoccupied vehicle). Driver-1 failed to provide his information before leaving the scene.

100 Block Dogwood Street, SW — Nov. 20, 10:05 a.m. Vehicle-2 was legally parked on Dogwood Street. Driver-1 was attempting to drive between two parked vehicles but did not have enough room.

The front right tire of Vehicle-1 struck the lug nut on Vehicle-2 puncturing Vehicle-2's tire.

100 Block Center Street, South — Nov. 11, 10:30 a.m. Vehicle-2 (a Town of Vienna vehicle) was legally parked, unoccupied on Center Street. Driver-1

was attempting to pull out of a parking space, but the vehicle engine was not on. Vehicle-1 rolled backward and struck Vehicle-2.

Maple Avenue and Lawyers Road, NW — Nov. 20, 5:59 p.m. Three vehicles were traveling in the right, westbound lane on Maple Avenue near Lawyers Road. Vehicle-3 slowed to make a right turn into a parking lot. Vehicle-2 also slowed behind Vehicle-3. Vehicle-1 was unable to stop in time and ran into the rear of Vehicle-2 pushing it into the rear of Vehicle-3. Driver-1 was issued a summons charging Following Too Closely.

431 Maple Avenue, West — Nov. 21, 4:22 p.m. Vehicle-2 was traveling in the left westbound lane of Maple Avenue. Vehicle-1 was entering the highway from 431 Maple Avenue, West, attempting to get into the left turn lane onto Nutley Street. Traffic in the right lane had stopped to allow Vehicle-1 onto the highway. However, traffic in the left lane had not stopped. The two vehicles collided as Vehicle-1 entered the left lane. Driver-1 was issued a summons charging Failure to Yield Entering a Highway.

112 Center Street, North — Nov. 24, 7 p.m. Driver-1 was exiting a parking lot when it struck Vehicle-2. Driver-1 checked Vehicle-2, saw no damage, and left the scene. The driver of Vehicle-2 noticed minor damage to the rear bumper when she returned to her vehicle. Driver-1 was located and provided full information.

Nutley Street at Kingsley Road, SW — Nov. 26, 7:19 a.m. Vehicle-1 was on Kingsley Road attempting to turn left and go southbound on Nutley Street. Vehicle-2 was traveling in the left northbound lane of Nutley, approaching Kingsley. As Vehicle-1 entered the intersection, he struck Vehicle-2. Vehicle-2 then struck the posted traffic sign in the median. Driver-1 was issued a summons charging Fail To Yield Right of Way.

Maple Avenue and Center Street, NE — Nov. 26, 7:11 p.m. Vehicle-1 was traveling westbound on Maple Avenue, attempting to turn right onto Center Street, North.

There was a road sign on Center Street advising the road was closed. Vehicle-1 struck the street sign, knocking it over. Driver-1 was issued a summons charging Failure to Obey a Highway sign.

100 Block Maple Avenue, West — Nov. 29, 1:10 p.m. Vehicle-2 was backing out of a parking space in the parking lot when Vehicle-1 struck the rear of Vehicle-2 and fled the scene.

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Habits that Stick

Key to making changing old habits and making new ones.

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

"I always feel like I don't fit it and everybody is staring at me, but this time, I'm really going to stick with it," she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

"Essentially, a habit is turning a new behavior into something that is done automatically," said Lauren Puglisi, LCSW. "For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don't have to talk yourself into doing those things, you do

them without even thinking."

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. "New habits are best formed in small, manageable increments," said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. "For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule."

Develop a list specific actions to take, advises Puglisi. "For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started," she said. "Otherwise, you might get overwhelmed and give up."

"Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren't as easy to make automatic, and may require more time," added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For instance, developing a habit of walking 15

minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer."

Find ways to increase accountability. "Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day," said McLaughlin. "Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team." Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages," said Puglisi. "If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free," she said. "Set a realistic amount of time to spend meditating, and select a specific meditation. This will make it easy to do quickly and easily, so you'll have fewer excuses not to do it."

