

Vienna and Oakton CONNECTION

The stars of Vienna Theatre Company's 'Peter Pan' include: Elisabeth Dupuy as Tinkerbell; Carolyn Heier as Peter; Amanda Marra as Wendy; and Nathan McGraw as Captain Hook.

'Peter Pan' At Vienna Stage

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MAKE A DIFFERENCE IN YOUR COMMUNITY! Run for a Seat on the McLean Community Center Governing Board



PUBLIC NOTICE OF ELECTIONS MCLEAN COMMUNITY CENTER GOVERNING BOARD SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT FAIRFAX COUNTY, VIRGINIA



This **OFFICIAL NOTICE** of elections to select members of the 2018-2019 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Road, McLean, Virginia. This year, McLean Day is on **Saturday, May 19, 2018. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

Candidate Qualifications:

Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board within the appropriate category. If you need help determining whether you reside in Small District 1A, please contact the MCC at 703-790-0123, or by emailing elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 19, 2018.

TEENS: Candidates must be 15, 16, or 17 years old on or before May 19, 2018, live within Small district 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) adult Governing Board seats will be filled through the election. The candidates who receive the three (3) highest numbers of votes will serve three-year terms on the Governing Board.

One (1) Governing Board youth seat for teens living within the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat for teens living within the McLean High School boundary area will be filled for a one-year term.

Candidate Petitions Requirements:

ADULTS: Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 19, 2018.

TEENS: Must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before

May 19, 2018, and who live within the same high school boundary area as the candidate.

Petition Packets containing a petition, instructions, and all pertinent paperwork may be obtained at the McLean Community Center Administrative Office, 6631 Old Dominion Drive, McLean, Virginia, 22101. Candidates must pick up and return their own petitions.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed petition with the MCC at the address shown below **by 5 p.m. on Friday, March 16, 2018:**

**McLean Community Center Administrative Office
6631 Old Dominion Drive
McLean VA 22101**

For more information about the elections, please call 703-790-0123, go to www.mcleancenter.org/about/candidates, or email the MCC at elections@mcleancenter.org.

Kat Kehoe, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

NOTICE: Due to the ongoing renovation of the Ingleside Avenue facility, MCC has temporarily relocated to the McLean Square Shopping Center. The majority of MCC's classes will be held at 6645 Old Dominion Dr., McLean, VA 22101. MCC's administrative offices are located at 6631 Old Dominion Dr. (on the first floor of the Century 21 New Millennium building).



The Lost Ones (from left): Melinda Goldfedder, Constance Meade, and Tali Klein.



Stage Manager Mary Ann Hall gives direction to the cast during rehearsal.

Vienna Theatre Company Presents 'Peter Pan'

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Presenting J.M. Barrie's children's classic story with a female lead.

BY STEVE HIBBARD
THE CONNECTION

With 17 cast members, the Vienna Theatre Company will present J.M. Barrie's children's classic, "Peter Pan," from Jan. 18 to Feb. 3, 2019 at the Vienna Community Center.

When Peter Pan who is played by a girl actress, loses her shadow, the headstrong Wendy helps her to reattach it. In return, Wendy and her brothers are invited to Neverland, where Tinkerbell, the fairy, the Lost Ones, and the vengeful Captain Hook await. Magic and make-believe ensue.

According to Jessie Roberts, director and script adaptor from Great Falls: "Because we have changed the gender of the character Peter to be a girl, it becomes not so much about a boy who doesn't want to grow up as about an empowered young woman. She still has issues but she is a powerful young woman. Yes, it's the J.M. Barrie script but it's adapted to the 20th century sensibility."

She added: "We were trying to achieve a show that would appeal to both adults and children. It should awaken memories in adults and create them in children. It's a wonderful story about friendship, loyalty, good winning out over evil, and those are values we need to be aware of today. There's a lot of love in the show. And it's funny and there's some very funny moments."

McLean resident Carolyn Heier, who's in her 40s, plays the role of Peter Pan.

