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What’s Your New Year’s Resolution for 2018?

— Colin Stoecker

Sathar Muhammad, lives in Vienna and is the manager of Crepe Amor:

“We want to increase our business. We changed our coffee from Lavazza to Illy for our customers, to get the best Italian coffee. Crepe Love is our food truck and we go everywhere in Washington, D.C. and the metro area. We also do parties and graduations.”

Katie Walsh, who lives in McLean, a beauty advisor at Merle Norman Cosmetics in Vienna:

“My New Year’s resolution is to definitely move out of my parent’s place. I’m almost 22 so it’s about time to get out there and get on my own, to focus on growth and do my own thing. I hope to move somewhere like Falls Church or Washington, D.C. I want it to be close to home but far enough to be away from my family.”

Kam Spain, 21, Vienna resident and barista at Starbucks is excited to have more snow in the new year.

“I hate snow, but I have to look forward to because it’s going to happen anyway. It’s because I lived in Louisiana pretty much all of my life so I have never seen snow.” (Spain has lived in the area for four years.)

Rebecca Owen, a Reston resident, the manager of Jinny Beyer Studio in Great Falls.

“I want to quilt more and to finish some of the quilts that I have already started. I find quilting very relaxing and I love making something where I have something to show for it at the end.”

Sharon Holland, from Fairfax owns Merle Norman Cosmetics in Vienna:

“I’m hoping to be more positive and more empathetic. You are just happier if you are more positive and trying to see the better side of things that makes you a happier person.”

John Blair, a Fairfax resident, a letter carrier in Vienna:

“I don’t have any resolutions this year because life is good. I have everything I want to have. The wife loves me, the kids are happy, and the bills are paid!”

Hugo Estrada, a software developer from Falls Church has ongoing resolutions.

“One of my resolutions is language learning, so I am learning Japanese with my daughter. We dedicate 30 minutes every day, we have two text books and we work on it together at the end of every day.”

Peter Kunzel, half German and half American, lives in McLean and is an economist.

“I think I want to exercise more and spend more time with the family. I do a little bit of everything: cross training, running, swimming, squash, tennis, and I want to try to do a little bit more of all of the above.”
Session Brings Sea Change

Wave election swamps Richmond with freshman members eager to make their mark.

By Michael Lee Pope
The Connection

This year’s General Assembly will be like no other. For starters, the members walking the halls of the Capitol will not look the same. The crop of freshman includes the first transgender woman to serve in the Virginia General Assembly, the first libertarian, the first Asian-American woman and the first Latina. Gone are the 12 Republican members who were unseated, all white males. Also gone are the three members who got out before the bloodbath that flipped their seats from red to blue, also all white males. In their place is a diverse and young group of new members who are eager to make their mark on the commonwealth.

At the top of the agenda for the Democratic freshmen is expanding Medicaid to 400,000 people who would be eligible under the Affordable Care Act.

“I think what’s really important for us, as Democrats, is to identify on the other side who we could have come over and join us,” said Kathy Tran, who flipped a formerly Republican seat held by Del. Dave Albo (D-42) for more than 20 years. “We’re going to be in a position where they’re going to have to decide dangerous.

“I would have to go to court, and a judge would have to issue a ruling that there’s probable cause and it’s a serious situation and the gun should be temporarily removed,” said Barker. “In some states, it allows police officers to confiscate it. But the bills that we are putting in do not.

“Every since I’ve been in the legislature I’ve heard complaints that we have a 19th century agriculture and manufacturing tax base but we’re now a service economy. So this will start to tax some of those services,”’ said Marsden. “We’re trying to draw a distinction and get the discussion going around which services are optional for people and which ones are really necessary that we shouldn’t burden them with taxes on.”

Democrats are also eager to finally get some traction on gun control, which House Republicans have blocked for years. Back in 2015, Democratic Gov. Terry McAuliffe was able to forge a deal with Republicans to make state police available for voluntary background checks at gun shows. Now Democrats are hoping that newly reconstituted House committees and subcommittees might give them a chance to at least get gun control legislation on the floor rather than having it killed in subcommittee, a strategy Republicans used that allowed them to avoid being on the record voting against banning assault weapons, for example. State Sen. George Barker (D-39) is introducing a bill that would allow judges to confiscate firearms from individuals they consider dangerous.

“I think we’ve got a consensus that we need to do something,” said Del. Marcus Simon (D-53). “Whether we make it a weak ban or a strong ban — a civil violation or a criminal act — I think we’re going to outlaw it one way or another.”

Another issue where Republicans and Democrats are in agreement is expanding broadband to rural areas. Of course the details of how to make that happen and who benefits are where lawmakers get divided, although this is one of those issues where party ideology is less important than regional ties. Last year, for example, Republicans were divided about whether to create new hurdles for local governments to set up broadband networks in places where that might create competition for private providers. This year, the issue of broadband will once again be an important topic of conversation.

“I’m looking at ways to reduce regulatory burdens,” said Del. Jennifer Boysko (D-86). “I think people are realizing how inappropriate it is to give people a criminal penalty for a drug that so many people have tried and used and is arguably less significant and harmful than alcohol,” said Ebbin.