The company one keeps also plays a role in habit formation. "You're likely to boost your willpower if you choose to spend time with someone who has strong willpower," said Bagshaw. "Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."

Assess your progress regularly. "Self-monitoring adds to success," said psychologist Stacie Isenberg, Psy.D. "Writing down what you've eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don't cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you'll be at 2020 without your new habit."

"It helps to set up the environment to remind you to do the behavior and make it easy to follow through," said Jerome Short, Ph.D., associate professor of psychology at George Mason University. "For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see."

Don't forget rewards, says McLaughlin. "Change won't happen unless you are motivated to make the change," she said. "This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you've gone a week without biting your nails."

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NEWS

Ethics Day 2018 was hosted for the **James Madison High School Class of 2019** on Nov. 16, 2018 at the Vienna Community Center.

PHOTO CONTRIBUTED



Madison High Class of 2019 Holds Ethics Day

Even with a wintery start and two-hour delay to the school day, Ethics Day 2018 was hosted for the James Madison High School Class of 2019 on Nov. 16, 2018 at the Vienna Community Center. More than 100 community members volunteered their time to produce and facilitate the day.

Designed with four interactive sessions the students rotated through, the program focused on the critical thinking required when reviewing a complicated ethical decision. In small groups, each with a community member as a facilitator, students discussed a wide range of topics: reckless driving, the best candidate for an organ donation, how to respond to peer vaping and how to make a decision when the outcome could fracture a professional or personal relationship.

During a mock trial, presided over by Judge Jonathan Frieden, Fairfax County Juvenile and Do-

mestic Relations, students witnessed two teenagers on trial for reckless driving that resulted in the death of a peer. Nathaniel Baldwin, The Baldwin Law Firm, LLC., served as the prosecuting attorney and Robert Wagman, Bracewell, served as the defending attorney. Lieutenant Thomas Taylor, Vienna Police Department, served as the officer who responded to the scene and provided testimony. After both lawyers presented their case, with witnesses, and the trial was over, each student group participated in a discussion to determine if the reckless driver should receive time in jail.

Sponsored by the Vienna Rotary Club, the Warhawk Foundation, Vienna Optimists and the PTSA, students were bused from the school to community center and were provided both breakfast and lunch throughout the day.



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HOLIDAY ENTERTAINMENT



PHOTOS BY TERESA CASTRACANE

From left: Russell Rinker, Karma Price, Billie Krishawn, Ayanna Hardy, Suzy Alden, Gary L. Perkins III, Joshua Simon, Demitrus Carter, Rebecca Ballinger, and V. Savoy McIlwain in “A Civil War Christmas” at 1st Stage in Tysons. The show runs through Dec. 23.

A Civil War Christmas: An American Musical Celebration

It's 1864 and Washington, D.C. is settling down to the coldest Christmas Eve in years in this pageant of carols by Paula Vogel, the Pulitzer Prize-winning writer of *Indecent*. Stories of many intertwining lives—spanning from the battlegrounds of Northern Virginia to the halls of the White House—demonstrate that the gladness of one's heart is the best gift of all. Through Dec. 23, Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays 2 and 8 p.m.; and Sundays, 2 p.m. at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Approximately 2 hours with one 15-minute intermission. Visit www.1stStage.org for the schedule of Community Conversations, captioned and audio described performances. Tickets: general admission, \$39; senior (65+), \$36; student and military, \$15 at www.1ststage.org or at 703-854-1856.



From left: Rebecca Ballinger, Suzy Alden, and Tiziano D' Affuso in “A Civil War Christmas” at 1st Stage. The show runs through Dec. 23 in Tysons Corner.

CALENDAR

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

ONGOING

Art Exhibit: “Peace Like a River.”

Through Dec. 16, gallery hours at The Gallery at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Exhibit of mixed media paintings by Alice Nodine, of Centreville. For exhibit hours and information, visit www.GoodShepherdVA.com.