"Well, Peter is very invested in her own independence and remaining young and having fun. She likes to think she doesn't need others but by the end of the play she realizes she could benefit from it but she becomes so entrenched in her way of thinking and it's almost like it's too late to change.

"There's two sides to Peter: The tough independent woman who doesn't think she



The Darling Family parents Alex Bhargava and Karn Ford rehearse a scene for "Peter Pan."

needs anyone and then Peter who longs for closeness," Heier said.

As far as audience takeaways, she said: "I hope they take away the joy and happiness of Peter Pan. I hope they take away the bonds between friends and family and that can be strong, that girls can be strong and independent while also being connected to others."

Amanda Marra, 31, of Arlington, plays the role of Wendy. "Wendy Darling is the daughter of Mr. and Mrs. Darling. Her brothers are John and Michael. They live in England. She's a very proper girl who has dreams of experiencing life beyond their little bubble. She has a great sense of responsibility at home so the opportunity to go to Neverland is attractive to her," she said.



Some of the cast of "Peter Pan" rehearses a scene from the play.

She added: "I tried to connect Wendy's feelings of home to my own thinking back to when I was a child. I tried to connect that feeling of wanting to start your own life. I think what really drew me to this character was her great sense of responsibility at home and freedom that traveling to Neverland would give her. For the first time in her life she's allowed to let go and have fun. While some of Neverland might be scary, it's still very exciting for her; it's an adventure."

Lindsey Newberg, 11, of Reston plays the role of Michael. "Michael is Wendy's little brother. He is very excited to go off to Neverland and he loves the Lost Ones and Peter Pan and all the adventures they have. He loves fighting the pirates and he sort of

forgets his real life in London while he's in Neverland. But at the end, he's excited to see his parents," she said.

As far as challenges, she said: "We had to master the British accent which was very hard because I had never done the British accent before. We rehearsed a lot and listened to Podcasts to learn the British accent and eventually we mastered it."

When & Where

The Vienna Theatre Company will present J.M. Barrie's "Peter Pan," from Jan. 18 to Feb. 3, 2019. Tickets are \$14. Show times are 8 p.m. on Jan. 18, 19, 25, 26, and Feb 1 and 2; and 2 p.m. on Jan. 27, and Feb. 2 and 3. The venue is located at the Vienna Community Center, 120 Cherry Street, S.E., Vienna, VA 22180. Visit the website: <http://www.viennatheatrecompany.org>.

Here's What's Happening at MCC!

Presented by The Alden



Movies for Kids and Families
Wednesday, Jan. 9, 12:30 p.m.
In the Community Hall
Free admission

The Old Firehouse 5th & 6th Grader Party



The Snow Ball
Friday, Jan. 11, 7-9 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents

The Alden Spring Production



Open Auditions for "Winnie-the-Pooh"
Mon.-Tues., Jan. 14-15, 7-9 p.m.
For students ages 10-16 who reside in Small District 1A-Dranesville
Contact Danielle.VanHook@fairfaxcounty.gov to schedule an audition time.

Martin Luther King Jr. Day Celebration "Liner Notes"



Sunday, Jan. 20, 2 p.m.
\$25/\$15 MCC district residents
A moving, multimedia concert experience that delves into the music that powered the civil rights movement.

Presented by The Alden



Midday Movies: Foreign Language Films*
Wednesday, Jan. 23, 1 p.m.
In The Alden Free admission
*These movies are chosen for adult audiences and may contain mature content, language and themes.



The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
703-790-0123, TTY: 711

HomeLifeStyle

Beyond The Resolution

Keeping a home in order all year long.

By MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. Dedicating five to 10 minutes every evening to rehang clothes and separating items that need to

"If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

— Preston Taylor of From Chaos to Order



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

PHOTO BY STACY ZARIN GOLDBERG

be dry cleaned can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket."

Taylor recommends tackling laundry every evening if necessary. "If you start a load when you first arrive

home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehang towels, and then wiping it down one's shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep

a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."

After Holiday Visits, Some Questions

Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer's Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

- ❖ Memory loss that disrupts daily life.
- ❖ Challenges in planning or solving problems. \

❖ Difficulty completing familiar tasks at home, at work or at leisure.