“It’s still a tough fight. But we’ve got Senate Majority Leader Tommy Norment supporting it generally. And we’ve got Governor Ralph Northam supporting it, generally.”

ON THE CAMPAIGN TRAIL last year, Republicans and Democrats both supported several key agenda items — an indication that members from both sides of the aisle may end up working together this year on certain issues. One of those is ethics reform, a hot topic in Virginia since former Republican Gov. Bob McDonnell was convicted of corruption then cleared of wrongdoing by the U.S. Supreme Court. During the campaign last year, Republican candidate for governor Ed Gillespie and Republican candi- date for lieutenant governor Jill Vogel both talked about closing a loophole that allows candidates to use campaign money for personal use. That’s an issue that already has support among Democrats, although drawing a distinction between official use and personal use can be a gray area.

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A Happy New Year? At least some cause for hope ....

Virginia’s success has generated buzz about pursuing sweeping changes in other state legislatures around the country. Del. Marcus Simon said it well recently (on Facebook): “If someone had told me on Jan. 1, 2017 that one year later Democrats would have picked up no fewer than 15 and probably as many as 17 seats in the Virginia House of Delegates I would have said, ‘Love your optimism, but don’t get carried away.’

“My advice to anyone running for office or thinking about running for office, or working for people running for office in 2018: Get carried away.”

The new look and balance in the General Assembly could provide progress on some long stalled issues. (More Democrats in office do not equate to progress in all of these areas, it’s important to note.)

Expanding Medicaid under the Affordable Care Act to cover hundreds of thousands of poor people without coverage

Nonpartisan redistricting and use of national best practices when it comes to drawing political district boundaries after the next census.

Progress in transparency, and making public information public. This includes lawmakers killing most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted. It should also include rolling back some of the many exemptions to the Freedom of Information Act passed by the General Assembly.

Ethics reform, campaign finance reform.

Making it easier, not harder, to vote.

More control over utility rates and pollution.

Criminal justice reform, including raising the threshold for a felony from $200 to $500.

Tax reform.

A “wish list” could go on at some length.

The 2018 session of the Virginia General Assembly begins Jan. 10.

— Mary Kimm
mkimm@connectionnewspapers.com

Representing Reston, Vienna in Winter Olympics

What to look forward to in 2018?

By Supervisor Cathy Hudgings (D-Hunter Mill District)

As the year 2017 draws to a close, I would like to take a moment to reflect on three community values that were particularly evident this year. We have invested enormous time and energy creating our values and they can be seen in the implementation of the One Fairfax Resolution.

With the July 2016 adoption of the One Fairfax Resolution, the Fairfax County Board of Supervisors laid the foundation for a racial and social equity policy to ensure all individuals have an opportunity to reach their highest level of personal achievement. The resolution is a public commitment to achieving racial and social equity through county policy which include collective leadership, community engagement, equity tools and infrastructure to sustain systemic changes, and shared accountability.

One Fairfax moves us beyond embracing our growing diverse population to implementing a growth model driven by equity. Actions introduced by One Fairfax and completed in 2017 would be the establishment of the Police Review Panel and the hiring of an independent police auditor, Juvenile Justice Reform and the Pre-K initiative.

I am excited about building on these initial accomplishments in 2018.

Fostering and Expanding Community

Crafting anything starts with Vision and Planning. Which reminds me that nothing occurs in a vacuum because Nature always rushes in willy-nilly to fill it. In the case of a Vision Vacuum, input and information are critical to the formation of a Plan. Together these fundamentals can nurture and expand community. To be successful, however, requires good public policy, community engagement, and professional expertise. Good neighborhoods don’t just happen; they result from vision, planning and community support.

Last year witnessed multiple examples of diverse groups of stakeholders gathering in a public meetings. Thank you for voicing your concerns, contributing your ideas. I recognize that is a special kind of civic service demanding time, talent and treasure from us all. In the final analysis, it is not the loudest voices or the most massive audience but that which is of the most long term benefit to the community that defines the right Vision and Planning.

Belief in a Bright Future

Two remarkable young women – Maame Biney and Veronica Day – boldly remind us that the best may be yet to come.

Maame Biney (center, in pink) received recognition from the Board of Supervisors for her U.S. Speedskating Short Track National Championship in 2012. At the time of the presentation, Maame was a sixth grader at Terraset Elementary School in Reston.

Photo contributed by Maame Biney

OPINION

2018

Vienna/Oakton Connection

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Connection

Belief in a Bright Future
Being a caregiver for a family member with dementia is exhausting, whether the person is at home, a nearby facility or in another state. The caregiver must deal with medical and personal issues of the loved one, all the while losing him or her a little bit every day.

For 14 years, Shepherd’s Center of Oakton-Vienna (SCOV) has hosted a free half-day for caregivers to give them a break and to recognize their sacrifice. Our Lady of Good Counsel Church in Vienna provided the venue. Additional support was provided by sponsors AARP and Arden Courts. This year’s SCOV event had 41 caregivers. SCOV staff and volunteers assisted during the four-hour event.