Art Exhibit: 500. Through Dec. 23, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. The Torpedo Factory Artists' Association (TFAA) presents 500, a mixed-media show featuring the work of 13 TFAA member artists, from framed oil paintings to photography, all of the art is priced \$500 and under. Visit www.torpedofactoryartists.com.

Santa HQ. Through Dec. 24, Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. HGTV's Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in our 'Help Through Holiday Giving' toy drive benefiting Second Story (formerly Alternative House). Visit www.santa-hq.com.

WEDNESDAY/DEC. 5

Open House. 4-8 p.m. at Field & Gown

warehouse, 318 Dominion Road NE, Vienna. Field & Gown is a Vienna-based wedding and event décor rental company. Check out the curated inventory at the Field & Gown Holiday Open House. Visit www.fieldandgown.com.

THURSDAY/DEC. 6

52nd annual Holiday Homes Tour.

10 a.m.-3 p.m. Tour four large, festively decorated homes in the McLean neighborhoods of Langley Forest, River Oaks, Odrick's Corner and McLean Hamlet. Jewelry and holiday boutique and high-end raffle at house in River Oaks. \$30 before Dec. 6 at Mesmeralda's in McLean, Karin's Florist in Vienna, and Great Dogs of Great Falls. \$35 at the tour houses on Dec. 6. Call 703-556-0197 or visit www.mcleanwomansclub.org.

Movie Screening: “Angst: Raising Awareness Around Anxiety.” 7 p.m. in the McLean High School Auditorium, 1633 Davidson Road, McLean. This documentary features students affected by anxiety, mental health professionals, and Olympic athlete and mental health advocate Michael Phelps. Following the movie, a panel of mental health professionals from McLean High School and the community will lead a panel discussion and question and answer session to provide further information. Friends, neighbors and anyone sixth grade and above are welcome to the free event. Visit mcleanssc.org/.

The Logic of Hindu Thought. 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave E., Vienna. Meet author Dr. Vilas D. Nene, as he discusses Hindu thought, and its history. The

ancient Hindu thinkers used the scientific approach of going from the known to the unknown and also introduced the idea of the universe as a projection of the ultimate reality of Brahman (God). Books available for sale and signing. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4203999.

FRIDAY/DEC. 7

“Dining with Dorothy.” 12:30 p.m. at Tysons Corner Sakura Japanese Steak House, 8369 Leesburg Pike, Vienna. Join with friends or make new ones. Newcomers are welcome. To reserve space contact event chair, Dorothy Flood at dflood1706@gmail.com.

FRIDAY-SATURDAY/DEC. 7-8

Annual Renaissance Feaste. 7 p.m. at Langley High School, 6520 Georgetown Pike, McLean. Langley High School's choirs are busy rehearsing for the 16th annual Renaissance Feaste, which takes place in the school's “Langley Halle.” Choir students in full medieval attire – dressed as jesters, minstrels, and musicians – will serenade guests with holiday carols, entertaining them with performances straight out of Merrie Olde England. Guests will dine on authentic medieval English fare, including meat pie (or chicken or vegetarian), potatoes, and English custard topped with apple crisp. For tickets, available through Nov. 30, visit www.brownpapertickets.com, and search for “feaste” (with “e” at the end).

FRIDAY-SUNDAY/DEC. 7-16

A Christmas Carol. Thursday, Friday and Saturday at 7:30 p.m.; Saturday and Sunday, 2:30 p.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. In 1933, an unemployed Shakespearean actor and his manager run out of gas, and the townsfolk agree to supply them with some if they tell them the story of Ebenezer Scrooge, Bob Cratchit and Tiny Tim. This depression-era adaptation of Charles Dickens' classic truly brings this story to life. \$17. Tickets and more information at www.providenceplayers.org.

SATURDAY/DEC. 8

Puppy Nativity. 10 a.m.-1 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Celebrate the holiday season with third annual Puppy Nativity, where dogs play dress up as part of the nativity (costumes provided). The church's youth group will be on hand to accept donations for Britepaths (britepaths.org). The “Peace Like a River” art exhibit also will be open in The Gallery at the church during the event. Free. Visit www.GoodShepherdVA.com.

