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# Vienna and Oakton CONNECTION

# Senior Living

PAGE 6

**Flint Hill senior Krissy O'Malley has been named 2018-19 Gatorade Virginia Volleyball Player of the Year.**



# The Best in Virginia

NEWS, PAGE 9

# Writing on War Discussed at Bards Alley

PEOPLE, PAGE 3

# Cougars Claw Bulldogs

SPORTS, PAGE 10

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COURTESY PHOTO OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

JANUARY 30-FEBRUARY 5, 2019

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## VIENNA POLICE HIGHLIGHTS

*The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Jan. 12 – Jan. 24, 2019.*

**INCIDENTS** Violation of a Protective Order — Clarity 442 Maple Avenue, East Oct. 17, 2018 12 p.m. On Jan. 20 a citizen came to the Vienna Police Station to report a Violation of a Protective Order that occurred on Oct. 17, 2018. The citizen advised she was at the restaurant with her children when her husband came into the restaurant. At that time there was a preliminary protective order barring her husband from having any contact with her or her children. The order has since expired. The citizen was advised of the warrant process should she decide to pursue charges.

**Lost Property** — Michel Rene Hair for Hair 165 Maple Avenue, East Jan. 12 between 3. and 4 p.m. An employee lost his watch while working at the salon.

**Assault** — Panera 136 Maple Avenue, West Jan. 14 between 8:16 and 9:16 p.m. An employee reported that he was assaulted by a co-worker at the restaurant when the co-worker pushed him with the refrigerator door. The two employees agreed to apologize to each other and requested no further police assistance.

**Suspicious Event** — 900 Block Olympian Circle, SW Between Jan. 15 at 11 p.m. and Jan. 16 at 1 p.m. A resident found footprints in the snow where an unknown person had walked around the house, approaching each window and door.

**Suspicious Event** — 900 Block Westbriar Drive, NE Jan. 17 between 10:15 a.m. and 5:30 p.m. A resident reported a possible fraud attempt when he listed a vehicle for sale online.

**Grand Larceny** — Sushi Yoshi 101 Church Street, NW Jan. 17 between 11:30 a.m. and 12:10 p.m. A citizen parked their vehicle in the rear parking lot. When he returned to the vehicle, he found that an unknown person forced entry into the car and took his wallet that he had left in the center console.

**Petit Larceny** — Magnolia Dessert Bar and Coffee 431 Maple Avenue, West Jan. 17, 8:50 p.m. An

employee reported his coat was stolen from the coat rack in the restaurant.

**Shoplifting** — CVS 337 Maple Avenue, East Jan. 18, 12:50 a.m. A woman entered the store, filled a basket with unknown merchandise, then left the store without paying for the merchandise.

**Arrest – Drunk In Public** — McDonalds Restaurant 544 Maple Avenue, West Jan. 18, 8:17 a.m. An employee reported a man who was acting disorderly in the restaurant. Ofc. Nesbitt located the man at one of the tables and, upon his interaction with the man, detected signs of impairment. The 44-year-old man from Eric Court in Chesapeake, Va. was placed under arrest. He was transported to the Fairfax County Adult Detention Center where he was charged with Drunk In Public.

**Arrest – Trespassing** — Suntrust Bank 501 Maple Avenue, West Jan. 18, 9:02 a.m. Officers responded to the report of a suspicious person inside the bank vestibule. The man had been trespassing from the bank two days before. PFC Post arrested the 39-year-old man with no fixed address. He was transported to the Fairfax County Adult Detention Center where he was charged with Trespassing.

**Civil Matter** — Oakton Vienna Animal Hospital 320 Maple Avenue, East Jan. 18, 10 a.m. Employees advised they received two harassing telephone calls regarding a dog that had been treated at the facility.

**Computer Trespass** — 400 Block East Street, NE Jan. 18, 12 p.m. A resident reported that she was the victim of computer trespass when she went to a link online and an unknown person obtained access to her computer, froze the computer and demanded a cash payment to unlock the computer. The resident was able to secure all of her personal and financial information and did not suffer any financial loss.

**Grand Larceny** — Giant Food 359 Maple Avenue, East Jan. 18 between 4 and 6:45 p.m. A customer reported that her purse was stolen.

**Narcotics Violation** — Windover Avenue, NW and James Madison Drive Jan. 18, 11:24 p.m. Ofc.

SEE POLICE, PAGE 10

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## Writing on War Discussed at Bards Alley

BY TERESA CARANDANG

**E**lliott Ackerman read excerpts from his latest novel, "Waiting for Eden," at Bards Alley on Jan. 15. Ron Capps, founder and director of the Veterans Writing Project led the discussion of Ackerman's book. They also discussed Ackerman's military background and his thoughts about the wars in Afghanistan and Syria.

"Waiting for Eden" is Ackerman's third novel that focuses on the aftermath of war and its effect on the relationship of a husband and wife. Brian Turner in his Washington Post review described it as "a classic triangle story of love and friendship, a ghost story, a captivity narrative and a study of human endurance and suffering." In the New York Times, Andrew Swofford said it "is a journey through the traumas, betrayals and ecstasies of contemporary warfare and the multiple lives touched and sometimes shattered by one combat injury or death."

The story revolves around Eden Malcolm, an American soldier who served in Iraq until he was badly injured by an explosion. Eden has been in a coma for three years with his wife Mary by his side. When Eden regained consciousness he reflected on his marriage and his life, Ackerman wrote, "Is Eden the same man he once was: a husband, a friend, a father-to-be? What makes a life worth living?"

Ackerman is a writer and journalist. He wrote two earlier novels. "Dark at the Crossing" is a 2017 finalist for the National Book Award in Fiction. "Green on Blue," his first novel, is set in Afghanistan, told from the perspective of Aziz, who joins Special Lashkar, a US-funded militia to save his brother. Aside from his novels and short stories, Ackerman has written articles for Es-



PHOTO BY JACQUELINE HAMES/SOLDIERS MAGAZINE

### Ron Capps

quire, The New Yorker, The Atlantic, and The New York Times Magazine among other publications. More recently he wrote "Troops Coming Home? That's More Likely to Mean a War is Lost than Won," in the Opinion section of the Washington Post and "How Should We Memorialize Those Lost in the War on Terror?" in Smithsonian Magazine's January 2019 issue. His memoir, "Places and Names: On Wars, Revolution, and Returning" will be out in June this year.

