

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

OUR BEST OFFER EVER!

In Plant Express or Signature Rug Cleaning

FOR EVERY 2 RUGS CLEANED GET THE 3RD RUGS CLEANED **FREE!**

SAVE up to 35%

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!† *Hurry! Offer Expires 1/27/19. Get the third rug of equal or smaller size for free. Not valid w/any other offers.



and Oakton
Vienna CONNECTION

Junior Focus Day Held at Madison High

NEWS, PAGE 6

St. Mark Students Win Bronze In State Coding Competition

NEWS, PAGE 7

Talking Across The Political Divide

NEWS, PAGE 3

Madison High students participate in a session on college admissions during a Junior Focus Day on Jan. 18 to learn more about the variety of options once they graduate.

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322
POSTAL CUSTOMER
ECR WSS
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 1-24-19

PHOTO BY FRANCESCA BRANSON
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

Living well is in our nature.



**Assisted Living Residences and
Respite Services now available!**

It's what life is all about. Westminster at Lake Ridge is nestled in a quiet wooded enclave next to the historic town of Occoquan with its eclectic mix of restaurants, shops, and cafés along the river. Our beautiful location is within easy access to enjoy all that DC Metro area has to offer.

The residents of Westminster at Lake Ridge have the best of all worlds: a serene, village-like setting, yet easy access to Washington DC's best amenities—all while providing a deep connection with the natural world.

The retirement lifestyle you deserve is shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with the security of a full continuum of care.

**Call 703-791-1100 today
to schedule your personal tour!**

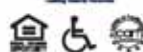
*Westminster at Lake Ridge is a CARF accredited, not-for-profit,
continuing care retirement community.*



WESTMINSTER
AT LAKE RIDGE
ENGAGED LIVING

www.wlrva.org

12191 Clipper Drive | Lake Ridge, VA



CALL FOR CANDIDATES

**McLEAN COMMUNITY CENTER
2019 GOVERNING BOARD ELECTION**



**Want to be a
community leader?**

Run for a seat on our governing board!

We're looking for residents of Small District 1A, Dranesville, who wish to serve their community by playing a lead role in helping to carry out MCC's mission.

Candidate Petition Packets may be picked up at the Center starting January 22.

Visit the Center at: 1234 INGLESIDE AVE., MCLEAN, VA 22101

Call: 703-790-0123, TTY: 711 Email: ELECTIONS@MCLEANCENTER.ORG

Visit: [HTTPS://TINYURL.COM/MCLEAN-CENTER-ELECTION](https://tinyurl.com/mclean-center-election)



garai
ORTHODONTIC
SPECIALISTS
BracesVIP.com



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- VIP Top 1% Invisalign Provider
- Attending Faculty - Orthodontic Department Children's Washington Hospital
- Over 15 years teaching orthodontics and private practice

"BEST ORTHODONTIST"
Washingtonian Magazine
Family Living Magazine

"TOP ORTHODONTISTS"
Northern Virginia Magazine
Virginia Living
Health & Beauty Magazine



- Orthodontic specialist for the entire family
- The American Association of Orthodontics recommends seeing an orthodontist at age 7

***Schedule your Complimentary
Consultation Today!***

Vienna
427 Maple Ave West
Vienna, VA 22180
BracesVIP.com
(703) 281-4868



Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
BracesVIP.com
(703) 281-4868

Talking Across the Political Divide

Organization seeks to end polarization in America – one conversation at a time.

BY ANDREA WORKER
THE CONNECTION

“We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature.”

— ABRAHAM LINCOLN, 1861

Those words, spoken by the American president in the time of the greatest discord and division in the history of the Union, are the inspiration behind the mission of the Better Angels organization, to move beyond the issues and sentiments that divide us, and find the things that unite, to find a common ground through real conversation.

The nonprofit was formed shortly after the 2016 presidential elections when David Blakenhorn, one of the founders and currently the president of Better Angels saw the writing of polarization on the wall and called David Lapp, an affiliate scholar at the Institute for American Values to ask if he would help bring a handful of Donald Trump and Hillary Clinton supporters together for a weekend of dialogue.

Even in the midst of the post-election heated emotions, the organizers found remarkable results. “We liked each other and wanted to know more about each other...we wanted to keep meeting...those red and blues invited friends to another workshop” and together they founded the first Better Angels Alliance to keep the conversation flowing.

BETTER ANGELS describes themselves as “a national citizens’ movement to reduce political polarization in the United States by bringing liberals and conservatives together to understand each other beyond stereotypes, forming red/blue community alliances, teaching practical skills for communicating across political differences, and making a strong public argument for depolarization.”

On Saturday, Jan. 19, Better Angels-trained facilitators Catherine Fox and Tony Speranza brought that mission in the form of one of Better Angels’ structured “Skills for Difficult Personal Conversations” workshops to the Patrick Henry Library in Vienna.

Perhaps unsurprisingly, the roomful of participants declined to have their particular reasons for attending quoted for the record, since a majority of them admitted that they registered for the workshop in order to improve fracturing personal relationships, and even, in a few cases, to save family relationships that were on the brink of complete breakdown due to political differences.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Jackie Wilson of McLean and Joanie Young of Oakton practice some of the listening and speaking skills offered at the Better Angels workshop on “Talking Across the Political Divide” held at the Patrick Henry Public Library in Vienna. “This is a good start,” said Wilson. “We need to find the common things that hold us together.”

Tony Speranza was one of the two Better Angel-certified moderators who facilitated the workshop for developing the skills to negotiate difficult political conversations. Catherine Fox was his partner for the day.



Dave Rogers of Vienna came to the event with an unusual perspective. A native of South Africa, Rogers says he has seen “good government, bad government and everything in between” in the last 30 years in his country. “This division is relatively new in America. I wanted to come and hear the American approach to working against polarization and to practice those skills myself.”

structed that they would have to “give up” on the following:

- ❖ That you can persuade the other person to change core attitudes and beliefs;
- ❖ That facts will be agreed on and logic followed consistently;
- ❖ That your conversation partner will match your openness.

“Remember,” Fox said, “you’re trying to understand the other’s point of view, how they came to their positions, not judge or disparage them.”

The Better Angels goal is to look for common values and concerns. Establishing a neutral conversational plane where we seek to learn something, affords “the better chance to have meaningful conversations that maintain, and sometimes even strengthen relationships, even when the speakers have opposite points of view on certain subjects.”

“Remember, you’re trying to understand the other’s point of view, how they came to their positions, not judge or disparage them.”