Annual Holiday Bazaar. 10 a.m.-3 p.m. at McLean High School, 1633 Davidson Road, McLean. The McLean High School Annual Holiday Bazaar Fundraiser features many returning and new vendors this year. Complimentary gift wrapping. Free admission for shoppers and free parking. Food available to purchase. Learn more at www.mcleanboosters.org.

Cookies and Cocoa with Santa. 1-3 p.m. at Vienna Pediatric Dentistry, 301 Maple Ave. West, Suite 400, Vienna. Cookie decorating (gluten free options available), cocoa, Christmas music and most importantly, Santa. Parents are welcome to take pictures of their children with this special guest. Free, all are welcome. *Consider bringing a small, unwrapped gift to donate to Toys for Tots. Call 703-938-6600 or visit viennapediatricdentistry.com.

SATURDAY-SUNDAY/DEC. 8-9

Christmas Market. Saturday, 9 a.m.-3 p.m.; Sunday, 11 a.m.-3 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Shop for holiday hand-crafted gifts, fine art jewelry, nature photography, watercolors and homemade baked goods and sweets. The United Methodist Women will be providing Christmas gift wrapping services (morning drop-offs welcomed). Bring a camera and the kids to visit with Santa from 11-3 on Saturday. A majority of the profits will go to women and children's missions. Free admission. Call 703-759-3509 or visit www.andrewchapelumc.org.

SUNDAY/DEC. 9

Gifts for Good Market. 9 a.m.-12:30 p.m. at Vienna Presbyterian Church, 124 Park St. N.W., Vienna. Vienna Presbyterian Church will host its annual Gifts for Good Haiti Christmas Market featuring handmade Haitian artwork, including metal art, jewelry and Christmas ornaments. “Haiti Is Hot Sauce” gift packs in three “Caribbean” flavors are also for sale.

HOLIDAY ENTERTAINMENT



Studio Bleu's The Nutcracker

This performance of The Nutcracker Ballet was choreographed by Troy D. Brown, who has been dancing professionally for over 20 years, and who attended the School of American Ballet in New York, under full scholarship, and is a graduate of the Duke Ellington School. Studio Bleu, located in Ashburn, is a nationally acclaimed dance center, owned by Kimberly Rishi, a resident of Reston. Studio Bleu has been partnering for almost 10 years with Brown's Art of Technique ballet conservatory program. Ashleigh Watkinson, of Great Falls, dances the role of Clara in Studio Bleu Dance Center's in the 2 p.m. performance. A portion of the proceeds will be donated to the Brad Kaminsky Foundation in support of their efforts to fight childhood cancer. Saturday, Dec. 15, 2 and 7 p.m. at Stone Bridge High School in Ashburn. Visit www.tututix.com/client/studiobleu2018/ for tickets.

Ashleigh Watkinson, of Great Falls, will perform the role of Clara in Studio Bleu/Art of Technique's inaugural full-scale Nutcracker Ballet.

CALENDAR

All community members are welcome. Proceeds benefit Vienna Presbyterian mission partner Community Coalition for Haiti (www.cchaiti.org). For more email wevn@verizon.net.

Fair Trade Fair. 9:15 a.m.-noon at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Ten Thousand Villages is an all-fair-trade store in Alexandria with products crafted by artisans from around the world — brought to Lewinsville's St. Andrews Hall. Shop for stocking stuffers, larger Christmas gifts, or treats for oneself. The sale each year is sponsored by the Mission and Service Ministry Group. Free and open to the public. Visit lewinsville.org or call 703-356-7200.

Cathedral Brass Concert. 4:30-5:30 p.m. at Vienna Presbyterian Church, 124 Park St. NE, Vienna. Jazz to traditional. Childcare is available. Call 703-938-9050 or visit viennapres.org.

"Amahl and the Night Visitors." 6 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The Choirs of Lewinsville Presbyterian Church present: "Amahl and the Night Visitors" by Gian Carlo Menotti. A prelude of choral and handbell Advent and Christmas music will begin at 6 p.m. The production will begin at 6:30. Reception to follow in St. Andrews Hall. Free and open to the public. Visit lewinsville.org or call 703-356-7200.