Ackerman has a distinguished academic and military background. He graduated summa cum laude at Tufts University where he studied literature and history. He also has a master's degree in International Affairs from the Fletcher School of Law and Diplomacy. Ackerman who is a Marine who served in Afghanistan and Iraq. He was awarded the Silver Star Medal, which is United States Armed Forces third- highest

personal decoration for valor in combat, the Purple Heart, and a Bronze Star for Valor. He was also a White House Fellow during the Obama administration. Ackerman is a D.C. native who shuttles between New York and D.C. where he and his family live.

Ron Capps is the founder and director of the Veterans Writing Project ([veteranswriting.org/](http://veteranswriting.org/)), a non-profit based in Washington D.C. that provides no cost creative writing and songwriting workshops for veterans and their families. The seminars are led by experienced writers with graduate degrees in writing who are also veterans. It also has a quarterly literary review on its sister website, O-Dark-Thirty ([O-Dark-Thirty.org](http://O-Dark-Thirty.org)). Their next event in the D.C. area is a songwriting workshop which will be held at the D.C. VA Medical Center in the summer.

Capps's literary work has been published by The New York Times, Delmarva Review,



PHOTO BY HUGER FOOTE

### Elliott Ackerman

Little Patuxent Review and other online venues. He contributed commentary to the American Interest, Foreign Policy, NPR's All Things Considered, and the BBC World-wide Service. Three of his essays have been listed a notable in Best American Essays (2012, 2014, 2015). He wrote two books. His 2014 memoir, "Seriously Not All Right" described his years of service, dealing with PTSD and his recovery. He also wrote "Writing War: A Guide to Telling Your Own Story," which is the curriculum for seminars and workshops provided by the Veterans Writing Project.

Capps has served for 25 years in the US Army and Foreign Service in Kosovo, Rwanda, Afghanistan, Iraq and Darfur. He has received many awards for his service including the Bronze Star Medal with Oak Leaf Cluster as well as the Department of State Superior Honor Awards.

Capps is a graduate of both the Master of Liberal Arts and the MA in Writing programs of The Johns Hopkins University. He is a faculty member of the University of Maryland, a START (National Consortium for the Study of Terrorism and Responses to Terrorism) staff member and a researcher and scenario designer for the ICONS project.

## RSVP-Northern Virginia to Hold Valentine's Meet and Greet

RSVP-Northern Virginia, a program of Volunteer Fairfax, Volunteer Arlington and Volunteer Alexandria, is inviting volunteers to "spread the love" at its second annual Valentine's Meet and Greet, Tuesday, Feb. 12, at Chesterbrook Residences in Falls Church.

RSVP (Retired and Senior Volunteer Program), the region's largest volunteer network for people 55-years-old and better, provides personalized support to seniors and retirees who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

During the meet and greet,



PHOTO CONTRIBUTED

### Volunteers are invited to "spread the love" at Valentine's Meet and Greet, Tuesday, Feb. 12.

participants will get to "spread the love" by assembling Valentine's care packages and cards for local Meals on Wheels clients as well as

for residents of Chesterbrook. New volunteers can also take part in a mini-RSVP orientation and hear from some of RSVP's nonprofit partners about different volunteer opportunities needs in the area.

Chesterbrook Residences, located at 2030 Westmoreland Street, Falls Church, is sponsoring the event and will provide a free lunch to all registered participants.

This free event, which runs from noon to 2 p.m., is open to current RSVP volunteers and those 55 and better who are interested in becoming RSVP volunteers.

To sign up for the Feb. 12 meet and greet, email RSVP Volunteer Specialist Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360.

RSVP offers more than 300 meaningful opportunities that include helping seniors age in place, assisting local food pantries, and teaching financial literacy. Several of RSVP's nonprofit partners are located in and around Falls Church, including the Literacy Council of Northern Virginia, Food for Others and Capital Caring.

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group service projects and social gatherings.

To learn more about RSVP, please visit [www.rsvpnova.org](http://www.rsvpnova.org).

## Human Trafficking: Monstrosity in Our Backyard

BY PAT HERRITY  
SPRINGFIELD DISTRICT SUPERVISOR  
(R)



**H**uman trafficking is a heinous crime and major issue in Northern Virginia. The victims are often children, teens, and young adults who are forced to have sex with as many as 30 customers a day while their trafficker profits. It's easy to think that this awful exploitation of our most vulnerable citizens wouldn't be prevalent in one of the richest regions in the country. But the truth is it's happening in our backyards, and the fight to end it starts with raising awareness to prevent it.

As a member of the Board of Supervisors, I'm proud to say that I've supported anti-human trafficking legislation for many years, including nationally recognized bipartisan legislation put forward by former Congresswoman Barbara Comstock. I continue to support the efforts of Fairfax County law enforcement, nonprofits, faith groups, and schools in the fight to end human trafficking, but there's still so much to be done.

Since 2013 Northern Virginia has seen over 500 cases of human trafficking, in addition to a significant spike in calls to the National Human Trafficking Hotline within the last two years. Human trafficking is the second fastest growing crime sector nationally, and is pro-

jected to surpass the drug trade as the first.

Prevention of this heinous crime starts with awareness, which is why I support January as Human Trafficking Awareness Month.

For that reason, I recently awarded a proclamation to Bill Woolf, executive director of Just Ask Prevention, declaring January 2019 as Human Trafficking Awareness Month. Just Ask Pre-

vention is a leading nonprofit I've worked closely with, as their goal is to make sure that young people and parents are able to protect themselves and their children from becoming victims of trafficking.