—Catherine Fox

THE GROUP was split into pairs, one representing the “blue” side, the other the “red.” Although there were many more “blues” in the room, there were some “reds” and with the help of some role-playing scripts, a few of the “true blues” were able to take the “red” part for the sake of the exercises.

Things moved quickly from there, with the pairs sharing what went well and what was challenging after each scenario. The moderators were right. Even in simulation mode, the conversationalists acknowledged that it was difficult to not give in to emotion, to listen, and to look for the common ground rather than go on the offensive.

“But at least we are more prepared now, and know how to start and what to look for from ourselves,” said Jackie Wilson of McLean, who signed up for the workshop with her “best pal” Joanie Young of Oakton.

“This is good for me,” said Young. “People tell me I interrupt when we get into these kinds of conversations, so this is helping me think about that, holding back while the other person is talking so I can really hear them.”

“Yes, this is really important,” agreed Wilson. “In these times, we need to find every method to find a measure of peace and understanding. This is just a start.”

Wilson’s remarks were echoed by the others when the class was concluded and it was feedback time. Most wished that the session could have been longer and more in depth, with the opportunity to explore potential pitfalls that might really occur, but felt that their role-playing experiences and the information shared by the moderators was, in fact, a good start. Several said they would be on the lookout for the next, nearby available full-length “red/blue” workshop.

Better Angels’ Virginia state coordinator Mel Pine directed those interested in continuing the process to the group’s website at www.better-angels.org. Membership in the organization is only \$10 per year. Pine also announced that Better Angels would be having their own “state of the union” address on Jan. 31 at 9 p.m. via web stream. Mel can be reached at mel@better-angels.org for anyone interested in more information, or interested in hosting a training session.

In the meantime, say the Better Angels, keep talking and keep listening to keep the conversation going.

OPINION

'My Hopes Have Already Been Dashed'

Current General Assembly session generates frustrations.

There were big changes in the Virginia House of Delegates after last year's elections, but Democrats fell one coin flip (actually name out of a hat) short of controlling the legislative body.

No doubt the electoral swing delivered one of the most important changes in recent history, the expansion of Medicaid to cover hundreds of thousands of Virginians who had previously lived without health coverage.

But as Del. Ken Plum (D-36) wrote in his column this week: "In light of the last election for House seats, I approached this legislative session with the hope that there might be more flexibility in the House leadership that might result in the consideration of bills that had been summarily defeated in past sessions. My hopes have already been dashed."

A groundswell of public support for Virginia being the 38th and final state needed to ratify the Equal Rights Amendment led to the Senate passing a resolution for ratification.

The subcommittee of the House Privileges and Election Committee Tuesday morning defeated a resolution to ratify the Equal Right Amendment on a vote of 4 to 2. Four members of the House are blocking a vote by the 100 members of the House.

"A major struggle seems to be looming be-

tween the two houses on the ERA which might need to be resolved by the voters at election time," Plum wrote.

Yes, that time is November, with primary voting likely in June.

The question of nonpartisan redistricting is too important to leave until after the next election.

The Senate has passed a bill to establish such a process while House leadership is expressing opposition. Since the legislation is a constitutional amendment, it is important that a resolution be passed this year and next to go to a popular referendum in 2020 in time for redistricting after the 2020 census results are known.

Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other crea-

tures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

PHOTOS CONTRIBUTED

VIEWPOINTS

Shutdown: Local Perspective

George Becerra, Burke

"I'm a furloughed federal employee, home with no pay. I've been proactive; paid all bills up to date in December. I limited holiday spending, didn't splurge. I'm not paying annual memberships due in January to organizations and my HOA. My wife is a government contractor. The solution would be Lindsey Graham. Reopen the government for three weeks. Get people back to work and politicians can hash it out."



Kathryn Oakley, retired Coast Guard, Town of Herndon

"Our active duty members in the United States Coast Guard get paid every two weeks. The last time was Dec. 31, 2018. For Coast Guard retirees, it is not clear if we will get a check because funds are tied to Appropriations Funding. The Coast Guard is under the U.S. Department of Homeland Security. I went to Navy Federal Credit Union, and they shared information about their Government Shutdown Assistance, 0% APR Loan. I'm not worried about myself. I'm worried about the young men and women in the Coast Guard, working without pay. They cannot get a part-time job."



There are two bills introduced. In the Senate, Bill 21, "Pay Our Coast Guard Act" and in the House of Representatives (HR) 367, "Pay our Coast Guard Parity Act." We are small and do not have visibility."

Kevin Powell, Reston

NO PHOTO AVAILABLE

"It seems like Congress resolved itself to government shutdowns as par for the course. With Trump and a divided Congress, I didn't think it would get better. My action plan has been to limit my spending. As a government contractor, I ran into this in the past. I'm job searching so I can get out of government contracting. The shutdown has impacted my marriage and my family. I wish legislators would think country first, constituents second-those who would vote for them."



Keven Leblanc, Town of Herndon

"Federal employees are no doubt impacted. Federal Contractors suffer significantly. If people on contract can't report, they have to take leave without pay or be furloughed. A shutdown this long can drive small businesses out of business if all their work is tied to Federal contracts. Large companies have shareholders they are accountable to and must maintain a profit. The economic ripples then extend to the larger community, as the economic base no longer has money to buy goods

or services or eat at restaurants. For some who live paycheck to paycheck, whether a federal employee, contractor or private employee in a federal-employment concentration, it can mean defaulting on loans or rent, not eating, not getting required medicines or healthcare or the heat and safety from the cold they require."



Cher Muzyk, Nokesville, Md.

"I'm the wife of a government attorney who has been furloughed but is deemed essential. He will eventually receive the back pay, but there are bills to pay now. We have a two-month nest egg for payments as long as we cut back. We called the credit union. My solution is simple. I don't understand why the border wall has to be coupled with the budget. Separate those two arguments. Resolve the budget. Get working families paid and back to work. I would support anything, even temporary. Eighty-three percent of Americans are not affected, so there is no sense of urgency. There is a need for a human face on it. The uncertainty is terrifying."

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
debfunk@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



Shutdown Affects the Area



Sharon Bulova

Chairman Bulova talks County response to Federal Government Shutdown.

BY ANDREA WORKER
THE CONNECTION

The occasion was a “Stuff the Bus” event on Saturday, Jan. 19, collecting food donations at the Giant at Fox Mill shopping center in Herndon to benefit Helping Hungry Kids. But it was a fitting time and place for a discussion about the county’s response to the continuing partial shutdown of the Federal government, according to Fairfax County Board of Supervisors Chairman Sharon Bulova, who was in attendance.