❖ Confusion with time or place.

❖ Trouble understanding visual images and spatial relationships.

❖ New problems with words in speaking or writing.

❖ Misplacing things and losing the ability to retrace steps.

❖ Decreased or poor judgment.

❖ Withdrawal from work or social activities.

❖ Changes in mood and personality.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.

ENTERTAINMENT

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

THURSDAY/JAN. 10

Open House. 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. For the Adventures In Learning Hosted by the Shepherd's Center of Oakton-Vienna. Check out what's in store for the Shepherd's Center's Winter semester of Adventures in Learning. Light refreshments provided by Sunrise Assisted Living. Classes run Jan. 17-March 14. Call 703-281-0538 to register or visit www.scov.org/ail-open-house.

SATURDAY/JAN. 12

NVMR Model Train Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. The NVMR open house has model trains and trolley activities that realistically depict an actual railroad that existed in North Carolina in the 1950s, the Western North Carolina (WNC). Locomotive, rail car, and towns industry in this layout is modeled after those places and things as they looked in that era. Thomas and Friends are there, too. Visit www.nvmr.org.

AAUW Presents Dr. Dwandalyn Reece. 2 p.m. (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/.

Klondike Campfire Cookout. 3:30-5 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. How did Native Americans prepare a meal in the middle of the winter cold in ages past? Find out while making a own meal at the "Klondike Campfire Cookout" at Riverbend Park. Prepare a winter meal using colonial and indigenous cooking techniques around a campfire. Food and drink are provided. Bring a flashlight and wear warm clothes. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

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.

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

SEE ENTERTAINMENT. PAGE 7

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SPORTS

**Warhawks Ice
Hockey Blanks
Oakton, 4-0**

The Madison Warhawk Hockey team dominated the Oakton Cougars 4-0 earning town bragging rights. The Warhawks maintained presence in Oakton's offensive zone thru all three periods holding the Cougars to 15 shots. Madison saw goals from four players, with the first period goal coming from defenseman Zack Helfant, assisted by forward Hayden Winkleman. Max Marr scored an unassisted goal in the second period, his first NVSHL goal. The third period had goals by forward Preston Cain assisted by Matt



PHOTO BY KHY SWEENEY

Madison forward Max Marr positions himself behind the Oakton goalie for the backdoor goal. Madison beat Oakton 4-0 in ice hockey action.

Hetherington and late in the third by forward Tom Hetherington assisted by defenseman Nick Willey. The Warhawks had 27 shots on

Oakton's net and goalie Ben D'Haiti earned his first shutout this season, turning away all 15 of the Cougars shots.

VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from Dec. 28, 2018 - Jan. 3, 2019. R

INCIDENTS

Fraud — 300 Block Park Street, NE Sept. 22, 12 p.m. A resident reported unauthorized charges to his credit card.

Petit Larceny — House of Vape 141 Church Street, NW Dec. 14, 8:34 p.m. An employee reported that a customer paid for some merchandise, then grabbed a bottle of vape juice and left the store without paying for it.

Petit Larceny — 100 Block Locust Street, SW Dec. 26, 12 p.m. A resident reported a lawnmower and patio chairs were stolen from their shed.

Grand Larceny — Sally Beauty 329 Maple Avenue, East, Dec. 27 between 8 a.m. and 9 a.m. An employee reported her wallet was stolen from the store. She noticed the wallet was missing after her bank notified her of suspicious activity on her credit card.

Domestic Dispute — Glyndon Street, SE Dec. 27, 9 a.m. Officers responded for a verbal dispute between a resident and her adult son.

Destruction of Property — CVS 337 Maple Avenue, East Dec. 27 between 12 and 12:50 p.m. A citizen reported graffiti on the rear wall of the building. Juvenile Case — Advanced Pediatrics 100 East Street, SE Dec. 28, 10:28 a.m. A nurse in the practice requested assistance with a juvenile who was in need of a mental health evaluation. Officers spoke with the juvenile who agreed to go with his mother to an area hospital for evaluation.