Over the last few years, we've worked together to support the implementation of human trafficking curriculum in Fairfax County Public Schools. This curriculum teaches students to recognize the recruiting and manipulation tactics of traffickers. As some survivor videos note in the curriculum, often times these tactics are subtle, not the "snatch-and-grab" tactic you would expect. Traffickers are becoming increasingly savvy in trapping their victims, even using social media to identify teens who are likely targets and grooming them through flattery.

As a father of two, I see raising awareness of human trafficking as critical for securing the safety of our children. While I have supported many grants to provide funding for our police to combat trafficking, awareness can

protect our children before they fall prey to the horrors of this monstrous crime. With trafficking cases involving all 26 high schools in Fairfax County, we cannot fall into the mindset that it could never happen to us, never to our kid.

I've listened to heartbreaking stories of parents who never believed something as awful as sex trafficking would happen to their daughter or son, until the police found their child assaulted and drugged in a hotel room. No child and no family should ever have to go through that pain.

Those parents have impressed upon me the importance of listening to our kids and asking them questions about the people they meet and interact with before they are manipulated into believing there is no way out.

But it's not enough to just watch out for our own kid. As a community, we need to look out for other people's kids as well by taking notice of the kids on our daughter's soccer team, at our son's bus stop, and at the fast food place on the corner. Together we can ensure that our community is inhospitable to all forms of human trafficking and that no kid goes unnoticed and unprotected.

If you or someone you know is a victim of human trafficking, contact the National Sex Trafficking Hotline at 1-888-373-7888 or text 233733 for help. If you are in immediate danger, call 911.

For more information about protecting yourself and others from human trafficking, visit <http://www.justaskprevention.org>.

## Tax Season Is Upon Us

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)



**T**he arrival of W-2 forms in the mail reminds us, even if we may have momentarily tried to forget, that tax season is upon us. This is no ordinary tax year however. Massive changes in federal tax laws will result in significant changes at the state level as well. No one can speak with authority as to what the differences will be for an individual taxpayer as the state General Assembly has not revised state tax law to reflect the federal changes.

The situation we are in is not new. Anytime the Congress makes changes in federal tax policy the state must adjust to those changes and decide whether to adopt the federal policy or to put in new state provisions. As a conformity state Virginia has generally followed federal policy allowing taxpayers to file state returns using the information on their federal form. The difference this year is that the federal changes are so massive that conformity is not realistic without major changes in the way state forms are filed.

Adding to the fact that the forms may be different is the fact that there are major differences between the way deductions and credits have been handled and what will constitute taxable income. High income taxpayers that

were the winners with the federal changes could significantly reduce monies to a state that is already struggling to meet its obligations to funding schools, mental health programs and other priorities.

Essentially Gov. Northam proposed that additional revenues be used for investments in education, workforce development, expanded broadband and targeted tax relief to those who work at the

lowest wages. Republicans have proposed a plan to return more money to taxpayers, but there is strong concern that the Republican plan will make big dents in the state budget. All agree that a decision needs to be reached soon for taxpayers to file their tax forms as soon as possible and as accurately as possible. In past years as many as 650,000 taxpayers have filed in the first ten days of February.

I am patron of a bill supported by Gov. Northam that would make a portion of the Earned Income Tax Credit (EITC) refundable to taxpayers based on their income and family size. The current Virginia EITC set at 20 percent of the federal EITC does not allow for a refund of its full value as is done in 23 other states. Under the bill I introduced it is estimated that as much as \$250 million would be returned to the pockets of hard-working Virginians who are at the lowest pay levels. This helps not only those workers but since low-

income residents typically spend that money on goods and services, it boosts the local economy as well.

There is a sense of urgency in the General Assembly that this issue be resolved as soon as possible because it impacts every household. Not only is there a great deal of confusion, but that confusion will be multiplied many times as people start to prepare their returns with incomplete directions. The challenge has been known for several months. Tax season is upon us. Our tax policy needs to be resolved now.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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## Mason Percussion Group.

### Mason Percussion Group to Perform at Vienna Church

Young musicians from the School of Music at George Mason University will present a program of crowd-pleasing music for percussion under the direction of Professor John Kilkenny on Sunday, Feb. 17 at 4 p.m. at the Church of the Holy Comforter in Vienna.

The program will include works by Viet Cuong, Alejandro Vaino, and Ivan Trevino, among others. In addition to serving as GMU's Director of Percussion Studies and Associate Director of Concert Bands, Director John Kilkenny also serves as faculty mem-

ber and artistic director of the Sewanee Summer Music Festival.

In 2016 Mason Percussion performed at the Percussive Arts Society International Convention and the New York State Music Educators Conference, and has previously appeared at the Virginia Music Educators Conference, the Western International Band Conference, and the John F. Kennedy Center for the Performing Arts. The group toured Costa Rica in 2015 and will be traveling to China in January 2020 for a series of clinics and concerts in Beijing, Shanghai, and Nanjing.



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## Senior Living

# Weight Lifting in the Golden Years

When done properly, strength training can have tremendous benefits for seniors.

BY MARILYN CAMPBELL

**R**ichard Foley of McLean says he hits the gym at 7:30 five mornings a week. He spends about 40 minutes lifting weights followed by 40 minutes of walking on the treadmill and 10 minutes of sit-ups and crunches.

"I've always been physically active," he said. "I've actually slowed down a little, but it's important to me to keep going for as long as I can."

A National Institutes of Health (NIH) study of Americans over the age of 60 showed that strength training, such as lifting weights, reduced the risk of osteoporosis and chronic conditions such as heart disease and diabetes. It also found that strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer, while also combating weakness and frailty.

"Improving and increasing the muscles in your legs for example, makes them stronger, which means that you'll be able to maintain your ability to walk without assistance longer than you might otherwise," said Rita Days, RN, a gerontological nurse in Falls Church who was not involved in the study. "For seniors who enjoy traveling, shopping or any activity that requires walking, hav-

ing strong quadricep and hamstring muscles means that you'll be able to enjoy those activities longer. It also means that you'll have the strength and endurance to navigate difficult terrain during vacations and other activities that involve walking.