“We do the ‘Stuff the Bus’ program every year after the holidays to help replenish local food pantry stores as that holiday season of giving spirit begins to wane, but this year the need is even greater with so many of our citizens impacted by the shutdown,” said Bulova.

As the shutdown enters week five, with an impasse in negotiations between President Trump and Congressional Democrats over funding a physical barrier at the country’s southern border with Mexico, “no one really knows the full extent of the im-

pact on our region, or our people,” said Bulova, “but we do know it’s a negative one and growing.”

“Whatever the issues, whatever the division, this is no way to treat your employees, your citizens,” Bulova said. “Local government cares and we will continue to work the problem in any way that we can make an impact.”

IN TERMS OF ECONOMIC IMPACT, Bulova said at this point it was impossible to determine just what that cost might be, “but just think of all the people who have had to stop spending, even on basics, and the trickle-down effect that has.”

With so many facilities, museums and parks closed, the region is also experiencing the loss of visitors and the dollars they bring to the local economy.

So far, the Chairman said that the county had only seen a small uptick in citizens requesting assistance or additional services from their local government, “but that doesn’t take into account people who are seeking assistance elsewhere or directly from other organizations, nonprofits or faith

communities. And it’s only going to get worse as this goes on.”

It’s a fluid situation, Bulova said, and the county’s response will have to be continuously assessed and adjusted. Conversations are taking place at all levels of county government on a daily basis, trying to anticipate needs and address those that come to attention.

Bulova noted a few examples.

“Certain property taxes will soon come due in February. If the affected citizens can’t pay that bill, by statute they face a penalty. The Board will be looking at that situation and determining if we can pass a resolution that will avoid those penalties.”

The County is also facing the delay of federal funds for critical needs like HUD vouchers for low-income rents and assistance with the School Age Child Care (SACC) program that provides before and after school care and care.

“These are other shutdown effects we will be discussing at the next Board meeting. We will be considering payment extensions for the SACC program. There are emergency reserve funds in the county’s budget,” but as Bulova worries, that’s a budget already stretched tight and that can’t begin to cover all of the needs brought on by the shutdown and thousands of area residents suddenly being without a paycheck.

Standing in front of the Giant as shoppers stopped to add their donations to carts for the bus-loading, Bulova said it was heartwarming to see the community unite to help these neighbors who find themselves in need “through no fault of their own. So many retailers, services, restaurants, even individuals are looking for ways to help, to offer meals, goods, services either free or at a discount.”

BULOVA had previously visited the 29 Diner at 10536 Fairfax Boulevard, where the owners are donating meals to furloughed federal workers or those working without pay. “Those folks always help and are a real asset to the community,” said Chairman Bulova, and “they are just one of so many that are stepping up to help.”

Front and center on the county’s website at www.fairfaxcounty.gov, a link will take seekers to a section dedicated to guiding those in need toward appropriate resources, be they temporary job opportunities, advocacy for rent and mortgage assistance, free or discounted services, and more.

“Please let our citizens know that they can call the Coordinated Services Planning group at 703-222-0880, TTY 711. It’s a one-stop-shop that can connect residents to county and community-based information, assistance and resources,” Bulova said.

Give your money a raise

Make your money work harder by earning higher interest rates.

Talk to a banker for more details. Offer expires March 22, 2019.

WELLS
FARGO

Platinum Savings Account

2.10% Annual Percentage Yield for 12 months¹

Enjoy a special interest rate for 12 months with new money deposits of at least \$25,000 and a minimum daily account balance of \$25,000 or more.

Fixed Rate CD

2.60% Annual Percentage Yield for 11 months²

Guaranteed fixed rate with new money deposits of at least \$25,000 for an 11-month term.

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. *Portfolio by Wells Fargo*[®] customers are eligible to receive an additional interest rate bonus on these accounts.³

1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer **only** and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

Investment and Insurance Products:
Are not Insured by FDIC or any Federal Government Agency May Lose Value Are not a Deposits of or Guaranteed by a Bank

© 2019 Wells Fargo Bank, N.A. All rights reserved.
Deposit products offered by Wells Fargo Bank, N.A. Member FDIC.
NMLSR ID 399801

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars
**All Types of Federal, State,
Local & Foreign Taxes**

Individual • Business
Trusts • Estates • Wills
Amended & Late Returns
Back Taxes • IRS Audits
• Civil Litigation
Business Law • Contracts

**703-798-3590 or
301-340-2951**

www.beatsonlaw.com



**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

NEWS

Junior Focus Day Held at Madison High

Madison High School Class of 2020 participated in a Junior

Focus Day on Jan. 18, to learn more about the variety of post-secondary options once they graduate. The Student Services Department at Madison High planned the event that offered 12 possible sessions the students could attend.

The topics of the sessions included a wide-range of choices including employment skills, the gap year and the college application process. Professionals from within the local community, as well as out-of-state colleges and universities, presented during each of the four sessions the students chose to attend.

In one session, students were placed on a mock college admission panel. Representatives from Butler University and the University of Dayton facilitated this session where student groups participated in a mock admissions exercise in which they played the role of an admissions officer looking at potential applicants.

Also on hand to speak with the students were four Deans from a range of undergraduate programs: American University, Radford University, The University of Tennessee and The George Washington University. Collectively, they moderated a Q & A session with student groups allowing students to ask a broad range of questions including everything from financial aid to the purpose of early decision applications.

Multiple members of the Armed Forces presented to standing-room only crowds about the different military options available to a student upon high school graduation. Their presentation discussed the type of commitment required and what type of educational opportunities were available in each branch.

The idea of a student's digital footprint was also a topic students could learn about on the Junior Focus Day. This session explained how colleges and employers look at a student's online activity before admitting or hiring a student. It also helped students learn some basics about how to develop their digital identity in a positive, productive manner.

Within the next few months, juniors will begin to register for



Madison High School Class of 2020 participated in a Junior Focus Day on Jan. 18, to learn more about the variety of post-secondary options. The event offered 12 possible sessions the students could attend.

PHOTOS BY
FRANCESCA
BRANSON



Sgt. Bryce Joonas from the Marines presented military options after high school.



Deans from four colleges answered questions from students: American University, Radford University, The University of Tennessee and The George Washington University.



Students participate in a mock college admission panel as Madison High School Class of 2020 holds a Junior Focus Day on Jan. 18, to learn more about the variety of post-secondary options.

the classes they will take in their senior year at Madison. The Junior Focus Day helped inform students as to what type of schedule they should build for themselves

in their last year of high school to best prepare them for their post-secondary options.