Arrest — Noise Violation — The Bey Lounge 303 Mill Street, NE Dec. 29, 1:20 a.m. A resident made a complaint of loud music in the area. PFC Williams responded and observed the music was coming from The Bey Lounge. PFC Williams issued a summons to an employee, a 33-year-old man from Dry River Court in Reston, for Maintaining Excessive Noise. Grand Larceny — Caffè Amouri 107 Church Street, NE Dec. 29, 12 p.m. A citizen reported her cell phone was stolen while she was at Caffè Amouri. Assault — 100 Block Patrick Street, SE Dec. 29, 4:45 p.m. A resident reported that an acquaintance was helping her move into her new home when he touched her inappropriately. The resident was advised of the warrant process if she wished to pursue charges.

Arrest — Narcotics Violation — 500 Block Glyndon Street, SE Dec. 29, 8:37 p.m. A resident was watching their neighbor's house while they were out of town. The resident noticed lights on and movement in the home. Officers responded to the residence and located a man in the basement. It was determined the man, who was found to be in possession of marijuana, was the son of the homeowner. Sgt. Ruddy issued a summons to the 25-year-old man from Montello Avenue, NE in Washington, DC charging Possession of Marijuana.

Arrest — Drunk In Public — Pazzo Pomodoro 118 Branch Road, SE Dec. 30, 12:24 a.m. An employee reported a man who was acting disorderly in the restaurant. The man was stealing drinks from other customers and refusing to leave. MPO Smith located the intoxicated man and placed him under arrest. The 46-year-old man with no fixed address was transported to the Fairfax County Adult Detention Center where he was charged with Drunk In Public. He was also trespassed from the restaurant by the employee. Arrest - Unlawful Entry — 200 Block Cedar Lane, SE Dec. 30,

2:45 p.m. A teenage juvenile was home alone when a man entered his apartment through the front door. The juvenile ran from the apartment to call for help. Officers located the man in a bedroom. EMS personnel were requested to evaluate the man who appeared highly intoxicated. The man refused medical treatment and was placed under arrest. Ofc. Wallace transported the 32-year-old man from Cedar Lane, SE in Vienna to the Fairfax County Adult Detention Center where he was charged with Unlawful Entry and Drunk In Public.

Narcotics Violation — Chain Bridge Road and Glengyle Drive Dec 31, 12:30 a.m. An officer observed a driver commit a traffic violation and initiated a traffic stop. Upon this officer's interaction with the driver, he detected an odor of marijuana. The driver successfully completed a series of field sobriety tests. Various smoking devices were found in the vehicle, but no narcotics were located.

Open Door — 300 Block Plum Street, SW Dec. 31, 1:44 a.m. An alarm company requested officers check on a residence where the alarm code had been deactivated. Officers found the garage door was open and the door leading from the garage into the residence was unlocked. The officers searched the residence, finding nothing that appeared to be suspicious. The doors were secured, and the homeowner was notified.

Police Service — Chipotle 215 Maple Avenue, East Dec. 31, 12:20 p.m. Ofc. Sterling located a man walking in the rain who appeared to be in need of shelter. He transported the man to an area facility. It was discovered that the man might be the victim of a financial fraud. The officer provided him with the resources he needs to follow up on the matter with his bank and the proper authorities.

Injured Person — 600 Block Upham Place, NW Dec. 31, 10:26 p.m. Fairfax County EMS personnel advised officers of a medical call they responded to where they transported an injured juvenile to an area hospital with non-life-threatening burns. This case is under investigation.

Suspicious Event — INOVA Urgent Care 180 Maple Avenue, West Jan. 1, 1:17 p.m. A man reported an incident at the Urgent Care where the staff would not permit him in the room where his wife was undergoing some medical tests. The staff advised that was their policy. The man and his wife left the facility and called the police. Officers summoned EMS personnel who evaluated the wife but found she was not in need of any further treatment.

Suspicious Event — 800 Block Glyndon Street, SE Jan. 1, 10:10 p.m. A resident reported someone banging on his side window.