THURSDAY/DEC. 13

Arts Society Holiday Party. 7:30 p.m. at Vienna Art Center, 243 Church St., NW, suite 100, Vienna. The Vienna Arts Society is a 501 c 3 non-profit organization dedicated to enriching the community through the arts. All are invited. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

SATURDAY/DEC. 15

Holiday Pancake Breakfast. 8 a.m.-noon at the Vienna Volunteer Fire Department, 400 Center St., South, Vienna. The Vienna Volunteer Fire Department Auxiliary hosts their annual Holiday Pancake Breakfast. All you can eat pancakes, sausage, bacon, juice and coffee. Santa Claus will be greeting all from 9:30-11 a.m. There will be tours of the fire equipment available. Free child photo ID and fingerprint cards will be available from Fairfax County Sheriff's office. Adults \$8, adults; \$7, seniors (65+); \$6, children ages 5-12, children 4 and under free. Email Joanie@vvfd.org or visit vvfd.org.

Parents' Day Out. 9 a.m.-noon at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Annual Parents' Day Out event for children in Kindergarten through Grade 6. Sponsored by the Lewinsville Youth Ministry, children will spend time watching Christmas movies, making crafts, decorating Christmas cookies, and playing games while parents prepare for the holidays. Free and open to the public. Sign up at www.lewinsville.org/event-items/parents-day-out/ or email Rev. Annamarie

Groenenboom at agroenenboom@lewinsville.org.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

Christmas Carol Sing-along. 3-5 p.m. at Historic Pleasant Grove, 8641 Lewinsville Road, McLean. Historic Pleasant Grove is holding its annual Christmas Carol Sing, followed by cookies and hot cider, at their quaint historic site. Free. Visit www.HistoricPleasantGrove.org.

Night in Bethlehem. 5-7 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Wander through the outdoor city marketplace and discover what life was like when Jesus was born. Create unique keepsakes and interact with this live nativity including Mary, Joseph and a tame camel, donkey and sheep — and hear the story of Jesus' birth. Free. Visit www.andrewchapelumc.org.

SATURDAY-SUNDAY/DEC. 15-16

Christmas with Voce. Saturday, 8 p.m.; Sunday, 4 p.m. at Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Voce celebrates the festive season with Ottorino Respighi's glittering *Lauda per la Natività del Signore* (Laud to the Nativity). Written in 1930, Respighi's seasonal cantata is an exquisite, neo-Baroque treatment of the Christmas story scored for chorus, soloists, and chamber ensemble. \$25 general admission; \$20 age 62+; \$10 student (18+); children under 18 free. Visit www.voce.org or call 703-277-7772.

SUNDAY/DEC. 16

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

Gifts for Good Market. 9 a.m.-12:30 p.m. at Vienna Presbyterian Church, 124 Park St. N.W., Vienna. Vienna Presbyterian Church will host its annual Gifts for Good Haiti Christmas Market featuring handmade Haitian artwork, including metal art, jewelry and Christmas ornaments. "Haiti Is Hot Sauce" gift packs in three "Caribbean" flavors are also for sale. All community members are welcome. Proceeds benefit Vienna Presbyterian mission partner Community Coalition for Haiti (www.cchaiti.org). For more email wevn@verizon.net.

The Glorious Sounds of Christmas. 4-5:30 p.m. at Vienna Presbyterian Church, 124 Park St. NE, Vienna. Sanctuary Choir, Cathedral Brass, Youth Choir, Friendship Chimes. Childcare is available. Call 703-938-9050 or visit viennapres.org.