—FRANCESCA BRANSON

WWW.CONNECTIONNEWSPAPERS.COM



Route 7 Corridor Improvements Fairfax County

Environmental Document Available for Review

This project is widening about seven miles of Route 7 (Leesburg Pike) from four to six lanes between Jarrett Valley Drive and Reston Avenue. The project, financed with federal, state, local and Northern Virginia Transportation Authority funds, also includes shared-use paths along both sides of the road, turn lanes at intersections, and a bridge replacement over Difficult Run.

In compliance with the National Environmental Policy Act (NEPA), 23 CFR Part 771, an Environmental Assessment (EA) was approved by the Federal Highway Administration (FHWA) for public availability at the Design Public Hearing on November 15, 2016. In accordance with the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places was included in the EA.

Pursuant to 23 CFR 771.129(c), VDOT, in consultation with FHWA, has prepared an Environmental Studies Document (ESD) to determine the validity of the Finding of No Significant Impact (FONSI) decision from FHWA on November 15, 2017. This supplemental evaluation focuses on whether changes to the approved design, the project's surroundings or new information would require additional analysis of the approved EA. The ESD, including a Noise Study Memorandum, is available for public review on the project website (**www.connectroute7.org**) or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2774 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Submit your written comments by February 11, 2019 to Mr. Bryan Campbell at the address above or by e-mail to **Bryan.Campbell@VDOT.virginia.gov**. Please reference "Route 7 Environmental Document" in the subject line.

VDOT ensures non-discrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Bryan Campbell at 703-259-2774.

State Project: 0007-029-128, P102, R202, C502;
0007-029-942, P101, R201, C501, B610, D606, D608
UPC: 52328, 99478
Federal: DEMO-5A01 (439), STP-5A01 (745)



PHOTOS COURTESY OF ST. MARK CATHOLIC SCHOOL

St. Mark students Frankie Anstett and Valentina Rozo, accept the third place award at the Virginia Cyber Robotics Coding Competition Finals at Virginia Commonwealth University College of Engineering, Jan. 12, 2019



St. Mark Students Win Bronze in State Coding Competition

Students, faculty, and parents at St. Mark Catholic School in Vienna braved the elements to vie for the top spot in the Virginia State Finals of the Cyber Robotics Coding Competition (CRCC), held at the VCU College of Engineering on Saturday, Jan. 12. The effort paid off, as the school's two teams both placed in the top 10 for the entire state, with one team placing third, earning the students \$16,000 worth of scholarships, if they attend VCU.

The four-week-long statewide competition, sponsored by Virginia Commonwealth University and CodeVA, included thirty-five public and private schools from across the state of Virginia, engaging nearly 2,500 students. Sixteen schools earned spots at the State Finals, where students worked in 32 teams of two, including St. Mark students Valentina Rozo (grade 8), Frankie Anstett (grade 8), Ava Romeo (grade 7) and Finley Tarr (grade 7). Rozo and Anstett took Bronze, missing second place by only one point. Romeo and Tarr placed tenth.

Organized by Intelitek STEM and CTE Education Foundation, the CRCC is a virtual coding competition that provides students and educators with the opportunity to build STEM related skills using a cloud-based simulation platform featuring a virtual,

3D-animated robot. The CRCC is open to all middle schools in Virginia, recognizing the importance of inclusion and diversity in STEM education.

"The Cyber Robotics Coding Competition strives to engage all students in computer science experiences to foster an interest in STEM and coding early on," said Ido Yerushalmi, CEO of Intelitek.

"We are so proud of our students for shining in this state-wide event. We feel strongly that by focusing our instruction on critical thinking, creative problem-solving, and teamwork, that they will succeed in any number of challenges across multiple disciplines, including coding," said Darcie Girmus, principal at St. Mark. The school serves close to 400 students in grades preschool through eighth.

According to Trevor Pope, CRCC Competition Master, "Coding is a valuable skill and essential form of literacy for today's job market, not just for today but for the future. The CRCC competition builds a solid foundation for students to learn computer science skills in an incredibly engaging way. It's a wonderful opportunity for Virginia students."

For more information about St. Mark Catholic School, visit stmark.org/school, or call 703-281-9103.

St. Mark students and faculty accept awards at the Virginia Cyber Robotics Coding Competition Finals. From left: Melissa Jacoby, K-5 computer teacher, Finley Tarr (Grade 7), Ava Romeo (Grade 7), Valentina Rozo (Grade 8), Frankie Anstett (Grade 8), Jeanne Bliss, 6-8 computer teacher.



Join us for a **FREE** Remodeling Educational Seminar

Sat., Jan 26, Noon-3pm
NOON Meet & Greet | 1PM Seminar | 2PM Consultations
3930 University Drive, 1st Floor, Fairfax, VA 22030

Award-winning remodeler Ted Daniels

Join industry professionals for a free Remodeling Educational Seminar that walks you through the remodeling, design and build process. Topics will include:

- Kitchen & Bath Trends
- How to Ensure a Stress-free Remodel

This free 3 hour seminar will be followed by time for a discussion of your own project ideas with our certified remodeling experts. Refreshments will be served.

Space is limited! RSVP today!
Call 703.239.2700 or visit DanielsRemodeling.com/seminar



DESIGN/BUILD
ADDITIONS
MASTER SUITES
KITCHENS
BATHROOMS



ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

Hadeed, The People You've Trusted for Over 82 Years, Now Bring the Same Quality Cleaning to Everyone!

Now Servicing Every Type of Rug from Machine Made Synthetic to the Finest Handmade Silk. We Bring the Same Quality to Everyone with Our Multi-Pricing Level Menu that will Match Your Rug.

OUR BEST OFFER EVER! In Plant Rug Cleaning **SAVE up to 35%**

FOR EVERY 2ND RUGS CLEANED GET THE 3RD RUGS CLEANED **FREE!**

3 Rugs = 1 Cleaned FREE! • 6 Rugs = 2 Cleaned FREE! • 9 Rugs = 3 Cleaned FREE! On & On

*Hurry! Offer Expires 1/27/19. Valid on Express or Signature Rug Cleaning Services. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

IN-PLANT RUG RESTORATION
Expires 1/27/19. Not valid w/any other offers.

10% off

WALL-TO-WALL CARPET STEAM CLEANING OR HARDWOOD FLOOR CLEANING & POLISHING
Expires 1/27/19. Not valid w/any other offers.

20% off

HADEED SINCE 1929

FREE PICKUP & DELIVERY!

Oriental Rug Cleaning & In-Home Services

535 W. Maple Avenue
Vienna, VA

4918 Wisconsin Ave.
DC/MD

3206 Duke Street
Alexandria, VA

6628 Electronic Dr.
Springfield VA

3116 W. Moore Street
Richmond VA

Grand Opening! » 330 North Stonestreet Ave., Suite A, Rockville, MD

703-836-1111 | JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

Tech Painting's got you covered



inside and out!