Suspicious Event — 900 Block Ware Street, SW Jan. 2, 5:42 p.m. A resident found a suspicious note that was left in her mailbox. A surveillance video showed the person leaving the note was a neighbor. Officers spoke to the neighbor who stated it was a prank. The neighbors agreed to work the issue out between themselves.

CRASHES

Marshall Road and Ware Street, SW — Dec. 24, 2:30 a.m. Vehicle-1 was traveling eastbound on Marshall Road. The vehicle slid off the road, struck a pedestrian crossing sign, a fence and a shed. The driver was issued a summons charging Failure to Pay Full Time and Attention.

143 Maple Avenue, East — Dec. 27, 3:30 p.m. Vehicle-2 was sitting in a parking lot waiting for a parking space to open. Vehicle-1 was backing out of a parking space and struck Vehicle-2. Both drivers exchanged information.

ENTERTAINMENT

FROM PAGE 5

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.

FRIDAY/JAN. 18

“Dining With Dorothy.” 12:30 p.m. At Westwood Country Club, 800 Maple Ave., E, Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space, contact event chair, Dorothy Flood at dflood1706@gmail.com.

FRIDAY-SATURDAY/JAN. 18-19

“Peter Pan.” 8 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at www.viennatheatrecompany.com/ordering-tickets-online/, in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if seats are still available). Visit www.viennatheatrecompany.com.

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.

SUNDAY/JAN. 20

Breakfast Buffet. 8 a.m.-noon. at Vienna American Legion Post 180, 330 Center St., N., Vienna. A Breakfast Buffet will be offered by the Vienna American Legion. Adults \$10, children 12 and under \$4. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Call 703-938-9535.

MONDAY/JAN. 21

Live Music: Danny Burns. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Irish Americana songwriter Danny Burns is playing for his record release party. \$15. Call 703-255-1566 or visit www.jamminjava.com.

TUESDAY/JAN. 22

Live Music: Tyrone Cotton. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Tyrone Cotton's earliest musical revelation was listening to the raspy, inspirational voice of his grandfather, the Reverend Cleveland Roosevelt Williams, at his childhood home in Louisville, KY. \$12. Call 703-255-1566 or visit www.jamminjava.com.

THURSDAY/JAN. 24

Liz Longley Performs. 7:30 p.m. At Jammin' Java, 227 Maple Ave. E, Vienna. Longley has built a reputation as an accomplished songwriter, crafting intimately personal portraits through her music. Visit www.jamminjava.com.

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The Road Very Much Traveled



By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-smickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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

OPINION

Wish List

Things this session of the General Assembly, beginning Jan. 9., could/should accomplish.

Before this session, every year for the better part of a decade, the most profound wish for the Virginia General Assembly session was the expansion of Medicaid under the Affordable Care Act, which could provide healthcare to as many as 400,000 poor Virginians who otherwise were living without coverage. Partisan obstruction prevented those people from gaining coverage for many years.

But coverage began this month for 200,000 new enrollees after Medicaid expansion came to Virginia in the last session. It arrived with the November 2017 election and Democrats taking 15 additional seats in Virginia's House of Delegates. The prospect for more awaits in this November's election with all seats in the General Assembly, both the House of Delegates and the Senate, on the ballot.

So we'll begin this year's wish list with gratitude that the entire Commonwealth, including the economy, will be healthier for provid-

COMMENTARY

ing healthcare to the previously uninsured. And a wish that we not complicate the coverage with work reporting requirements. Please.

So in the new era of new hope for action in the General Assembly, here are some (not so modest) wishes for this session, acknowledging that some may wait another year for serious consideration.

- ❖ Establish a nonpartisan redistricting commission. This is urgent, as the General Assembly would have to act in this session to get a constitutional amendment on the ballot in time for a commission to be ready for redistricting after the 2020 census.
- ❖ Greater transparency everywhere. Move to allow fewer, not more, FOIA exemptions. Require that a reason be given for any FOIA denial.
- ❖ End suspension of driver's licenses for non-payment of court costs and fines.
- ❖ Pass the Equal Rights Amendment.
- ❖ Fund Community Services Board budgets.

