

Vienna and Oakton Vienna CONNECTION

WELLBEING

PAGE 6

Jaimie Gillespie, Volunteer EMT, and Ahmed Harris, Firefighter at the Vienna Volunteer Fire Department, along with other Vienna residents, discuss their New Year's resolutions for 2019.

Sharing New Year's Resolutions in Vienna

NEWS, PAGE 5

What to Look Forward to in 2019?

OPINION, PAGE 4

Richmond Priorities: Education and Transit

NEWS, PAGE 3

POSTAL CUSTOMER
ECR WSS
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 1-3-19

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

PHOTO BY CARLYN KRANKING/THE CONNECTION

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 2 ♦ CLASSIFIEDS, PAGE 6

JANUARY 2-8, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

We're Showing Off!



Come see the newly renovated McLean Community Center!

Please join us at our
Community Open House
Saturday, Jan. 5, 2019
11 a.m. - 2 p.m.

1234 Ingleside Avenue, McLean, Virginia 22101

For more information,
call 703-790-0123, TTY: 711,
or email events@mcleancenter.org.
www.mcleancenter.org

ENTERTAINMENT

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

ONGOING

Stroll Candy Cane Lane. Through Jan. 6, 10 a.m.-5 p.m. at Oak Marr's Mini Golf Course, 3200 Jermantown Road, Oakton. Make time to walk the course or play a round of mini golf and enjoy holiday lights and displays at each hole. Play a round of mini golf amid the festive decorations for \$7 per person, or just stroll through Candy Cane Lane for \$2 per person. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/golf/oak-marr/minigolf.

WEDNESDAY/JAN. 2

First Hike Fairfax 2019. Visit any Fairfax County Park Authority trail on Jan. 1, 2019. Take lots of photos. Pick a favorite photo to enter into the Fairfax County Park Authority's First Hike Photo Contest by Jan. 2. The contest is open to amateur and professional photographers. Limit one photo entry per person. Visit the First Hike Fairfax at www.fairfaxcounty.gov/parks/first-hike for more info.

SATURDAY/JAN. 5

RECenter Swim Classes Start. The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. For more information about the Park Authority's swim programs, call 703-222-4664 or visit fairfaxcounty.gov/parks/recenter/swimming.

SUNDAY/JAN. 6

Amadeus Orchestra Performance. 4 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Israeli guest conductor Amos Talmon takes the podium in a concert of favorites by two Viennese masters. Mozart's sparkling "Marriage of Figaro" overture sets the stage for Beethoven's "Symphony No. 1." Gil Garburg returns from Berlin to play Beethoven's "Piano Concerto No. 2." A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m. A reception will follow the concert. Tickets are \$40 and may be purchased at the door or online at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge.

WEDNESDAY/JAN. 9

Movie Series: New Disney Classics. 12:30 p.m. at The Alden



Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with "new Disney Classics" – those that were loved during the 1990s. The films will be shown at 12:30 p.m. on the 2nd Wednesday of the month through June. Free admission. Visit mcleancenter.org/performing-arts.

SATURDAY/JAN. 12

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. Free admission. Call 703-938-5157 or visit www.nvmr.org.

AAUW Presents Dr. Dwandalyn

Reece. 2 pm. (doors open at 1:30) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Dr. Dwandalyn Reece is Curator of Music and Performing Arts at National Museum of African American Culture and History. Reece created the museum's award-winning inaugural exhibition, Musical Crossroads, and co-curated the grand opening music festival, Freedom Sounds: A Community Celebration. The public is invited. Free. Visit vienna-va.aauw.net/.

Astronomy Festival. 5-8 p.m. at Turner Farm, 925 Springvale Road, Great Falls. After the sun sets, soak up some starshine at an "Astronomy Festival" that will include guided stargazing and telescope viewing. Listen to ancient stories about the constellations around the campfire, and participate in other activities and games throughout the evening. \$8 per person. Hot chocolate and snacks will be available for purchase. Canceled if it rains or snows. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

SUNDAY/JAN. 13

Annual Salzman Lecture. 6 p.m. in the Sanctuary at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. This year's speaker will be Susan Wharton Gates, PhD, author of "Days of Slaughter: Inside the Fall of Freddie Mac – and

Open House

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. Saturday, Jan. 12, 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Call 703-938-5157 or visit www.nvmr.org.

Why It Could Happen Again." Visit www.lewinsville.org.

THURSDAY/JAN. 17

Author Event: Judith Mudd-Krijgelmans. 7-8:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet the author of "Flowers for Brother Mudd: One Woman's Path from Jim Crow to Career Diplomat." Learn how a girl from Louisville's Smoke Town survived a segregated society and what propelled her to jet across the world for decades in a career chosen at age 16. Books available for sale and signing. Free. Visit librarycalendar.fairfaxcounty.gov/event/4534636.