Serving:
VA
DC
MD
OBX

703-684-7702
www.techpainting.com



WINTER IS COMING! ASK ABOUT OUR 2018-19 INTERIOR DISCOUNT!

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 Connection • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centre View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Oakton Connection

ENTERTAINMENT

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

ONGOING

Photo Exhibit. Through Jan. 31 at Oak Marr RECenter, 3200 Jermantown Road, Oakton. See how exercise pays off as the RECenter honors senior athletes with a photo exhibit. The framed photographs were selected by OLLI, the Osher Lifelong Learning Institute at George Mason University, and feature subjects connected to Senior Olympics. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/recenter/oak-marr.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Visit www.goldengirls.org.

WEDNESDAY/JAN. 23

Foreign-Language Film. 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden's green room. All movies are shown in the original language with English subtitles. Foreign-language films will be shown at 1 p.m. on the 4th Wednesday of the month through May. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit www.mcleancenter.org.

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.

FRIDAY/JAN. 25

Fine Arts Competition. High school students, grades 9-12, are invited to showcase their artistic achievements in the 2019 James C. Macdonald Performing Arts Scholarship Competition. Open to students who reside or attend school in Dranesville Small Tax District 1A. Finalists must be present and prepared to perform in the preliminary round of the competition the week of Feb. 3, and at the final competition on Wednesday, March 27, to be eligible to receive an award. Apply at bit.ly/2RAG3z2. Visit mcleancenter.org/performing-arts/community-arts-2 or contact Alden Youth Theatre



The Wizard of Oz

Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through the eclectic world of Oz. Saturday, Feb. 2, 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. \$15/\$10 MCC tax district residents; family friendly; 60 minutes. Visit mcleancenter.org/alden-theatre for more.

Programs Director Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov or 703-790-0123.

The Old Firehouse Teacher Work

Day Trip. 8 a.m.-7 p.m. A Day in York, Pa. Cost is \$60/\$50 MCC district residents. Fifth through ninth grade students can journey with The Old Firehouse to York, Pa., for a day of fun. Admission to all activities and lunch are included. Call the Center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org.

McLean Art Society Meeting.

10 a.m.-noon at the McLean Community Center, 1234 Ingleside Ave., McLean. Carol Waite a Sumi-Ye or Oriental Brush Artist will be the featured presenter. Waite specializes in nature paintings including flowers, plants and birds. Guests are welcome. Visit www.mcleanartsociety.org/.

FRIDAY-SUNDAY/JAN. 25-27

"Peter Pan." Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Vienna Community Center, 1234 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. 26

Genealogy Education Program. 10 a.m.-noon at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Carol Kostakos Petranek, Co-Director of the Washington, D.C. Family History Center, will present on "The Family Tree: Crowdsourcing and Collaborating to Memorialize Your Ancestors". This session will explore the Family Tree in detail and demonstrate how to utilize its components and provide instructions on adding digital media to enrich your family's history. Free. Call 703-644-8185 or visit www.fxgs.org.

Community Dinner. 4:30-6 p.m. at St. Luke's United Methodist Church, 7628 Leesburg Pike, Falls Church. Free community dinner to support and thank furloughed federal workers. Open to everyone (feds or not). RSVP to 703-893-9220; leave a message saying how many will come for dinner.

SUNDAY/JAN. 27

McLean Chocolate Festival. 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Wide variety of chocolate vendors.

**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



ENTERTAINMENT



Ayreheart – Ronn McFarlane on lute, Will Morris on fretless bass, violin and colascione, and Mattias Rucht on percussion – is a progressive folk trio founded by McFarlane.

Winter Concerts

The Old Brogue Irish Pub of Great Falls, VA and Barnaby Productions, Inc. present the 30th season of family friendly, Winter Traditional Celtic Concerts performed in a listening room by the fireside. Featuring Ayreheart, Sunday, Feb. 10, 4 and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. A third seating will be added if the first two sell out. Tickets must be purchased in advance at oldbrogue.com: \$18 general admission; \$12 children.

Demonstration of pre-revolutionary chocolate-making. Children's game room with chocolate-themed games and live performances. Plenty of free parking. Admission, \$2; under 3, free. McLean Rotary uses proceeds to fund local charitable organizations. Visit mcleanchocolatefestival.org.

Author Event: Katherine Reynolds Lewis. 2 p.m. at Bards Alley Bookstore, 110 Church St NW, Vienna. Katherine Reynolds Lewis will speak about her book, *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever-And What to Do About It*. She will be in conversation with Kristy Rodriguez. At the end of the talk, Katherine will sign copies of her book. Free to attend with no registration required. Seating is available on a first come, first served basis. Visit www.fcps.edu/resources/family-engagement or call 703-204-3941.

Care Package Assembly. 2-4 p.m. at Vinson Hall Kathy Martin Community Building Ballroom, 6251 Old Dominion Drive, McLean. The McLean Community Village Association (www.mcleancva.org) and The Potomac School are bringing students and seniors in the community together to assemble care packages, which will then be delivered to wounded vets at Walter Reed. The event will also feature active/retired veterans who will share stories as well as musical performances by the students. Open to the public. Visit mcleancva.org/event/military-care-packages-intergenerational-event/.

MONDAY/JAN. 28

Gardeners Monthly Gathering. 12:45-2:45 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Ayr Hill Garden Club monthly gathering features Laura Beatty and Donna Murphy, members of the Potowmack Chapter of the Virginia Native Plant Society, presenting *Your Landscape As Habitat*. Learn about the interdependent relationships between plants and animals and how to use native plants to support biodiversity. Free, open to the public. Email emilielarson@rcn.com.

FRIDAY-SUNDAY/FEB. 1-3

"Peter Pan." Friday-Saturday, 8 p.m.; Saturday-Sunday, 2 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/FEB. 2

"The Wizard of Oz." 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through the eclectic world of Oz. \$15/\$10 MCC tax district residents; family friendly; 60 minutes. Visit mcleancenter.org/alden-theatre.

SUNDAY/FEB. 3

Lox and Lecture: "The Island of Roses – Tragedy in Paradise." 11:45 a.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Through the memories of her mother, family friends and additional archival material, Rebecca Samona' reconstructs the little known story of the life of the Jews of Rhodes, an Italian colony. Following their deportation to Auschwitz in July 1944 and the destruction of the community, the handful of survivors kept alive the memories of this centuries-old culture, and conveyed the stories to their descendants. There will be a question and answer session after the movie. Light bagel and lox brunch prior to the movie. WoTRS members \$7, non-WoTRS members \$10. RSVP by Jan. 10 at wotrsloxtecturejan2019.eventbrite.com. Email juleskrac@aol.com or call 202-321-5824.