Strength training can lead to a sense of independence for everyday activities like grocery shopping or even getting up from a chair, says Jay Rader, a private health and fitness coach based in Arlington. "When you strengthen the muscles around your joints, you can prolong and even improve your range of motion," he said.

Weight training for seniors, says Days, comes with caveats. "Just because it's beneficial doesn't mean that an 89-year-old should go out and start trying to lift 50 pound weights so that he can regain the ability to walk up three flights of stairs like he could 30 years ago," she said. "The benefits of strength training are tremendous, but they also come with risks and must be done safely. You should definitely consult with a doctor before beginning any kind of exercise program, and it would be my strong recommendation that any one over the age of 50 hire a personal trainer if they're starting any kind of exercise program."

In fact, David Schwartz, a personal trainer in Bethesda says that he has four clients who



**Strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer.**

are over the age of 60, and while he personalizes each client's workout, there are specific exercises that are particularly beneficial to seniors. "I have one client who is 72 and began training with me when she was 68," he said. "The workouts that I do with her include lunges and squats which

strengthen the quadriceps, or the muscles in the thigh area. It's been interesting to watch her gain leg strength and be able to walk longer distances. But strengthening the quads can also protect your knees and prevent injuries and other problems."

The bicep and tricep muscles of the arm are also important to building strength. "All you need are a pair of light to medium weight dumbbells," said Kat Chetrit, a personal trainer in Fairfax. "Two great exercises, that are also relatively simple are bicep curls where you hold the weight in your hand and bend your arm at the elbow and curl the weight in the direction of your shoulder; and hammer curls, which are very similar except that you hold the weight like you would a hammer. Those are both great exercises for maintaining arm strength."

Days however, underscores the fact that there are risks involved "You can strain a muscle or drop a weight on yourself or even fracture a bone," she said. "With the elderly, these injuries can take a longer time to heal than they would in a person who is much younger. The benefits definitely outweigh the risks, but you want to be safe and smart. That includes talking with your doctor and getting help from a personal training, especially if you've never or rarely exercised before."

## How To Best Meet Needs of Older Residents?

### County-wide survey seeks public input.

*The material in these notes and calendar listings comes from the Golden Gazette. To subscribe to the Golden Gazette or update an address, call 703-324-5633. Send email to [birendra.kunwar@fairfaxcounty.gov](mailto:birendra.kunwar@fairfaxcounty.gov). Go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults). Click on the Golden Gazette.*

**I**n February, thousands of adults — 50 and over — will find yellow postcards in their mailboxes inviting them to participate in Fairfax County's first 50-plus Community Survey for Fairfax County and the cities of Fairfax and Falls Church.

The survey is part of a county-wide initiative to create a more aging-friendly community. Survey recipients will be randomly-selected throughout Fairfax County and the cities of Falls Church and Fairfax.

"More than 25 percent of Fairfax County residents are 50 and over, and we can expect to see that number dramatically increase in the coming years," said Bryan Hill, Fairfax County Executive. "We want to learn more about the experience of aging in Fairfax County so that we can better meet the needs of our 50-plus community."

The local governments conducting the survey hope to learn more about the lifestyles of individuals among the 50-plus

community including opportunities to work, socialize and volunteer; issues facing these adults such as retirement, housing and caregiving; and their usage of community services like public transportation and senior centers.

"The survey is a unique opportunity for us to make our voices heard in a powerful way," said Carolyn Sutterfield, chairman of the Fairfax Area Commission on Aging. The commission, the citizens advisory council for the Fairfax Area Agency on Aging, oversees and promotes the five-year Fairfax 50-plus Community Action Plan adopted by the Board of Supervisors in 2014. Sutterfield strongly encourages those who receive the survey to take the time to complete it, whether online or by mail. "The 20 minutes you spend on this have the potential to improve the quality of life for older adults in the Fairfax community for years to come," she said. Survey results will play an important role in planning the next 50-plus Community Action Plan.

The county has contracted with the National Research Center to conduct the survey. All responses are anonymous.

#### SURVEY TIMELINE

❖ Week of Feb. 4: 22,000 randomly-selected adults — 50 and over — will receive a yellow postcard in the mail indicating that they have been randomly selected to par-

ticipate in the survey.

❖ Week of Feb. 11: Selected respondents will receive their survey materials to be completed online or in writing and returned.

❖ Spring: Staff will review and analyze survey results and post the findings online along with next-steps in the process.

While not everyone will receive a survey, everyone is encouraged to make their voice heard. The public is welcome to contribute suggestions and comments to the Fairfax Area Commission on Aging by email at [dfscommissiononaging@fairfaxcounty.gov](mailto:dfscommissiononaging@fairfaxcounty.gov)

### Seniors Calendar

- ❖ Feb. 4, 10:15 a.m.-2 p.m. AARP Free Tax Preparation Services. AARP is offering free tax help with a preference given to older adults. Arrive at least one hour before the session closes. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. For information and additional dates, call 703-765-3645.
- ❖ Feb. 6, 9:30-11:30 a.m. LLI/NOVA Forum: Will we have enough money to manage well in our retirement years? Hear about how to manage money in retirement years and how to avoid serious pitfalls at each stage of retirement. Free and open to the public. Free parking. Ernst Cultural Center, NOVA Annandale Campus, 8333 Little River Tnpk., Annandale. Call 703-503-0600.
- ❖ Feb. 9, 2-3:30 p.m. Floral Design Workshop: Valentine Topiary. Branch out for Valentine's Day by making a topiary arrangement with

or during the public comment period of their regular monthly meetings (for a schedule of upcoming meetings go to [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging)

You can follow the county's progress on this survey initiative and find additional ways to share comments and suggestions on aging online at [www.fairfaxcounty.gov/topics/50-plus-community-survey](http://www.fairfaxcounty.gov/topics/50-plus-community-survey).

Questions?