SATURDAY/JAN. 19

Nova Polar Plunge. Noon at the Mosaic District in Fairfax. Get set to get wet at the NOVA Polar Plunge Festival benefiting Special Olympics Virginia. Costume contest for the fanciest plungers, free hot drinks to warm everyone up and tons of shops and restaurants to visit nearby. Plunges will take place into icy above ground pools on the corner of District Avenue and Penny Lane starting at 1 p.m. It's \$100 to Plunge and those who raise \$300 will get a nice warm towel to dry off with. The 2019 NOVA Polar Plunge is presented by the Fairfax County Police. Register to plunge right up until plunging starts. Visit www.polarplunge.com/mosaic-district/ or call Ellen Head at 703-359-4301, ext. 1. Visit www.specialolympicsva.org.

Better Angels Workshop. 1:30-4 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. How to Talk Across the Political Divide: Learn tips on how to listen to and respectfully talk with people you disagree with on political issues. It's not about persuading, it's about hearing each other. This workshop involves roleplaying with someone of the same political persuasion; independents choose a side for the sake of practice. Registration requested. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4543251.

THE CONNECTION

Newspapers & Online

Reaching 15 Markets throughout Northern Virginia and Potomac, Md

Available
in print and
digital
PDFs
online,
through
email and
social
media



visit connectionnewspapers.com/PDFs to subscribe for free

LOCAL MEDIA
CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Harmon Connection
• Arlington Connection • Fairfax Station/Old/Lorton Connections • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centre View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Oakton Connection

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-214-8384



Visit our website: www.twopoorteachers.com

Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Richmond Priorities: Education and Transit

Supervisors host session with Fairfax General Assembly delegation.

BY ANDREA WORKER
THE CONNECTION

The 2019 session of the Commonwealth of Virginia's General Assembly will begin at noon on Jan. 9. That's still weeks away, but the county has been preparing its "ask list" even before the second special session adjourned on Aug. 30.

That preparation takes into account the achievements and the disappointments that resulted from the 2018 session along with analysis of the current political situation, changes in federal rules, regulations and laws that may affect the state, and a review of the county's financial status and forecast of future needs before the budget is advertised in February 2019.

On Dec. 11, the Board of Supervisors invited the delegation representing Fairfax County to participate in a work session at the Government Center and to be formally presented with the county's legislative program which was adopted on Dec. 4. Most of those delegates were in attendance, and those unable to attend sent representatives.

"Securing K-12 funding is a top priority," said Board Chairman Sharon Bulova in her opening remarks. A joint position with the Fairfax County School Board on "Funding Core Services" for those grades was the very first item in the legislative program packet distributed to the delegation.

Bulova said some progress has been made, but the statistics continue to show an inequality when educational funds are apportioned, leaving local jurisdictions to fill in the gaps to maintain a quality system.

Only four other school system divisions in the state serve as many or more students receiving free or assisted school lunches. The county also has one of the largest shares of students with special education needs, or who are learning English as a second language to be properly educated, yet the county contends that the formulas for funding distribution contain structural features that leave "statewide funding far behind the inflation-adjusted FY 2009 level." As of 2013, the Joint Legislative Audit and Review Commission ranked Virginia 23rd nationwide in total per-student spending, but 11th in the local share of this spending."

THE COUNTY says this trend reflects "Virginia's reliance on local effort and a growing imbalance in this partnership."

Together, the Board of Supervisors and the School Board strongly support a number of elements for their K-12 funding request:

- ❖ Restoration of full funding for Cost of Competing Adjustment for support personnel;
- ❖ Increased state funding for school divisions with high numbers of English learners, students living in economically disadvantaged households, students with special needs, and/or requiring mental health services;



State delegates and senators joined the Fairfax County Board of Supervisors, other county staff, and representatives from a number of civic groups for a legislative work session prior to the start of the 2019 General Assembly in January.

- ❖ Elimination of the support positions ratio cap "which has artificially lowered state funding contributions ... by hundreds of millions of dollars;"

- ❖ Appropriately funded Standards of Quality consistent with local staffing costs;

- ❖ Use of "true weighted averages" when calculating average teachers' salaries and other education costs;

- ❖ Recognition of cost of living variations throughout the Commonwealth in the funding formulas;

- ❖ Increased state resources for early childhood education programs to give all students the same opportunities for success when they enter the K-12 system.

The boards jointly oppose:

- ❖ State budgets that target or disproportionately affect Northern Virginia;

- ❖ State policies which direct funds away from local public schools and toward non-public options;

- ❖ Cuts or formula/policy changes which impose unfunded mandates.

Supervisor Jeff McKay (D-Lee District) chairs the board's Budget and Legislative Committees and spoke to the next issues on the county's "top priorities list," starting with "Transit." He urged the delegation and the audience members to review the "Transportation Fact Sheet" included in the Legislative Program, and maybe even "dig deeper" for background information and a clear understanding of the current situation.

Of particular concern, and so noted in the "Priorities" of the Legislative Program, is the fact that legislation enacted in the 2018 General Assembly addresses the needs of the Washington Metropolitan Area Transit Authority (WMATA) in part by diverting funds from the Northern Virginia Transportation Authority (NVTA).