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SPORTS

**Warhawks forward
Keegan Sweeney drive the
net against the
Centreville / Fairfax
Wildcats. Keegan would
tally a hat trick in the 11-
1 win over the Wildcats.**

PHOTOS BY KHY SWEENEY



Ice Hockey: Warhawks Dominate Wildcats, 11-1

The Warhawk Varsity Ice Hockey team crushed the Centreville / Fairfax Wildcats 11-1 Friday night. After a slow and scoreless first period, forward Keegan Sweeney opened up the scoring early in the second period with his first of 3 goals and 1 assist. The Warhawks would continue to pelt the Wildcat net with 4 additional goals in the second period and 6 in the third period. In addition to Sweeney's hat trick, goals were scored by Luke Pohlman (2), Michael Crespy, Jack Hunter, Jeff Hunter, Nick Willey, Zach Helfant, and TJ Ezzard. Assists came from Justin Machovina (2), Matt Hetherington (2), Preston Cain, Tom Hetherington, Sammy Thompson and Leo Steiner. The Warhawk defense held the Wildcats to only 5 shots.

The Warhawks face the McLean Highlanders Friday, Dec. 7 at 9:40 p.m. at Reston Skatequest.



Warhawk forwards Luke Pohlman and Zach Helfant get a step up on the Centreville / Fairfax Wildcats. Luke would score 2 goals and Zach 1 goal in the 11-1 win over the Wildcats. Photo Credit - Khy Sweeney

BULLETIN BOARD

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

HOLIDAY DONATIONS

Blanket and Coat Drive. Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit novareliefcenr.org.

Volunteers Needed: CHO Christmas Store & Bike Program. Friday, Dec. 7, 9:30 a.m.-noon (set up); Saturday, Dec. 8, 8:30 a.m.-noon (shop) at Vienna Presbyterian Church, 124 Park St. NE, Vienna. CHO's 2018 Christmas Store is an annual event that invites our less fortunate neighbors to "shop" for gifts for their families and provides holiday extras that many take for granted. CHO (Committee for Helping Others) will be accepting donations of new unwrapped gifts for young children, gift cards for teens, as well as food gift certificates from Giant and Safeway. It also will be accepting new or like new jackets and coats. Clothing and other donations can be dropped at the CHO Clothes Closet at Vienna Court Condos, 133 Park St. NE, across from the Vienna Presbyterian Church, any Monday morning or by appointment. Call 703-281-7614; leave a message in Box # 1. The "bike distribution program," will be collecting bikes on Saturday, Nov. 24, 9 a.m.-noon, at the Vienna Presbyterian parking lot and at Antioch Christian Church, 1860 Beulah Road.

Toys for Tots Drive. Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as

gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include:

- ❖ Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna
- ❖ Patriot Harley-Davidson, 9739 Fairfax Boulevard, Fairfax

Toy Drive. Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find your local office, go to www.weichert.com/offices/.

Holiday Sponsors. Through Dec. 14, Fairfax-based non-profit Britepaths is seeking help from community members to sponsor Fairfax County area families in need for the December holidays or donate funds or gift cards to assist families who are not sponsored. Families Britepaths are assisting are referred by Fairfax County and Fairfax County Public Schools social workers. Visit britepaths.org/our-programs/holiday-program.

WEBINAR

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

WEDNESDAY/DEC. 5

Policymaker Breakfast Series. 7:30-9 a.m. at WGL, 8614 Westwood

Center Drive, 12th Floor, Vienna. Join the Northern Virginia Transportation Alliance for a conversation about the future of Metro with GM Paul Wiedefeld moderated by Washington Post Senior Regional Correspondent Robert McCartney. Now that Metro has dedicated funding, come find out what progress has been made, what challenges lie ahead and how Metro plans to continue improving safety and reliability. Breakfast will be provided. Register at secure.everyaction.com/gajS3CnuLES-1sbtYefx3g2. Individual tickets are \$25 per person. Call 703-883-1830 for more.

THURSDAY/DEC. 6

Online Engagement Workshop. 8:30 a.m.-noon at Banyan Conference Center, 8300 Boone Blvd., First Floor, Suite 450 Vienna. Randi Penfil, from Google, and Matthew Montoya, from Constant Contact, will give a workshop at the Hispanic Chamber NOVA offices to share how customers find a business online and how to promote an online presence. Call 703-790-0303 or visit www.vahcc.com to register.