Call 703-324-4444 or submit questions by email to [OSMDataAnalyticsosm@fairfaxcounty.gov](mailto:OSMDataAnalyticsosm@fairfaxcounty.gov).

assorted flowers and Valentine trim. You get to keep the beautiful topiary for yourself. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. To register, call 703-642-5173 or 703-222-4664.

- ❖ Feb. 11, 10-11 a.m. Assisted Living: Can I Afford It? Find answers to how much assisted living costs and what expenses Medicare/Medicaid cover. In addition, discuss planning to pay for expenses and how this influences your retirement and legacy goals. Free. Vienna Community Center, 120 Cherry St. SE., Vienna. To register, call 703-255-7801.
- ❖ Feb. 12, 7-8 p.m. Register for Fairfax County's free Family Caregiver Telephone Support Group. Call in to join this month's discussion "Prevention and Problem Solving." Discuss how to use problem solving and prevention techniques to avoid the crisis trap. To register, call 703-324-5376.



# NEWS

## New Town of Vienna Police Officers Graduate from Academy

On Jan. 17, 2019 Officer Alex J. Murray, Officer Megan P. Gucwa, and Officer Timothy D. Farr graduated from the 72nd Session of the Fairfax County Criminal Justice Academy. The graduation ceremony was held at the Centreville Baptist Church. Their graduation marks the culmination of a six-month training session in which newly hired police recruits receive training in all aspects of police procedures. The six-month basic recruit session is a non-residential training program consisting of more than 920 hours of instruction. The curriculum includes, but is not limited to, 320 hours of academic studies, 94 hours of firearms training, 84 hours of emergency vehicle operation, 110 hours of physical training and 130 hours of defensive tactics training.

The Fairfax County Criminal Justice Academy is located in Chantilly and is responsible for the training of new and veteran officers from the Town of Vienna, the Town of Herndon, the Fairfax County Police and Sheriff's Office, as well as the Fairfax County Fire and Rescue Department's Fire Marshals. To attend the Academy and become a police officer,



PHOTO COURTESY OF VIENNA POLICE DEPARTMENT

**From left — Lieutenant Tu Farhan, Lieutenant Thomas Taylor, Officer Alex Murray, Officer Megan Gucwa, Officer Timothy Farr and Major Daniel Janickey.**

candidates must go through a rigorous application process which includes written testing, a thorough background check, medical examination, polygraph test, and various interviews. On average, only 2 percent of the people who apply to be a police officer make it through the hiring process and are invited to attend the basic recruit training session.

The Town of Vienna Police Department has a full-time instructor on staff at the training facility.

## Oakton House Fire Caused By Electrical Event

On Tuesday, Jan. 22, at 11:49 a.m., units from Fairfax County Fire and Rescue Department and the City of Fairfax Fire Department were dispatched for a reported house fire in the 2900 block of Trouseau Lane in the Oakton area of Fairfax County.

Units arrived on scene of a two-story, single family home and discovered a fire in the basement area. Crews quickly extinguished the fire. The fire was contained to the basement. Two adult occupants were transported to an area hospital for a precautionary evaluation. No firefighter injuries were reported.

Two occupants of the home had been away from the house. Upon their return, the smoke alarms were sounding and they observed smoke in the home.

The occupants called 9-1-1. Prior to exiting the home, one occupant unsuccessfully attempted to extinguish the fire with a fire extinguisher.

Fire Investigators determined that the fire was accidental in nature and started in a basement storage room. The fire was caused by an electrical event in-



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

**Damage to the home as a result of the fire is estimated at approximately \$90,000.**

volving a Lithium-Ion battery charger igniting nearby ordinary combustibles.

Two occupants were displaced because of the fire. Red Cross services were offered but declined. Damage to the home as a result of the fire is approximately \$90,000.

## Donation in Support of Shepherd's Center

**Our Lady of Good Counsel Church in Vienna recently made a donation to the Shepherd's Center of Oakton-Vienna (SCOV) to support their programs and services. The concept of volunteers helping seniors defines the spirit and purpose of the Shepherd's Center of Oakton-Vienna. Their personal enrichment and volunteer opportunities reach more than 3,000 older adults (50+) in the region.**



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## Here's What's Happening at MCC!

### Presented by The Alden



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

### SUMMER CAMP REGISTRATION BEGINS!

**Monday, Feb 4 for MCC residents**

**Monday, Feb 11 for all others**



### The Old Firehouse Teacher Work Day Trip



**Skiing/Snowboarding**  
**Monday, Feb. 4, 8 a.m. - 6 p.m.**  
**1440 Chain Bridge Rd.**  
**\$140/\$120 MCC district residents**  
*(without own equipment)*

### The Old Firehouse Friday Night Trip



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

### New Family Event!



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

### Presented by The Alden



**John Eaton in Concert**  
**"Jazz, Blues and Broadway"**  
**Saturday, Feb. 9, 2 p.m.**  
**\$30/\$20 MCC district residents**

### Presented by The Alden



**Movies for Kids & Families**  
**Wednesday, Feb. 13, 12:30 p.m.**  
**Free admission**



The McLean  
Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
 Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)  
 703-790-0123, TTY: 711

**1234 Ingleside Ave., McLean, VA 22101**

## ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

### THURSDAY/JAN. 31

#### Meet-and-Greet for History

**Lovers.** 7 p.m. at Hunter House inside Nottoway Park, 9537 Courthouse Road, Vienna. The Fairfax County Park Authority is hosting a Meet and Greet for its Historic Sites Volunteer Corps. Park Authority staff will be there to talk about the things the Corps has done and will be doing in the coming year. To RSVP for the gathering, email Margaret.Canilang@fairfaxcounty.gov.

### FRIDAY/FEB. 1

**Live Music: Luke Brindley.** 7:30 p.m. at Jammin' Java, 227 Maple Ave., East, Vienna. With special guest, singer-songwriter and upright bass player, Scott Mulvahill. \$18. Call 703-255-1566 or visit [www.jamminjava.com](http://www.jamminjava.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/](http://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](http://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](http://mcleancenter.org/alden-theatre).