This diversion reduces funds for other critical transportation needs in Northern Virginia by \$102 million per year. Projects that could be negatively affected or placed on hold for the foreseeable future include widening of several sections of Route 28 and

PHOTOS BY ANDREA WORKER/THE CONNECTION



Lee District Supervisor Jeff McKay chairs the Board of Supervisors' Legislative Committee. McKay gave an overview of the county's legislative priorities to the Fairfax Delegation to the General Assembly, his colleagues, and a roomful of staff and interested parties at the Government Center on Dec. 11.

the Soapstone Drive extension in Reston, among others. Such impacts will continue if the funding diversion continues.

McKay also made note of funding formulas which seem to "be a way to take money out of Northern Virginia and put it somewhere else." The Department of Rail and Public Transportation's policy change to allocate state funds based on project cost versus non-federal share could also impair the county's heavily-subsidized Connector bus system — which receives no federal funds and is a key element in the overall transportation network. In FY 2019 the localities within Northern Virginia will be footing over 19 percent of the bill for transit capital purchases, while outside Northern Virginia, jurisdictions will only be called upon to fund less than 5 percent of these goods and services.

The county also asks the Fairfax Delegation to protect Northern Virginia's fair share of statewide revenues for general maintenance. In FY 2019 the area is expected to only receive 6.9 percent of the state's Good Repair funds, even though the county's secondary roads, with only 39 percent rated as being in Fair or Better Condition, fall far below the Commonwealth's 60 percent av-

erage, or its 65 percent target.

THE ECONOMIC SUCCESS of the county and Northern Virginia are crucial to the economic health of the Commonwealth as a whole, the supervisors and staff argue, and that health and continued growth are dependent on a modern, efficient, multimodal transportation system that is safe and in good repair.

McKay shared the podium with County Executive Bryan Hill, Deputy Director, Department of Management and Budget, Christina Jackson, and James Regimbal of Fiscal Analytics to discuss the county's third — but equally important — Legislative Program priority; the State Budget.

Several pages of examples, statistics and concerns boil down to the county's position that the State "should rebalance its resources and responsibilities."

According to the report, State aid to localities has decreased by almost \$1 billion between FY 2009 and FY 2016. The inclusion of a 5-year period during that time when localities were required to return funds in order to help balance the state's budget basically created a "reverse concept of local aid to the Commonwealth" and equated to more than \$20 million in state funding cuts to Fairfax County which was further affected by cuts to the K-12 funds and the implementation of the cap on funding education support positions.

Since 2016, the General Assembly has made progress in increasing the state's commitment to education in the county, but the formulas and the allocation of resources for education and other services and activities in Northern Virginia continue to fall way short of the needs and out of balance with the rest of the Commonwealth's shares and responsibilities.

Governance and Local Authority rounded out the county's Top Priority list. There was no one in the room not aware that Fairfax County relies primarily on residential and property tax for its revenues. The county continues to call for diversification of tax revenue streams and the ability for local authorities to have more control over those methods of revenue generation.

McKay also expressed the board's strong opposition to the "Proffer Bill" as enacted by the General Assembly in 2016 which "severely limits proffer authority" and has the effect of "distancing communities and neighborhoods from decisions about development in their area."

"This needs to be fixed," said McKay.

The Legislative Program Priorities were accompanied by numerous position statements on issues regarding the environment, health, public safety, general laws, human services and more that the board asks the Fairfax Delegation to consider and address in the upcoming session.

The entirety of the 2019 Fairfax County Legislative Program is available on the county's website at www.fairfaxcounty.gov along with archived information from many of the board's Legislative Committee meetings.

OPINION

What to Look Forward to in 2019?

Silver Line Phase Two nears completion; libraries offer programs for young and old; search continues for affordable housing; the goal of preserving the place called Reston ...

BY SUPERVISOR
CATHERINE M.
HUDGINS
HUNTER MILL DISTRICT



As I reflect over the last year serving as the Hunter Mill District supervisor, I am proud of what we have accomplished and look forward to bringing to fruition several projects next year. With your community involvement, our 2018 strategic planning efforts have been remarkable; 2019 will be our year to finalize the objectives with realized goals. Let's take a look at what we might expect.

In Fairfax County, there is still a buzz generating new organizational vigor with new County Executive Bryan Hill, new Deputy County Executive for Human Service Tisha Deeghan, and new Fire & Rescue Chief John Butler. On the horizon, revitalized energy flows between the Board of Supervisors and the Fairfax County School Board. We are working together on matters of budget and community programming to unify services delivery rather than piecemeal implementation.

Great expectations at the Park Authority: Work will wrap up on the Sugarland Run Stream Valley Park trail improvements. This project has involved repaving of 12,000 linear feet, or nearly 2.1 miles of trail beginning at Kingstream Circle to Dranesville Road. Even more, the Park Authority is investigating improvements or restoration to the stream crossing that had been washed out in this section.