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. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

SUNDAY/DEC. 9

Blue Christmas. 3 p.m. at Katie's Coffee House 760 Walker Road,

SEE BULLETIN, PAGE 11

BULLETIN

FROM PAGE 10

Great Falls. A Blue Christmas Service is a non-traditional service of remembrance and hope for those who are stressed, lonely or grieving. No reservations, all are welcome. Dress is casual. Free. Call Carol Wright at 703-582-1640 for more.

MONDAY/DEC. 10

Public Forum. 7-9 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon. The Police Civilian Review Panel will conduct a public forum. Learn how to initiate the complaint process, who will investigate complaints, what to expect once a complaint is filed, and receive a 2018 update on Panel activity. The Independent Police Auditor will be present to explain the Auditor's role in oversight. Participants will have the opportunity to engage the Panel with questions about the process. Visit www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum for more.

TUESDAY/DEC. 11

Community Meeting. 7 p.m. in the cafeteria of Chesterbrook Elementary School, 1753 Kirby Road, McLean. The Fairfax County Department of Transportation (FCDOT) has scheduled a community meeting for the Kirby Road Sidewalk project (from Chesterbrook Road to Mori Street). Preliminary design of the project will be presented, and the public will have the opportunity to ask questions and provide input. Comments will be accepted until Jan. 2, 2019. Visit www.fairfaxcounty.gov/transportation/projects/kirby-road-sidewalk-chesterbrook-road-mori-street.

MONDAY/DEC. 12

Public Meeting. 6-8 p.m. in the Women in Military Service for America Memorial auditorium, 1 Memorial Ave., Fort Myer. The National Park Service (NPS) wants to hear the stakeholders' thoughts on proposals to make Memorial Circle – on the George Washington Memorial Parkway – safer for pedestrians, bicyclists and drivers. Learn more about the proposal and comment on it. Park on Memorial Avenue (just west of Memorial Circle). Metro trains do not stop at the Arlington Cemetery Metro Station after 7 p.m. Read the plan and environmental assessment online through the Planning, Environment and Public Comment (PEPC) system at parkplanning.nps.gov. Submit written comments online at parkplanning.nps.gov or by postal mail. No comments will be accepted by fax, email or social media. Mail comments to:

Superintendent
Re: Memorial Circle Plan EA
Turkey Run Park
McLean, VA 22101

SUNDAY/DEC. 16

Christmas Worship. 9 and 11:15 a.m. at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. A Festival of Nine Lessons and Carols. Visit www.stjohnsmclean.org or call 703-356-4902.

WEDNESDAY/DEC. 19

Vienna Woman's Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomensClub.org for more.

THURSDAY/DEC. 20

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. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

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Scared to ...



By KENNETH B. LOURIE

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?

Let me clarify. I am referring to the voluntary-type appointments that I schedule myself – at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is – and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina – to her credit – insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse – unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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

From left, Russell Rinker, Karma Price, Billie Krishawn, Ayanna Hardy, Suzy Alden, Gary L. Perkins III, Joshua Simon, Demitrus Carter, Rebecca Ballinger, and V. Savoy McIlwain in “A Civil War Christmas: An American Musical Celebration” at 1st Stage.

PHOTOS BY
TERESA CASTRACANE/
COURTESY 1ST STAGE



Holiday Family Entertainment at Its Best

1st Stage presents ‘A Civil War Christmas: An American Musical Celebration.’

BY DAVID SIEGEL
THE CONNECTION

T rue to its aim, the 1st Stage production of, “A Civil War Christmas: An American Musical Celebration” by Pulitzer Prize winning playwright Paul Vogel is live Holiday family entertainment at its best.

It is a triumphant production with enormous artistic and historical depth powered forward by the jubilant, vigorous voices of a twelve member ensemble singing nearly two dozen musical numbers.