### FRIDAY/FEB. 8

#### Concert Chorus Debut

**Performance.** 8 p.m. at St. Thomas More Cathedral, 3901 Cathedral Lane, Arlington. Oakcrest School's Concert Chorus will perform its first ever full-length concert with the premier of an original piece composed for them by Berklee College of Music Composition Professor Arnold Friedman – a setting of the poem "Pied Beauty" by Gerard Manley Hopkins. Meet the performers at a post-concert reception. Visit [www.cathedralstm.org/music-ministries/cathedral-concerts](http://www.cathedralstm.org/music-ministries/cathedral-concerts).

### 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



## Concert Chorus Debut Performance

Vienna's Oakcrest School's Concert Chorus will perform its first ever full-length concert with the premier of an original piece composed for them by Berklee College of Music Composition Professor Arnold Friedman – a setting of the poem "Pied Beauty" by Gerard Manley Hopkins. Friday, Feb. 8, 8 p.m. at St. Thomas More Cathedral, 3901 Cathedral Lane, Arlington. Meet the performers at a post-concert reception. Visit [www.cathedralstm.org/music-ministries/cathedral-concerts](http://www.cathedralstm.org/music-ministries/cathedral-concerts).

[www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Winter Concerts: Ayreheart.** 4 and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. 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. Tickets must be purchased in advance at [oldbrogue.com](http://oldbrogue.com): \$18 general admission; \$12 children.

**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." She will share experiences and insights as a former vice president of public policy at Freddie Mac in the lead up to the 30-percent collapse of house prices and subsequent government takeover of her company in 2008. The Salzman lecture series was established in 1998 to honor the memory Howard Salzman. Visit [www.lewinsville.org](http://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. Audience members will need to be well-versed in current events to keep up with the humor, as it's fast, fresh, and funny. 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 each at [www.ptsalangley.org/all-night-grad-party](http://www.ptsalangley.org/all-night-grad-party), under the ANGP Capitol Steps banner, or on Brown Paper Tickets, [lhs19capitolstepsfundraiser.bpt.com](http://lhs19capitolstepsfundraiser.bpt.com).

### TUESDAY/FEB. 12

**Tibbetts Award Dinner.** 6:30 p.m. at The Old Brogue, 760-C Walker Road, Great Falls. The Great Falls Historical Society will honor Jacques Olin as the 2019 Tibbetts Award Honoree. The Society applauds Olin's advocacy on behalf of numerous community projects in Great Falls for more than 48 years. The award will be presented at the Annual Tibbetts Award Dinner. Register by Feb. 6. Visit [www.gfhs.org](http://www.gfhs.org).

#### McLean Historical Society

**Meeting.** 7:30 p.m. in the McLean Community Center, 1234 Ingleside Avenue, McLean. The program will

feature world renown historian John Gaudet who will discuss "The Origins of Ancient Paper and the First Bible." Everyone is welcome. Contact Carole Herrick at 703-356-8223.

### SATURDAY/FEB. 16

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

**Astronomy Festival.** 6-9 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](http://www.fairfaxcounty.gov/parks/turner-farm).

### FRIDAY/FEB. 22

**Waterfowl Wintering Along the Potomac.** 9-11 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Fairfax County is an attractive spot for waterfowl that don't mind a little cold. Take the "Winter Waterfowl Hike" at Riverbend Park to see what avian creatures are making their residence here over the winter. Hike with a naturalist at the park to search for winter waterfowl along the Upper Potomac River. Bring binoculars and spotting scopes. Designed for participants age 14-adult. \$8 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**BRAWS Hosts Mardi Bras.** At Westwood Country Club, 800 Maple Ave. E, Vienna. Mardi Bras is the largest annual fundraiser for BRAWS, a volunteer-driven, community-based 501(c)3 nonprofit that provides homeless women and children with necessities including new bras and underwear as well as menstrual supplies. Tickets are on sale now at [www.braws.org/mardi-bras-2019.html](http://www.braws.org/mardi-bras-2019.html) for \$100, which includes hors d'oeuvres, two drinks, raffles, silent auction, music, photo booth, swag bags, special guests and more.

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## NEWS

# The Best in Virginia

## Flint Hill senior Krissy O'Malley has been named its 2018-19 Gatorade Virginia Volleyball Player of the Year.

In its 34th year of honoring the nation's best high school athletes, The Gatorade Company announced that Flint Hill senior Krissy O'Malley has been named its 2018-19 Gatorade Virginia Volleyball Player of the Year. O'Malley is the third Gatorade Virginia Volleyball Player of the Year to be chosen from Flint Hill.

The award, which recognizes outstanding athletic excellence, high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes O'Malley as Virginia's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, O'Malley joins an elite alumni association of state award-winners in 12 sports, including USA Volleyball players Kayla Banwarth (2006-07, Wahlert High School, Iowa), Alisha Glass (2005-06, Leland Public High School, Mich.), Jordan Larson (2004-05, Logan View High School, Neb.) and Foluke Akinradewo (2004-05, St. Thomas High School Fla.).

The 5-foot-9 senior setter led Huskies to a 30-1 record and the Virginia Independent School Athletic Association Division I state championship this past season. O'Malley amassed 879 assists to go with 188 digs, 67 service aces, 47 kills and 22 blocks. A four-year VISAA All-State selection and a 2018 Washington Post First Team All-Met honoree, she concluded her prep volleyball career with 3,245 assists.

O'Malley has participated in a service-mission trip to the Dominican Republic, and has volunteered locally as a Flint Hill student ambassador as well as on behalf of So Others Might Eat. "Krissy was the glue of the team," said Liz Hall, head coach of the Maret School. "She always put the ball where it needed to be. She has great hands and a terrific serve. Flint Hill was one of the most talented teams I have seen in a while and Krissy truly was the leader."

O'Malley has maintained a 3.10 GPA in the classroom. She has signed a National Letter of Intent to play volleyball on scholarship at Liberty University this fall.