For seventeen years, my office, partnering with formerly Reston Interfaith, now Cornerstones, has successfully run the Coat Closet. The 2018/2019 winter coat drive is currently in progress. It runs until to March 14, 2019. The overwhelming support by individuals, companies, organizations, and congregations is responsible for its success of serving the needs of our community.

WITH THE OPENING of Phase Two of the Silver Line drawing closer daily, both the Reston Town Center and Herndon-Monroe stations are nearly complete. Even if

weather may delay the opening celebration of Phase Two, it is near. The addition of two stations in the community will give everyone a more convenient, green way to travel while giving our visitors the chance to stop by without a car. The presence of the Silver Line stimulates a vibrant economic foundation, making Reston and Tysons very attractive residential and business opportunities. The extension of the Silver Line through Reston Town Center will help alleviate traffic while reinforcing Reston's reputation as a place where people can work, live, and play.

Let's not forget the Library events and highlights for the coming year. While some of the libraries' programs respond to new trends, others help people to keep up and catch up. At all times the programs target the public as a whole ... in job searches, language instruction, teen and school age students and continuing early literacy programs. Once the initial introduction period concludes, the programs continue and become regular offerings.

In this list I have targeted the adult programs, but all the children's programs, so well attended and counted on, continue.°

❖ Knitting programs at Reston and Patrick Henry teach knitting skills and share projects.

❖ Author events, like the Reston-hosted author David Baldacci in December, sponsored by the Friends of the Reston Library, continue in February with crime fiction novelist Walter Mosley speaking.

❖ Continuing programs for all ages at Reston Regional and Patrick Henry with ESL, Computer^ocoding STEM (Science-Technology-Engineering-Mathematics), STEAM (Science-Technology-Engineering-Arts-Mathematics), Book Clubs, Story Times

❖ You might want to consider a fascinating new program. The Memory Depot is a do-it-yourself (DIY) station, which enables you to digitize material, including VHS video cassettes; photographic prints, negatives and slides; scrapbooks and other documents, and audio cassettes are coming soon.



ARCHIVE PHOTO/COURTESY OF WINTER COAT CLOSET PROJECT

Neatly organized, coats in all sizes for children and adults are ready for those in need – just in time for the early cold spells.

Please note all library programs are free and timely. We have an incredible staff of professionals assure good times ahead for the reading public.

In a different vein, think about a plan for the entire Fairfax community addressing housing needs over the next 15 years. The Communitywide Housing Strategic Plan evolved from a partnership between the Fairfax County Department of Housing and Community Development (HCD) and the Affordable Housing Advisory Committee (AHAC). Together, county staff, nonprofit leaders, stakeholders, members of the business community, and the real estate industry developed 25 specific strategies to address the coming housing needs.

In Phase 1, these 25 short-term strategies have been implemented without major policy changes or significant sources of new revenue.

Phase 2 includes longer-term strategies for developing new tools, policies, and resources to support the production, preservation and access to affordable housing. Since October 2018, a Phase 2 Affordable Housing Resources Panel has been reviewing existing housing needs projections for 2033

IN THE FIRST QUARTER of 2019 and in time to be included in the Fiscal Year 2020 budget guidance, the panel reports to the Board of Supervisors and recommends realistic affordable housing goals regarding future housing needs.

After a host of community meetings and small group work sessions, the Board of Supervisors authorized the public hearings for

the proposed Planned Residential Community (PRC) Zoning Ordinance Amendment. Existing language has governed the development in Reston for more than 40 years. With the approval of the Comprehensive Plan amendment in 2015, there has been a need to synch both documents to sustain our evolving community. The goal is to guide community maturation over the next 40 years to continue the initial vision for the special place called Reston.

Fairfax County, partnering with Inova Health Care Services (Inova), is looking to create a transit-oriented development adjacent to Reston Town Center.°The Comprehensive Plan has identified eight parcels among the entities for redevelopment. The County has identified several benefits for the proposed redevelopment including the expansion of the Reston Regional Library, upgrading the delivery of human services and the provision of affordable housing for the workforce. Currently, there is a proposed rezoning pending to establish the grid of streets, with future planning and procurement options under evaluation.

One final point, may I remind us that in this era of rapid changes, all of us are affected. In the last 19 years Reston has grown remarkably to more than 62,500 residents. There have been extensive changes in the policy and legislative arena, the environment, technology, and local business that we must acknowledge and embrace.

Borrowing from Mr. Shakespeare, the past is prolog; simply put, we have a lot of work to do ahead in 2019. Frankly, I am looking forward to the next adventure.

Vienna & Oakton
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9431
donpark@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



NEWS

Sharing New Year's Resolutions in Vienna

PHOTOS BY CARLYN KRANKING/THE CONNECTION

Nick Jones, Vienna Community Center Supervisor

"My New Year's resolution is very simple: just to make sure I'm healthy, my family's healthy and family is taken care of."



Jaimie Gillespie, Volunteer EMT at the Vienna Volunteer Fire Department

"To spend more time with family and good friends and to pass the CPAT and get into fire school." (The CPAT is the Candidate Physical Ability Test to assess if one is capable of the physical tasks required for being a firefighter.)