Expand Medicaid waivers; clear the waiting list.

- ❖ Fund education fairly, Northern Virginia needs more help.
- ❖ Restrict predatory lending.
- ❖ Think about reform and civil rights when considering votes on law enforcement.
- ❖ Involve local officials in fixing proffer regulation.
- ❖ Protect LGBT rights.
- ❖ Implement no-excuse absentee voting.
- ❖ Limit large campaign contributions.
- ❖ Prohibit personal use of campaign funds.
- ❖ Require reporting on solitary confinement.
- ❖ Push jails and prisons to adopt best practices for prisoners with mental health issues.
- ❖ Provide a tax credit for family caregivers, with income limits if needed.

Comments? Additions? Email editors@connectionnewspapers.com

There is an infinite amount of information at virginiageneralassembly.gov Click on "members and session" for quick links.

— MARY KIMM

Public Safety Drones? Public Input Wanted

The Fairfax County Unmanned Aircraft Systems program will provide an enhanced level of operational capability, safety and situational awareness for first responders, other approved participating agencies, and decision-makers with high quality imagery, data, and customized geospatial solutions using unmanned aircraft while continuing to maintain the public trust.

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents on what they think. We are hosting six public information meetings located throughout Fairfax County.

The draft program is designed to support a variety of government mission types including:

- ❖ Search and rescue
- ❖ Flooding assessments
- ❖ Pre- and post-disaster damage assessments
- ❖ Crash reconstruction
- ❖ Fire incident/scene management and investigations
- ❖ Hazardous materials responses
- ❖ Wildlife estimation

The draft UAS program would not be used:

- ❖ To conduct random surveillance activities
- ❖ To target a person based solely on individual characteristics, such as, but not limited to race, ethnicity, gender, national origin, religion or disability
- ❖ To harass, intimidate or discriminate against any individual or group
- ❖ To conduct personal business or any other unauthorized use

Each public information meeting will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions from representatives of the Office of Emergency Management, County Attorney's Office, Police and Fire and Rescue Department. The formal presentation will begin at 7 p.m.

To find out more about the UAS program go to www.fairfaxcounty.gov/uas. The draft public safety UAS program manual is located there along with a link to the email account.

Please send your feedback or questions to uas@fairfaxcounty.gov or through the link lo-

cated on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019 to be included in the official public record.

❖ Jan. 14, 2019 (6:30 p.m. – 8:30 p.m.), Mason District Governmental Center (Community Room), 6507 Columbia Pike, Annandale, VA 22003

❖ Jan. 16, 2019 (6:30 p.m. – 8:30 p.m.), South County Governmental Center (Room 221C), 8350 Richmond Highway, Alexandria, VA 22309

❖ Jan. 23, 2019 (6:30 PM. – 8:30 p.m.), McLean District Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

❖ Jan. 24, 2019 (6:30 p.m. – 8:30 p.m.), Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly, VA 20151

❖ Jan. 28, 2019 (6:30 p.m. – 8:30 p.m.), Reston Community Center – Hunter Woods, 2310 Colts Neck Road, Reston, VA 20191

❖ Jan. 30, 2019 (6:30 p.m. – 8:30 p.m.), Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke, VA 22015

BULLETIN BOARD

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 Tyson 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.

Active Aging Wellness. 11 a.m.-noon at Oakton Church of the Brethren (near Unity), 10025 Courthouse Road, Vienna. Exercise Class for Older Adults focusing on low impact aerobics, balance, coordination and stretching. Wednesdays, for six weeks, Jan. 9-Feb. 27. \$40 for six week session due at first class. Instructor will provide bottled water and towels. Call 703-850-4131 or email eileentarr1@verizon.net for more.

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.

FRIDAY/JAN. 11

Coping Strategies for Anxious Children. 10 a.m.-noon. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

Vienna & Oakton CONNECTION

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**Published by
Local Media Connection LLC**

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