The Gatorade Player of the Year program



**Flint Hill senior Krissy O'Malley has been named 2018-19 Gatorade Virginia Volleyball Player of the Year.**

annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade Player of the Year Selection Committee, which works with top sport-specific experts and a media advisory board of accomplished, vet-

eran prep sports journalists to determine the state winners in each sport.

O'Malley joins recent Gatorade Virginia Volleyball Players of the Year Elena Shklyar (2017-18, Langley High School), Abby Bottomley (2016-17, Princess Anne High School), Holly Carlton (2015-16, Potomac Falls High School), Ally Ford (2014-15, Flint Hill School), and Alex Andrejev (2013-14, Langley High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," O'Malley has the opportunity to award a \$1,000 grant to a local or national youth sports organization of her choosing. She is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [www.Gatorade.com/POY](http://www.Gatorade.com/POY), on Facebook at [www.facebook.com/GatoradePOY](http://www.facebook.com/GatoradePOY) or follow us on Twitter at [www.twitter.com/Gatorade](http://www.twitter.com/Gatorade).

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



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**INFRASTRUCTURE ENGINEER**

The PNC Financial Services Group, Inc. seeks an Infrastructure Engineer in Strongsville, OH. The Infrastructure Engineer (BPM and ODM) within PNC's Shared Application Services Design team will be responsible for contributing to the platform engineering of a number of Share Services Technology capabilities including IBM BPM, IBM ODM, and working with Integration services and databases. Primary responsibilities will be centered on the BPM and ODM technologies. The platforms provide enterprise wide capabilities to many critical systems internal and external to PNC. Specific duties include: (i) develop software components and/or hardware, and provide expertise on platform engineering, while overseeing the team's effort and meeting customer needs; (ii) develop software components and hardware for complex projects; align these with business strategies and objectives; (iii) provide expertise on best practices, standards, engineering approaches and complex technical resolutions for processes; (iv) place emphasis on quality improvement efforts; ensure that deliverables are secure, scalable and reliable through estimation and correction; (v) communicate with customers and integrate their needs with development, to meet business objectives; (vi) maintain and update BPI Shared Code Base and ODM Best Practices; (vii) conduct Stage gate reviews, and (viii) assist MIS teams with resolution of issues.

Bachelor's degree in Electrical Engineering or Computer Science plus 3 years of experience in a platform engineering position is required. Experience must include: (i) coding with IBM BPM and ODM development tools; (ii) platform standup with IBM BPM and ODM server components; (iii) working in agile and waterfall methodologies to deliver projects and solutions; (iv) developing, documenting and communicating best practices and standards; (v) designing and developing BPM Automation solutions and ODM rules management solutions; (vi) software development life cycle; (vii) working databases including Oracle, MySQL, and SQL Server; (viii) performance tuning process and rules solutions; and (ix) working in a global delivery environment. Must have knowledge of web services, security standards, and implementation.

40 hours/week, 8:00 a.m.-5:00 p.m. Interested individuals apply online at [www.pnc.com](http://www.pnc.com) using keyword 307255BR. PNC provides equal employment opportunity to qualified persons regardless of race, color, sex, religion, national origin, age, sexual orientation, gender identity, disability, veteran status, or other categories protected by law.

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An expert is someone who knows some of the worst mistakes  
that can be made in his subject and how to avoid them.  
**-Werner Heisenberg**

**SPORTS**



**Garrett Johnson #3  
looks to pass the ball  
to a teammate as  
Gavin Kiley #5 de-  
fends.**

PHOTOS BY WILL PALENSCAR/  
THE CONNECTION

**Cougars Claw Bulldogs**

BY WILL PALENSCAR

**T**he Oakton Cougars traveled to Chantilly to take on the Westfield Bulldogs on Jan. 22. The Bulldogs opened a 11-9 lead after playing the first eight minutes. Tahj Summey scored 5 points in the quarter while teammate Sam Johnson added 4. Oakton's Max Wilson would lead all scorers with 6 points.

In the 2nd quarter Oakton recovered from the deficit to take a 22-15 halftime advantage behind Garrett Johnson's 5 points. Micah Johnson-Parrotte and Max Wilson each added 4. Westfield's only scoring came from Trent Reimonenq and Jalen Pinna who each scored 2 points.

In the 3rd quarter Westfield cut the deficit to 1 point outscoring the Cougar's, 16-10. The Bulldogs were led by Jalen Pinna's 7 points. Oakton was led by Garrett Johnson and Max Wilson who each scored 4 points.

With a 1 point lead, 32-31 to start the 4th quarter, the Cougars again outscored the Bulldogs 16-13, for a 52-48 victory. Oakton's Garrett Johnson would add 6 points for the quarter, giving him and teammate Max Wilson 18 points for the game. Westfield was led by Jalen Pinna and Tahj Summey who each scored 11 points.

With the win Oakton improves to (11-7). Westfield falls to (1-12).



**Garrett Johnson #3 pulls up for a  
jump shot. Johnson finished the game  
with 18 points.**

**VIENNA POLICE HIGHLIGHTS**

FROM PAGE 2

Colligan observed a vehicle with improper equipment and initiated a traffic stop. Upon his interaction with the driver, he detected the odor of marijuana. The man was found to be in possession of two smoking devices that had marijuana residue on them. The officer confiscated the smoking devices for destruction.

**Assault —** The Bey Lounge 303 Mill Street, NE Jan. 19, 12:58 a.m. A citizen advised he was at The Bey Lounge when he got into an argument with his girlfriend's ex-boyfriend. The argument escalated when the man punched the citizen in the face, injuring him. The citizen was transported to an area hospital with non-life-threatening injuries. The man had left the area before officers arrived. This case is under investigation.

**Arrest — Trespassing —** Outback Steakhouse 315 Maple Avenue, East Jan. 19, 10:10 a.m. Ofc. Nesbitt observed a man, who had previously been trespassed from the restaurant, on the front porch of the business. The officer arrested the 46-year-old man with no fixed address. He was transported to the Fairfax County Adult Detention Center where he was charged with Trespassing.