Ahmed Harris, Firefighter at the Vienna Volunteer Fire Department

"Improving my skills with this job – training harder in regards to improving my skills."



Grace Windheim, Vienna resident

"It's to do 20 unassisted pull-ups. There's a pull-up bar outside my apartment, so I'll keep practicing on that. I try to do it every day as long as I can, but usually I don't do it. So I'm going to try to do it every day."

—CARLYN KRANKING



VINSON HALL RETIREMENT COMMUNITY

Independent Living at Vinson Hall

Vinson Hall Retirement Community is located in idyllic McLean, VA and offers independent residential living for military officers and government employees of equal rank. Our apartment residences offer all the luxurious comforts of home within a vibrant Life Plan community. Come see what's new!

www.VinsonHall.org
703-536-4344

1 and 2
BEDROOM
APARTMENTS
AVAILABLE!

JANUARY 12TH REMODELING + DESIGN SEMINARS

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

We Hope You Will Join Us!

Saturday, January 12th, 2019- 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 Grace at 703.425.5588

Seminars:

Renovating for Lifestyle Changes: Planning Ahead

Kitchen + Bath Trends

10 Tips When Hiring a Design-Build Firm

THIS EVENT FILLS UP FAST!

Learn how your neighbors are modifying their homes for a better quality of life.

SUN DESIGN

ARCHITECTURAL DESIGN-BUILD FIRM

Major Remodels • Additions • Kitchens & Baths • Basements • Outdoor Spaces
703.425.5588 | SunDesignInc.com | info@sundesigninc.com

Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**
Schefer Antiques
703-241-0790
theschefer@cox.net

**Find us on Facebook
and become a fan!**
**www.Facebook.com/
connectionnewspapers**
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

**Forget Daily
Commuting**
Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Past issues of

**THE
CONNECTION
NEWSPAPERS**

**back to 2008
are available at**

<http://connectionarchives.com/PDF>

**ATTENTION
ADVERTISERS:**

expand your
audience beyond
our weekly print
edition with

**THE
CONNECTION
DIGITAL**

- **Email Marketing**
- **Social Media**
- **Sponsored Content**

**FOR MORE INFORMATION
CALL 703.778.9431**

**OR VISIT
CONNECTIONNEWSPAPERS.COM/ADVERTISING**

**LOCAL MEDIA
CONNECTION**
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households
• Alexandria Gazette Packet • Fairfax Connection • Oak Hills/Hendee Connection
• Arlington Connection • Fairfax Station/Citron/Lorton Connection • Potomac Annapolis
• Burke Connection • Great Falls Connection • Reston Connection
• Centre View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Danville Connection

NEWS

Thinking Outside the Box

**Ideas for original and
attainable goals for
New Year's resolutions.**

BY MARILYN CAMPBELL

With a new year often come new resolutions, be they six-pack abs by spring or giving up carnivore's diet and going vegan, but setting drastic or unrealistic goals can lead to failure. For New Years resolutions that can bring change in overall wellbeing, whether physical, emotional or financial, local innovators say think outside the box and they offer unorthodox resolutions and minor actions that can have a major impact.

While spending a week or even a day without one's smartphone or tablet might be unrealistic given the constantly connected world in which we live, a digital dial-down might be more attainable. "How about spending five minutes each morning meditating or reading or doing stretches?" said Jen Pape, yoga iRest Level II teacher and studio manager at Circle Yoga.

"One simple and realistic thing to try in the New Year is right when you wake up, instead of ... reaching for your phone to scroll for the news of the day or checking how many likes to your Instagram, take a moment to identify something you are grateful for and a one word intention for the day," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "A word such as peace, centered, integrity or abundance can be returned to throughout the day. The research on gratitude and intention is strong and doing it just as you start your day can set the tone for the rest of the day."

Whether beginning or completing an undergraduate or graduate degree for professional advancement or simply taking a class that piques one's interest, consider education-centered goals. "I'm sure others can relate to this one," said Jacqueline W. Lee, director of the Inventive Awards Program at the University of Maryland. "Make a timeline and then set weekly or monthly goals." Examples of those goals might be resolving to complete and submit applications or scheduling informational interviews with three people in an area of one's interest.

From rough, dry hands to unsightly acne, skincare is important to one's overall wellbeing says Jaclyn Madden of Rodan + Fields who suggests resolving to take care of one's outer layer. "For a resolution that might be manageable ... I would suggest trying to commit to exfoliating your skin two to three times a week with a facial scrub to rid it of the old, dead skin and bring up the new skin and see a healthy glow," she said. "It also allows your skincare products to work deeper and more effectively."

A scroll through the pictures on most smartphones might reveal that many people have more snapshots than they'll ever be able to use. Resolve to organize those photos by taking small actions, suggests professional photo organizer Jody Al-Saigh of Picture Perfect Organizing. "Five minutes in a doctor's waiting room or in line at the grocery store is enough time to delete a few unwanted photos and dupli-

**"I tell people to
think not about
giving things up,
but about what
would bring
happiness to them
in the New Year."**

— **Carol Barnaby,
MSW, LCSW-C**



PHOTO CONTRIBUTED

Resolving to put an empty bag near your closet and filling it with unwanted clothing items as you come across them is a simple alternative to a complete overhaul all at once, says professional organizer Jodie Jacobs.

cates from your phone," she said. "Try to remember to do this during your idle moments instead of scrolling social media or news sites."