WEDNESDAY/FEB. 6

Newcomers and Neighbors Coffee. 11 a.m.-12:30 p.m. at the McLean

Project for the Arts, 1446 Chain Bridge Road, McLean. McLean Newcomers and Neighbors will host a coffee for its members and those who might be interested in joining. Visit www.McLeanNewcomers.org.

SATURDAY/FEB. 9

Tea Seminar – The Sweet Side of Tea. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive focused tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black, and herbal teas. Taste some treats made with these three straight from nature ingredients. A take home tea sampler included. \$35 per person. Visit www.fairfaxcounty.gov/parks/colvin-run-mill to register.

SUNDAY/FEB. 10

Maple Syrup Fresh from the Trees. Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See sap dripping into collection pails on the trees, and discover the surprising amount of sap it takes to make just a little syrup. Taste the combination of maple syrup over cornbread made from the mill's cornmeal, while supplies last. \$5 per person for visitors age 3-adult. No reservations are required. This is an outdoor program, dress for the weather. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

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 Why It Could Happen Again."* SVisit www.lewinsville.org.

All Night Grad Party Fundraiser. 7 p.m. in the Langley High School auditorium, 6520 Georgetown Pike, McLean. The Capitol Steps use song parodies and skits to bring bipartisan levity to major issues of the day. Proceeds from the show will help to pay for Langley's Class of 2019 All Night Grad Party. Open to the general public. Tickets are \$35 at www.ptsalangley.org/all-night-grad-party, under the ANGP Capitol Steps banner, or on Brown Paper Tickets, lhs19capitolstepsfundraiser.bpt.com.

Here's What's Happening at MCC!

Presented by The Alden



Midday Movies:
Foreign Language Films*
Wednesday, Jan. 23, 1 p.m.
In The Alden *Free admission*
*May contain mature content, language and themes.

The Old Firehouse Teacher Work Day Trip



A Day in York, Pennsylvania
Friday, Jan. 25, 8 a.m. - 7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$60/\$50 MCC district residents

Presented by The Alden



A Vital Theatre Production
"The Wizard of Oz"
Saturday, Feb. 2, 1 p.m.
\$15/\$10 MCC district residents

The Old Firehouse Teacher Work Day Trip



Skiiing/Snowboarding
Monday, Feb. 4, 8 a.m. - 6 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$140/\$120 MCC district residents
(without own equipment)
\$105/\$85 MCC district residents
(with own equipment)

The Old Firehouse Friday Night Trip



Washington Wizards Basketball
Friday, Feb. 8, 4-10:30 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$50/\$40 MCC district residents

New Family Event!



Stories by Starlight
Friday, Feb. 8, 7-8 p.m.
\$20 per family
(Includes book purchase)



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

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

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

Announcements

OUTER BANKS, NC - VACATION RENTALS

Over 500 vacation
homes from
S. Nags Head
to Corolla's 4x4!

**Brindley
Beach**
VACATIONS & SALES

877-642-3224
www.brindleybeach.com

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
- Arlington Connection
- Burke Connection
- Centex View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Glenn/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Gaithersburg Connection

NEWS

Club Pilates is now open in Tysons, just off Tyco Road. The second location for owner Michael Grams, the 2,150 square foot facility features the "Reformer" method of Pilates, and incorporates a variety of other equipment. "The instructors are passionate about Pilates and really love to see people gain from the experience," said Studio Director Tara Clouse.



PHOTO CONTRIBUTED

Club Pilates Officially Opens in Tysons

BY ANDREA WORKER
THE CONNECTION

It's called the nation's largest Reformer-based Pilates franchise, and the "reformer" tag refers to the equipment being used, not a religious or political persuasion. Still, Tara Clouse, the Studio Director at the newest edition to the Club Pilates franchise says that a Pilates workout can be a spiritual experience,

The Reformer is a narrow sleigh-bed looking apparatus designed by Joseph Pilates, the founder of the Pilates method, and powered by the user's own body weight and a set of springs attached to both the platform and the carriage. It's also what's being used to fuel the classes at the new club, just opened at 1521 Boyd Pointe Way, Suite B, in Vienna – right in the heart of Tysons Corner.

Throw away your old notions of Pilates as a purely mat-based meditational method of exercise, although mats and meditation can both be found at Club Pilates Tyson. Instead, holding true to founder Pilates' original Reformer-based techniques, this club enhances the traditional 50-minute group activity by incorporating 11 different pieces of equipment along with the Reformer, including the EXO Chair, TRX, Bosu Ball and more.

"Don't let any of that scare you away," said Clouse at the official Grand Opening on the weekend of Jan. 19-20. "That means there is something for everyone, classes that fit all levels, from the most basic of beginners to the most advanced and physically fit."

With these options as part of the classes, it also

means a workout that can be more fun, time-efficient, dynamic and effective than either a strictly traditional gym workout or a session on the Pilates mat, according to Clouse, and club owner Michael Grams.

D.C. native and entrepreneur Grams also owns the Club Pilates in Pentagon City, that launched the franchise and the exercise method in the DMV. With the opening of his second venue, there are now 10 Club Pilates-franchised studios in the area.

"That's how popular this hybrid workout has become," said Grams, who expects to see at least 18 such studios open around the region before long.

"It's a workout like nothing you've tried," Grams says. "Club Pilates merges a variety of exercises that complement the traditional Pilates practice...resulting in a significant difference in your posture, balance, flexibility and strength."

Clouse and Grams also praise the Club Pilates offerings as ideal for those recovering from injuries. "After all that's why Pilates originally invented the exercise system," Clouse notes, referring to the fact that Pilates said his inspiration came to him while he was being held at an internment camp during World War I. Pilates developed his method there over four years to help his injured fellow internees.

The folks at Club Pilates Tysons invite the public to visit their 2,150 square foot facility and to try out a beginner's class for free. A Club Pilates Passport Membership allows members to use all of the local clubs, and virtually any club around the country. Check out their website at www.clubpilates.com, search Tysons location, stop by for a tour, or call 571.429.4890 for more information.

Photo Exhibit at Vienna's Frame Factory

The Northern Virginia Photographic Society (NVPS) exhibits at the Art Gallery, Frame Factory. 212 Dominion Rd. NE, Vienna. The NVPS promotes the enjoyment, mastery, and furtherance of photography through cooperation, effort, and good fellowship. The Society is not operated for profit. Information about NVPS is at <http://nvps.org/home/>. The Frame Factory exhibition runs to Feb. 12. Hours from 10 a.m. to 5 p.m. Monday through Saturday. For exhibition information call 703-281-2350 or visit: www.theframefactory1.com.