**Fraud —** CVS 337 Maple Avenue, East Jan. 19 between 12. and 1:15 p.m. A citizen went to the CVS to purchase Green Dot money cards after she received a call at her business from someone claiming to be with Dominion Power and threatening to cut off their electricity unless the employee obtained the Green Dot cards. An employee at CVS recognized the scam and intervened.

**Animal Case — Quarantine —** 1200 Block Kelley Street, SE Jan. 19, 12 p.m. A two-year-old child was bitten by a dog

while visiting the residence. The dog's owner was advised of the 10-day quarantine.

**Suspicious Event —** Mayberry Dental 112 Pleasant Street, NW Jan. 19, 3:53 p.m. An anonymous letter was left inside the mail slot of the dental office.

**Vehicle Tampering —** 1100 Block Moorefield Creek Road, SW Jan. 20 between 3 and 6 a.m. A resident reported that someone entered two of his vehicles. Loose change was the only thing that was noticed to be missing. **Vehicle Tampering —** 1100 Block Moorefield Creek Road, SW Jan. 20 between 3 and 6:00 a.m. While investigating another vehicle tampering, PFC Post noticed that other vehicles appeared to have been tampered with. The owners of these vehicles were notified. It appears that only loose change was taken from both vehicles.



# BULLETIN

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

## WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

## INPUT SOUGHT

**Shaping the Future Together.** Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- Take a short five-question online survey
- Join a community conversation in person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

## 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](http://www.fairfaxcounty.gov/uas). Send feedback or questions to [uas@fairfaxcounty.gov](mailto: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. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.
- Monday, Feb. 4, 6:30-8:30 p.m. Mason District Governmental Center, Community Room, 6507 Columbia Pike, Annandale, 22003

## 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](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- Tuesday, Feb. 5 – Critical Thinking (part 5)
- Tuesday, Feb. 12 – Taking on Challenges (part 6)
- Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

## THURSDAY/JAN. 31

**Poetry & Creative Writing Contest Deadline.** The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. announces its 4th Annual Poetry Contest for Middle School Students and Creative Writing for High School Students. Visit [www.fcacdst.org/creative-writing-contest](http://www.fcacdst.org/creative-writing-contest) for contest details and to download the applications. Email [artsandletters@fcacdst.org](mailto:artsandletters@fcacdst.org) with questions.

## FRIDAY/FEB. 1

**High School Success.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Ann Dolin, M.Ed., educational consultant and author will presents “High School Success: A Strategic Transition for Teens Moving to Higher Grades,” on helping teens finish middle school strong, build positive habits for the future, shift from guided to independent learning, effective time management, and manage their social life so it doesn’t interfere with school. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

**Prospective Parents’ Luncheon.** Noon-2 at

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## Cat It Again



By KENNETH B. LOURIE

As my white cat, Twinkle, continues to walk left to right and right to left across my writing pad with various stops in between for scratching, nudging, belly-rubbing and paw patty cakes, I can’t help wondering if there’s a method to her non-madness. She doesn’t appear to be the least bit agitated. She’s not meowing her presence or seemingly demanding anything – other than attention, that is. In fact, she’s purring and seems quite pleased with herself.

What’s puzzling to me is exactly what the attraction/need is here? I don’t have any treats. Her food and water bowls are not here. Neither is her litter box. It’s in the adjacent room. Yet here she sits and rolls and scratches herself with what appears to be not a care or concern in the world. She seems extremely content with her situation.

I would have expected her to be sleeping in the house somewhere like our other four cats. I mean, it is 2:15 in the afternoon, many hours after her 6:30 breakfast and hours still to go before her 5:30 dinner. Heck, I’ve even dozed off myself for a bit before I sat down to try and write this column. But here she is, wide awake, and back and forth.

My wife, Dina, maintains that cats and dogs have a sixth sense when it comes to people being sick, and tend to hang around those afflicted with something or other, providing aid and comfort, if you will.

And so, she gets nervous when multiple cats surround me when we’re sitting on the couch watching television: a black cat, usually “Sleeky,” lays on top of the couch behind where I’m sitting; Twinkle, sits on the couch next to me and cuddles up against my left thigh; and Biscuit (one of our two buff-colored brothers) “sphinxes” on the coffee table staring at me while I’m having to stare through him to watch television. The other two cats, “Chino” and Andrew are usually sleeping in their spots, out of sight, but never out of mind.

A shift change, apparently. “Chino” has just jumped on my desk and Twinkle has jumped off, no doubt to find a warm spot to sleep perchance to dream. Chino is now laying on his side/back – partially on my writing pad, with his rear end pressed up against my left forearm with all four paws raised up in the air not exactly in my direction but definitely in my proximity.

This cat exchange sort of reminds of how my brother and I would alternate our visiting time with our parents on Sundays, splitting the day so that one of us was always present and accounted for.

But I’m not sick (OKAY, diseased then), and I don’t feel as if I need 24/7-type cat companionship. Though I am home alone a lot – and left with my own thoughts, I don’t view the cats shifting around me as anything more than there considering me as a big toy.

A toy whose movements and appearance are stimulating to them, sort of like a giant scratching post infused with catnip. A combination they couldn’t possibly ignore, like peanut butter and chocolate is to me.

So as much as I feel nurtured and loved and comforted by this cat behavior, I don’t feel it’s because I’m sick, or rather about to be sick (again, their sixth sense at work), I feel simply that we have some very affectionate cats whose indoor-only lives have caused them to become dependent and appreciative of those who feed and water them. (We won’t mention that we’re also the ones who stuff them into cat carriers and drive them to the vet, an experience which they collectively hate.)

But if I do get sick (I guess I should be honest: get sicker, I do have cancer) I know I can count on “Chino,” Biscuit, Twinkle, Andrew and “Sleeky” to always keep me company. I don’t know how much better their presence will make me feel, but I do know their presence will keep me from feeling worse.

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



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