"Resolve to plan a weekly or monthly time on your calendar to organize photos and backup your collection," added Al-Saigh. "Set reminder alarms to jog your memory. Always set a time after a big vacation or important event to offload photos as well."

While bringing order to chaos is a goal that many hope to achieve, getting to the bottom of the mound of paper on one's desk or cleaning out an overstuffed closet can feel insurmountable. "Resolve to put an empty bag in the bottom of every closet in your home and fill it with unwanted clothing as you come across them instead of waiting until you find time to go through your entire closet," said professional organizer Jodie Jacobs, of SOUPerior Organizing. "Set a date and actually go to a charity to drop off the bags of clothing you already decided to donate."

"Resolve to start shredding your unwanted or sensitive papers once a week instead of waiting and creating an overwhelming amount that you then have to take somewhere and pay to shred," continued Jacobs. "Recycle your junk mail every evening so that it doesn't pile up."

Finding ways to add joy to one's life is a suggestion from therapist Carol Barnaby, MSW, LCSW-C. "I tell people to think not about giving things up, but about what would bring happiness to them in the New Year," she said. "For example, dating, taking up a new hobby, cultivating more friendships or creating less stress. Then set up actionable ideas to achieve those goals. Be kind to yourself and remind yourself that you are human and expected to make mistakes."

BULLETIN

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

SUNDAY/JAN. 6

Fairfax Democrats – Road to Richmond Brunch. 11 a.m.-1p.m. at Westwood Country Club, 800 Maple Ave. East, Vienna. Hear from Democratic leaders in the Virginia General Assembly and the Fairfax County Board of Supervisors about the upcoming legislative session. Get updates on the 2019 elections. \$50. Visit tinyurl.com/ybmwwpzf for tickets.

TUESDAY/JAN. 8-FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 8 – Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 – Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 – Communicating (part 3)
- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

WEDNESDAY/JAN. 9

2019 Chairman's Breakfast. 7:30-10 a.m. at The Tower Club, 1700 Towers Crescent Drive, Tysons. Welcome the Tysons Chamber's new Chairman and Board of Directors; hear Community and Business Leaders discuss the future of Tysons and 2019 prosperity initiatives. \$65. Email info@tysonschamber.org, call 703-281-1333, or visit business.tysonschamber.org/events/details/2019-chairman-s-vip-breakfast-8087.

Grant Application Deadline. More than 50 artists have been recognized by ARTSFAIRFAX with an Artist Grant over the past decade. Artist Grants recognize outstanding achievement for work that has already been completed, the artist's commitment to an artistic discipline, their professional activity in Fairfax County and their contributions to the quality of life in Fairfax County. Learn more at ARTSFAIRFAX.org.

THURSDAY/JAN. 10

Adventures in Learning Open House. 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Adventures in Learning winter 2019 classes begin Thursday Jan. 17 and run through March 14. Classes are held at UUCF/Oakton. Students may attend one or all classes for one \$45 fee and are encouraged to create their own schedule – attend classes all day or attend only one class. Students are welcome to sample one class for free. For details call 703-281-0538 or visit www.scov.org/ail-open-house for an application and class schedule.

FRIDAY/JAN. 11

Coping Strategies for Anxious Children. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. The National Institute of Mental Health (NIMH) will present this workshop for parents of anxious children ages 8-17. Highlights include how to help children with anxiety, when anxiety becomes a disorder, strategies for treating specific anxiety disorders and stress reduction tools. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

TUESDAY/JAN. 15

NARFE Chapter 1116 Meeting. 1 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton) meeting will feature guest speakers Arlene and Johnny Arthur, Virginia Federation Service Officers. Free. Members and

SEE BULLETIN, PAGE 8

WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller		TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		ELECTRICAL			
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER			
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia					
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com					
LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed					
ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers Newspapers & Online The Connection Rejoice Your Community www.connectionnewspapers.com					

You're In My Thoughts



By KENNETH B. LOURIE

Though this column will have been written before Christmas, its content will be about Christmas (as you'll soon read), and because of early deadlines as well for our Jan. 2 edition, it needs to be submitted sooner rather than later anyway.

As you regular readers may remember the timing conflict – and concern – I had involving my pre-Thanksgiving infusion in addition to the impact of this last quarter's every-three-week-in-fusion schedule would have on the holiday season, fortunately, Christmas was not to be affected.

As scheduled, my last chemotherapy infused on Dec. 7 so by the time Dec. 24/25 arrives, there will be no side or straight-on effects. No problem sleeping. No problem getting up. No problem eating. And no problem driving the two-plus hours up and back to our holiday destination.