PHOTO BY WILLA SIEGEL

"Greenland Nights" on display at the Northern Virginia Photography Society exhibition at the Frame Factory, Vienna.

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

Prescription Drug Take Back Box Program.

Fairfax County announced the expansion of the Prescription Drug Take Back Box Program Countywide. The boxes are available 24/7/365 at each district police station for any person to anonymously and safely dispose of their prescription medications 24/7/365 - no questions asked. It is important to get unused medicines, especially opioids, out of your medicine cabinets to prevent accidental or illicit use. Several Fairfax County pharmacies also take back unused prescription drugs. For a current list, visit www.fairfaxcounty.gov/news/24-ways-to-safely-dispose-of-unused-medications/.

INPUT SOUGHT

Unmanned Aircraft Systems (UAS) Program.

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings 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. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located 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.

- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
- ❖ Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.
- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAYS THROUGH 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. 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. 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.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm.

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

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

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

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/fins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!

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

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

Sign up for

**FREE DIGITAL
SUBSCRIPTION**

to any or all of our 15 papers

WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

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

**THE
CONNECTION**
Newspapers & Online
703-778-94

Worried About What Awaits



By KENNETH B. LOURIE

Not that there's anything wrong with me – other than having cancer that is – but I've been going to see doctors – other than my oncologist – fairly regularly in the past few months: internal medicine, three times; otolaryngologist, two times.

The reason/symptoms vary, but in general, nearly 10 years into my "13 month to two-year" prognosis, I am finally erring on the side of taking a precaution and scheduling appointments with doctors as often as I see fit. Apparently, waiting isn't the hardest part after all. It's the dumbest part – if you have cancer.

So far, in all five instances, the various symptoms were not cancer-related, they were life-related. Meaning, they had nothing to do at all with my having cancer and/or its progression, and everything to do with living life outside of the bubble.

However, surviving life inside the cancer world for as long as I have has now made me a bit trigger happy, so to speak. At the drop of a hat or for most any other reason, I am scheduling an appointment with my primary care physician to confirm or debunk any medical suspicions that I might have.

Henceforth, I am going to let the professionals tell me what I need to know and what I need not worry about. It has become time for me to no longer fool around with my health presuming that whatever ails me is merely a blip when in fact it could be a sign of things potentially to follow.

Sort of like the oil warning light illuminating on your car's dashboard – it likely means the damage has already occurred. And the next steps you take might even be too little, too late.

As concerns my health, there is no warning light as such. Knowing there's only so much I can do to preempt (some of which I've been doing) what trouble possibly awaits, at the very least I shouldn't be stupid or stubborn anymore. Instead I have to be vigilant and proactive.

Since my life is at stake here, I can't worry too much about what the doctor might say when I show up at my appointment with less-than-life altering/cancer-connected symptoms. Until they tell me otherwise, which they haven't yet, I will continue to overreact to any symptoms I experience because for all I know about such matters, it just might matter.

And lately, when my exams have indicated there was nothing to matter, I've often felt the need to apologize for taking up the doctor's time. Time which I realize is very valuable. But they would hear none of it. Instead, they have encouraged me not to hesitate making future appointments should the need arise.

And I suppose that's the issue: 'should the need arise.'

But how will I know when the need arises? How will I know if the need is genuine? How will I know if the need is cancer-related or merely life-related, and should I act differently depending on the answer? Or should I not care about any of these questions and simply schedule appointments as soon as possible because, as I was advised years ago when I was first diagnosed: "It's all about you now, Kenny."

In thinking about where all this anxiety is coming from, I believe it has something to do with my switching to an immunotherapy drug – which we've been discussing for a few months, and being aware of the many possible side effects. Side effects which, should they manifest, I am to contact my oncologist immediately.

My concern is however, will I know and will I be too early or too late. Or maybe it won't matter, and that's what scares me. Moreover, I'm afraid we might not be able to stop what we've already started.

Granted, it's all speculation, and it's all pre-mature

Either the side effects prevent me from infusing the drug or it doesn't. And if I am able to be infused, the tumors, especially the "Adam's Apple" tumor, shrink in the process. And if I have to see multiple doctors during my treatment, so be it.

This is no time to wait and see. It's time to be seen without waiting.

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

SPORTS

Madison Hockey Upsets Previously Undefeated Chantilly 6-5

The Warhawks capped off a festive senior night with a come-from-behind win over the previously undefeated Chantilly Chargers 6-5. Madison would play much of the game in catch up mode, with Chantilly scoring 2 early goals but the Warhawks would tie it up with 2 goals 87 seconds apart midway thru the first period. Goals were scored by forward Hayden Winkleman, assisted by Matt Hetherington, and a goal from forward Luke Pohlman, assisted by forwards Sammy Thompson and Jeff Hunter. Chantilly would add a goal to their tally late in the first but Madison would answer early in the second with a goal from forward George Bilidas assisted by Preston Cain. Chantilly would present the Warhawks with their biggest challenge early in the second with 2 penalties and a 2 man advantage. Chantilly would score on both but that did not deter the Warhawks. Forward Luke Pohlman would score his second goal of the game assisted by defenseman Nick Willey to start the comeback effort early in the third period. Midway thru the third, defenseman Michael Crespy, assisted by forward



PHOTO BY KHY SWEENEY

Madison Warhawks forward Matt Hetherington and goalie Ben D'Haiti along with teammates celebrate after the game winning goal scored by Hetherington against the previously undefeated Chantilly Chargers. The Warhawks would score the game winning goal with 3 seconds left in a come from behind game.

Tom Hetherington would tie the game up and the go ahead goal would come from forward Matt Hetherington, assisted by defenseman T.J. Ezzard with 3 seconds left on the clock. Goalie Ben D'Haiti would turn away 21 shots.

The Warhawks next game is Friday, Jan. 25 at 10:25 p.m. at Ashburn Icehouse vs. the Westfield Bulldogs.

Meeting Valentine Challenge in Oakton

Eighty-eight volunteers who were students, teachers, principals, alumni, families, and Fairfax County Public School board members gathered at Waples Mill Elementary School in Oakton on Jan. 12, 2019 to participate in the STAMP committee's Valentine Challenge. STAMP stands for Science Technology Art Music Philanthropy. We made a total of 860 cards. These cards will go in care packages to college students who are former foster kids and who may not otherwise get a care package at college. We did this to remind them that there are people in the world who care about them. This event was part of Volunteer Fairfax's annual Volunteer Challenge. On every card, we used markers, stickers, foam hearts, doilies, etc. to decorate the cards, and we also glued on a short excerpt from "Oh the Places You'll Go" written by Dr. Seuss. All of the cards that we made will be sent to an organization called Foster Care to Success. They will deliver the cards to those former foster students.