Under the dynamic direction of 1st Stage Artistic Associate, Deidra LaWan Starnes, “A Civil War Christmas: An American Musical Celebration” is a show full of hope, good will and a desire for peace during the troubled times when the United States was still torn apart between North and South, Blue and Grey. It is a production in which lines such as “the hope of peace is sweeter than peace itself” carry powerful meaning.

Playwright Vogel sets “A Civil War Christmas: An American Musical Celebration” in December 1864 in and around Washington, D.C. and Northern Virginia on one of the coldest Christmas Eve in years. Vogel has a multitude of lives intersect in the play. There are lives of the famous and infamous of Civil War times such as Lincoln, Grant, Lee, Mary Todd Lincoln, Booth and Surratt to name just a few along with fictionalized characters representing African-Americans who have major stories to present in the pageant of history that is “A Civil War Christmas.”

The dozen-member cast performs double and triple roles, and some even more. The cast features the fine acting and resplendent voices of Suzy Alden, Rebecca Ballinger, Demitrus Carter, Tiziano D’Affuso, Ayanna Hardy, Billie Krishawn, V. Savoy McIlwain, Gary L. Perkins III, Karma Price, Russell Rinker, Sophie Schulman, and Joshua Simon.

The 1st Stage music directors include Markus Williams, Walter “Bobby” McCoy and Leigh Delano. The production includes a live band of piano, violin and percussion. The musical numbers range from the wonderful harmony of “Silent Night,” “God Rest Ye Merry Gentlemen,” and “O, Tannenbaum” to spirituals with voices that reach to the rafters and beyond



Russell Rinker and Karma Price in “A Civil War Christmas: An American Musical Celebration” at 1st Stage.

Where and When

1st Stage presents “A Civil War Christmas: An American Musical Celebration” at 1524 Spring Hill Road, Tysons. Performances through Dec. 23. °Thursdays at 7:30 p.m., °Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. °General admission tickets are \$39. °Senior (65+) tickets are \$36. °Student and military tickets are \$15. °Tickets online at °www.1ststage.org or by call 1st Stage box office at °703-854-1856. °

such as “Follow the Drinking Gourd” and “Children Go Where I Send Thee” as well as a mournful rendition of “Kaddish.” The evocative set design is by Jessica Cancino with character defining expressive costumes by Danielle Preston

The 1st Stage production of “A Civil War Christmas: An American Musical Celebration” is one for the entire family.



PHOTOS BY LISA FAY/THE CONNECTION

Becky Todd York of Vienna introduces Alice Nodine at Sunday, Dec. 2 Artist Reception and Talk at The Gallery at the Church of Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna.

Alice Nodine Exhibits at the Church of Good Shepherd

When you think of “Peace Like a River” you may think of serene watercolor portraits. But for Alice Nodine’s creations, they are bursting with color and character. Her work is on display at The Gallery at the Church of Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna.

Nodine calls herself a mixed media painter that uses bold and bright colors along with stencils and dip dry techniques. “I start with paper, then I add paint and manipulate it while I let it run and then I add more colors. At the end, I subtract out what I want to be on a block or panel,” states Nodine. In her speech at the exhibit opening Sunday, Dec. 2, Nodine went on to explain that even though she began to take classes many years ago, it was only in the last couple of years that she has been able to devote more time to painting.

“I still work full time so unfortunately I don’t do this full

time but I carved out a studio in my home to help inspire me,” states Nodine. “I can make a mess in a matter of two hours and not have to worry about it afterwards!” She went on to say that she got a lot out of her classes, regardless of her satisfaction of the end result. “I was going through a very stressful time in my life and art was sort of my escape,” said Nodine. “It allowed me to step away from whatever was giving me stress at that moment and just completely get absorbed into something creative and a lot of times I would lose track of time and I’d come out of a session and realize how much better I’d feel. My breathing had slowed, my pulse had slowed. It was very refreshing and renewing to do that.”

Nodine hopes that after she retires she will be able to take more art classes in the future to expand her artistic abilities.

— LISA FAY



Alice Nodine chats with Julia Malakoff of Herndon, another local artist.