However, this column wouldn't be written if there weren't a situation of some substance I felt worthy of 600 words or so.

Because my last infusion occurred when it did, the next infusion is scheduled for Dec. 28. That Friday date means I'll have to contribute blood (lab work) and a collection of the previous 24 hours of urine on Wednesday, Dec. 26 (I'll be back home so that's not the problem). The problem is that I will have had to collect and keep cold urine beginning first thing-ish on Tuesday, Christmas day, a day when for the next 8+ hours I will be in someone else's house eating, drinking and making merry – and more importantly, be away from the privacy of my own bathroom and the at-home convenience of collecting urine in a bottle and keeping it cold.

Not that I intend on making a big production of it on Christmas Day, but I will be bringing a cooler with me and likely needing to place it in a very public bathroom in the house or another less obvious place that I'll be visiting half a dozen times throughout the day.

Moreover, to make sure I can provide a sufficient volume, I'll need to bring along a gallon of Turkey Hill Diet Green Tea because it goes through me – unlike water and enables me to fill the specimen bottle to the top.

Which if my last few creatinine levels are any indication, and I want those levels to measure within an acceptable-for-infusion range, I need to drink as much of the tea as possible and visit that hopefully inconspicuous place as much as possible as well.

However, as I think about the transportation/storage of the urine and tea situation, I'm thinking I'm going to need two coolers; one for the urine bottle and one for my tea. Because I certainly don't want the two bottles in the same cooler or God forbid, touching one another. I may not be a germaphobe, but I really don't think I'll be able to drink my tea if it's stored in the same cooler.

And I certainly don't want to impose on my host's hospitality by asking her to store either of these bottles in her refrigerator likely already packed-to-the-gills with dinner prep.

As much as I can, somehow, I want to keep a low profile and not be interjected into any of the proceedings/conversation. (Not that I'd be embarrassed since everyone in the house is family and familiar with my diagnosis/general circumstances.)

When the dinner/visit is over, we'll be driving home, coolers in trunk. If I need a rest stop, I'll have to pull over to use my bottle since I'm contributing until Wednesday morning, Dec. 26, after I'll have spent the night back at home. So Christmas won't be a total loss, as Thanksgiving nearly was, but it will be impacted nonetheless.

Still, if my creatinine level is low enough to once again enable me to be infused on Friday, Dec. 28, the awkwardness of the occasion/task will have been worth the trouble. (Besides, it was fodder for a column.)

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

Students Launch New Service Initiative at Oakcrest

Service has always been an integral part of life at Oakcrest, but this year students are taking their commitment to serve to a whole new level. Launched this fall, the school's new Service Initiative Program (SIP) comprises thirteen student service coordinators who organize and manage eleven different service opportunities. Each SIP project has the goal of at least one service activity monthly. The program is guided by Service Intern Frances North ('20) and Student Activities Coordinator Holly Salls.

SIP was created in response to a question commonly heard from Oakcrest students: "What can I, in middle or high school, do to make a difference?" It helps student volunteers realize that service done locally is just as valuable as that offered by large companies and worldwide programs.

The projects cover a wide range of needs and volunteer interests. There's "Operation Sacrifice," which serves those in the armed forces and recently collected 100 pounds of candy to send to soldiers



Students help beautify the school through gardening.

overseas and raised more than \$200 for the Wounded Warrior Project.

Senior Katie Svoboda leads a tutoring program that provides one-on-one tutoring for homeschooled girls in grades 1-5. Other SIP initiatives include visiting the elderly in assisted living or making cards for the needy and hospital-bound. Participants in "All

You Knead Is Love," bake cookies for the firemen and policemen in the community. There's even a project called "Random Acts of Kindness," that simply encourages students to perform small but meaningful services such as taking coffee and a muffin to the police officer who directs traffic outside Oakcrest.

Learn more at Oakcrest.org.

Collecting Toys for Tots in Vienna

Gary Lange, manager of Weichert, Realtors' Vienna office, has announced that his office collected 680 toys for the Marine Toys for Tots Foundation as part of Weichert's 40th Annual Toy Drive. In addition, the Vienna office held a gingerbread house coloring contest sponsored by MBH Settlement Group, L.C., with four age-group winners each receiving a \$25 gift card. Town & Country Movers, Inc. provided a truck adorned with a Toys for Tots banner to store the toys while they were being collected.

"Our office was honored to provide the community with a convenient drop-off location to support the Marine Toys for Tots Foundation," Lange said. "As part of the Weichert family, we always enjoy giving back to the communities we serve. We are also thankful to the members of our local community who so generously donated toys to help brighten the holidays for



Members of the Weichert, Realtors Vienna office join manager Gary Lange, standing first from left, and U.S. Marine Wilma Vaughn, standing third from left. The office donated a bountiful collection of toys to the Marine Toys for Tots Foundation.

those who are less fortunate."

For more information about the real estate services offered by

Weichert, Realtors, visit the Vienna office located at 156 East Maple Avenue, or call 703-938-6070.

BULLETIN BOARD

FROM PAGE 7
guest welcome. Call 703-205-9041.