I've been doing this event for two years, and every time I go, I feel awesome. Even my little brother and preschool sister had a fun time making cards. I look forward to doing this again next year.

—ISABELLA BIGLETE,
GRADE 5, WAPLES MILL ES



This Waples family has participated in the STAMP Valentine Challenge for the last two years



Some of the many students who participated.

VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Jan. 11 – 17, 2019.

INCIDENTS

Suspicious Event — 100 Block Roland Court, SW Between Nov 30, 2018, at 12 a.m. and Jan. 7, 2019, at 12:00 a.m. A resident reported that she has received suspicious messages over social media from a man she does not know. The man then sent a package to her in the mail.

Lost Property — Ameriprise Financial 112 Block Pleasant Street, NW Between Dec. 29, 2018 at 12 a.m. and Jan. 5, 2019 at 12 a.m. An employee reported that he lost his green card. **Suspicious Event** — 400 Block Mill Street, SE Between Jan. 3 at 8 a.m. and Jan. 10 at 4:18 p.m. A resident reported damage to a screen on one of the windows at his home.

Found Property — Patrick Henry Library 101 Maple Avenue, East Jan. 9, 4:49 p.m. A bicycle was left abandoned near the bus stop at the library.

Assist EMS — Baby, Toddler & Preschool Land 1101 Park Street, SE Jan. 10, 11:53 a.m. Officers responded to assist rescue personnel with a two-year-old child who suffered a seizure. The child was transported to an area hospital for treatment.

Arrest — Underage Possession of Alcohol — Nutley Street and Marshall Road, SW Jan. 10, 11:57 p.m. Officers responded to a report of a fight at the McDonald's Restaurant, 544 Maple Avenue, West. MPO Smith observed one of the vehicles seen leaving the restaurant traveling at a high rate of speed and initiated a traffic stop. Upon his interaction with the occupants, the officer detected the odor of alcohol emanating from the vehicle. The four passengers in the vehicle were all found to be in possession of alcohol and had been drinking. The driver had not been drinking. MPO Smith issued summonses to the four passengers; a 19-year-old man from Centerboro Drive, Vienna, a 19-year-old man from Lee Oaks Place in Falls Church, a 19-year-old man from Gordon Avenue in Falls Church, and a 19-year-old man from Smoot Drive in McLean. All four men were charged with Underage Possession of Alcohol and released on their signatures.

Police Service — The Shepherd's Center 541 Marshall Road, SW Jan. 11, 1 p.m. An employee with The Shepherd's Center requested an officer's presence while they terminated the employment of one of their workers. The former employee left the building without issue. **Stalking** — 900 Block Echols Street, SE Jan. 11, 6 p.m. A resident began corresponding with a man over social media. After the two met in person, the man expressed interest in the resident and began continuously harassing her when she declined his advances. On Jan. 11 the woman found an envelope in her mailbox that contained innocent photos of her taken from social media along with sexually explicit photos of an unknown person.

Suspicious Person — Whole Foods 143 Maple Avenue, East Jan. 11, 6:30 p.m. A juvenile advised that she and her friend were in Whole Foods when they observed a man acting suspicious and pacing behind them. They recognized the man as being the same individual they had a suspicious encounter several weeks ago

with at Dairy Queen, 304 Maple Avenue, West. **Noise Complaint** — The Bey Lounge 303 Mill Street, NE Jan. 12, 12:35 a.m. A resident on Park Street, NE reported loud music coming from The Bey Lounge. An officer responded to the residence and The Bey Lounge but did not observe any violation of the noise ordinance.

Grand Larceny — Louise Archer Elementary School 324 Nutley Street, NW Jan. 12, 4:45 p.m. A citizen reported her cell phone was taken while she attended a basketball game at the school. **Suspicious Event** — 200 Block Ayr Hill Avenue, NE Jan. 12, 6 p.m. A citizen reported that a man entered his property, looked in the back door, then walked away. The area was searched, but no one matching the description of the man was found.

Trespassing — Clarity Restaurant 442 Maple Avenue, East Jan. 12, 6:55 p.m. Employees requested assistance in trespassing a man from the restaurant.

500 Block Valley Drive, SE Jan. 12, 8:17 p.m. A man entered the screened porch, then opened a sliding door to the residence. He advised the resident that his car had broken down and asked if he could use their phone. The resident requested the man come around to the front of the home, she then called for help. The area was searched, but officers did not locate the man.

Fraud — Chipotle 213 Maple Avenue, East Jan. 14, 2:10 p.m. A citizen reported that their credit card was used to make an unauthorized purchase at Chipotle.

Domestic Assault — Polly Street, SE Jan. 13, 10 p.m. A resident reported a domestic dispute she had with her father that escalated when her father grabbed her hair. The resident was not injured and did not wish to pursue charges. The resident was advised of the resources available should she decide to seek further assistance.

Animal Case — Vienna Animal Hospital 531 Maple Avenue, West Jan. 14, 3:26 p.m. A citizen found a dog on Tapawingo Road and brought it to the Vienna Animal Hospital. Attempts to locate the dog's owner were unsuccessful, and the animal was transported to the Fairfax County Animal Shelter.

Fraud — Wolf Trap Hotel 430 Maple Avenue, West Jan. 14, between 8 p.m. and 9:10 p.m. A cab driver was defrauded by a customer that he picked up at the Wolf Trap Hotel. After transporting the customer to various locations the man fled without paying his fare.

Arrest — Narcotics Violation — 100 Block Maple Avenue, East Jan. 15, 1:55 p.m. Ofc. Nesbitt was investigating an accident. During his interview with one of the drivers, the officer detected the odor of marijuana. The driver was found to be in possession of a measurable amount of marijuana. Ofc. Nesbitt issued a summons to the driver, a 33-year-old man from Renate Drive in Woodbridge, Va. charging Possession of Marijuana. The driver was released on his signature. **Suspicious Event** — Vienna Police Station 215 Center Street, South Jan. 15, 2 p.m. A citizen came to the police station to report possible gang-related activity in Fairfax County. The information was forwarded to the Fairfax County Police Department for investigation.

Found Property — Northside Park 600 Mill Street, NE Jan. 15, 5:18 p.m. A citizen found a box containing money on a trail at Northside Park.