WEDNESDAY/JAN. 23

Introduction to Special Education.
6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. This workshop is provided for parents new to special education. Topics covered included: what is special education, early intervention resources and services,

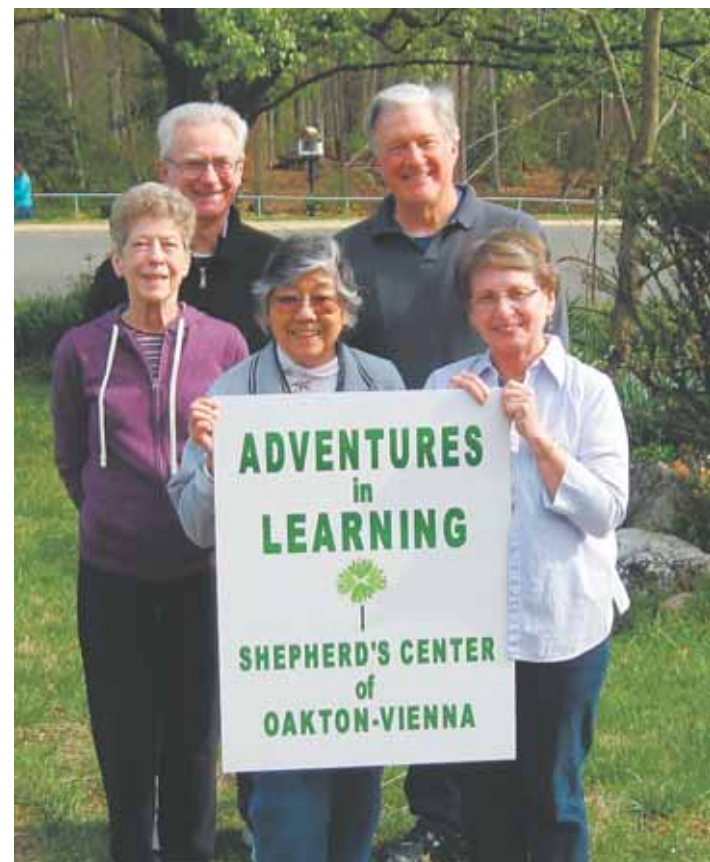
the special education process, 504 plans, and Individual Education Plans (IEP). Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

FRIDAY/JAN. 25

Health Care College and Career

Fair. 9 a.m.-noon at Falls Church High School, 7521 Jaguar Trail, Falls Church. This free college and career fair is open to all FCPS high school

students interested in health care education and as a future career. Representatives from colleges offering health care-related curriculum, health care professionals, and military representatives who specialize in medicine will be in attendance. Free online registration is available for students. Colleges and health care professionals can also register online. Visit www.fcps.edu/news/falls-church-academy-host-health-care-college-and-career-fair for more.



The Shepherd's Center of Oakton-Vienna announces their Adventures In Learning (AIL) Open House/Registration for the Winter 2019 semester is set for Jan. 10, 2019, 10 a.m. - Noon. All Winter 2019 classes beginning Thursdays, Jan. 17, 2019 and run through March 14, 2019 are held at (UUCF/Oakton).

Adventures in Learning Open House and Registration on Jan. 10

The Shepherd's Center of Oakton-Vienna kicks off the new year with its Adventures in Learning (AIL) line up of classes for their Winter 2019 semester schedule that includes 40+ classes with a wide range of subjects - from their Health and Wellness series to their Potpourri and World Affairs series. In addition, there are T'ai Chi classes (twice a week), Intermediate Contract Bridge and a weekly Essay Group Discussion. The book, Best Essays of 2018, will be available for purchase at the Open House.

Students may attend one or all of the AIL Winter 2019 classes for one \$45 fee and are encouraged to create their own schedule - attend classes all day or attend only one class. Students are welcome to sample a class for free.

To register or learn more about Adventures in Learning or the Shepherd's Center of Oakton -Vienna, students are encouraged to attend an Open House on Thursday, Jan. 10, 2019 from 10 a.m. - Noon at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Golf cart transportation will be provided to assist those in need of help traveling from

the parking lot to open house and classes. Light refreshments, sponsored by Sunrise at Hunter Mill, will be provided at the Open House.

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

- ❖ T'ai Chi classes
- ❖ Intermediate/Advanced Bridge

- ❖ Potpourri Series includes, Switzerland by Two-Thirds: Travel & Food; How to Make Your Money Last a Lifetime; The Murrow Boys -News Broadcasting During WWII, etc.

- ❖ The Health Series includes Mental Health in the Older Adult Population; Hearing Aids: Beware and Be Wise; Who Grows Your Food, etc.

- ❖ The World Affairs Series includes Unforgettable Melodies of Golden Age Broadway with guest pianist, Alex Hassan; D-Day + 1 Through the Battle of the Bulge; My Journey Began with the Korean War, etc.

For details call the office at 703-281-0538 or visit <http://www.scov.org/ail-open-house> for your application and class schedule.

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.