Attendees were caregivers of parents, siblings, aunts and uncles. Some of the caregivers were in the early stages of realizing that their family member had a form of dementia. The loved one of several attendees’ had passed away, but the incredibly difficult journey is not over when the patient dies. Those whose loved ones have passed away have experiences and feelings that help other members of their support groups. A dedicated group of volunteers took care of the care receivers in a separate room to give the caregivers a much needed break.

Free massages were again provided by American Massage & Bodywork and were the highlight of the day. The students of the Massage School gave in-chair massages to everyone. Tony Haney of Senior Helpers gave the attendees some workable ideas for caregiving. Christi Clark, Insight Memory Center, talked about A Person Centered Approach to Care. Cheryl Harlan led a relaxation session that left caregivers smiling. A question and answer period led by support group leaders got everyone involved and provided useful information.

Caregivers had a chance to exchange ideas with each other. The value of a support group such as the one sponsored by SCOV was emphasized. A highlight was the music of the Hunter Mill Bog Trotters, a bluegrass band of four that had everyone tapping their feet. One of the Bog Trotters had attended the SCOV support group previously.

To volunteer, donate or learn more about how you can help, visit www.scov.org/ or contact the office at 703-281-0538, office@scov.org.
Vienna Assembly of God Installs a New Lead Pastor

The Reverend Brenda Burns will be installed as Lead Pastor of Vienna Assembly of God by the Superintendent of the Potomac Ministry Network, Rev. Ken Burtram, on Jan. 7, 2018. Brenda Burns is not unfamiliar to the congregation as she has been serving alongside her husband, Rev. Craig Burns, for over 30 years in the church. She has held positions in Children’s Ministry and Women’s Ministry while concurrently leading in the position of Worship Pastor. Craig Burns informed the church of his decision to step down from the position of Lead Pastor early in 2017. He says, “In the era of the #metoo movement, we want to elevate women in places of leadership. For too long men have overpowered and abused women and that has to change. Vienna Assembly of God has always been a safe place, but it’s now going to also be an empowering place for women.”

Brenda Burns was elected as the new Lead Pastor in November 2017 by a unanimous vote of the church members. During the transitional period, Craig and Brenda Burns shared the pulpit and other pastoral duties. After her installation, the Burns’ will be taking some time off to rest. Once they return, Brenda Burns is excited to re-engage with the Vienna community and to bring her vision to the church. She says, “My first job is to be a good shepherd to the people who are here. Making sure that everyone that is a part of this congregation is being encouraged towards transformation – that we’re all being discipled and moving forward together in whatever God has for us – will be my first priority.” She also desires to bring to the church a renewed emphasis on prayer and has shared that racial reconciliation is a core value that will flavor sermons, outreaches, and other ministries of the church.

Vienna Assembly of God hosts many activities. To receive the newsletter or for more information contact youth@wesleyvienna.org.

Women at the Helm to Speak at Vienna Library

The Vienna Area Branch of The American Association of University Women (AAUW) will host a free event, Women at the Helm, Saturday, Jan. 13, 2018 at Patrick Henry Library. Refreshments at 10 a.m. Program at 10:30. Vienna Mayor Laurie DiRocco and Town Council Members Carey Sienicki and Linda Colbert will share their experiences of leading the Town of Vienna.

AAUW is the nation’s leading voice promoting equity and education for women and girls. Founded in 1881, AAUW members examine and take positions on the fundamental issues of the day — educational, social, economic, and political. Visit va.aauw.net/.

Vienna Physician Receives ‘Excellence in Service’ Award

Dhiraj Jagasia, M.D. was recognized by Johns Hopkins Medicine for his work in the development of a “Pain Passport” that walks patients through the use of non-narcotic pain control options. Jagasia received the “2017 Excellence in Service and Professionalism Award.”

Vienna, Virginia’s (CCRM) at 8010 Tower Road, is one of the nation’s leading fertility clinics providing a wide variety of fertility treatments, ranging from basic infertility care to the most advanced in vitro fertilization (IVF) technology available today.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a monthly Healing Eucharist with the laying on of hands and anointing for healing (1st Sunday of the month, 5 p.m. at St. Mary’s Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MarCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holycomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 5-6 p.m. McMillin Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Fee: $5. Contact the Church Office at 703-938-6521.
Sports

Warhawks Hockey Team Wins Against Cougars

The Madison Warhawk Varsity Ice Hockey team defeated the Oakton Cougars 4-3. Oakton scored two goals midway in the first period but the Hawks came back late in the first with an unassisted goal from forward Matt Hetherington.

The Cougars would hold their lead thru much of the second period however an onslaught of penalties would hamper their offense. Forward Luke Pohlman, assisted by Jeff Hunter would tie the game up late in the first and defenseman Nick Willey, assisted by TJ Ezzard would score the go ahead goal early in the third period. Matt Hetherington, assisted by Jeff Hunter would give the Warhaws and insurance goal midway through the third period. The Cougars would score late in the third however it was too little too late. Warhawk goalie Ben D’Haiti stopped 32 shots.

South Lakes Swim & Dive Triumphs Over Herndon

South Lakes High School’s Varsity Swim and Dive teams emerged victorious in their first league match-up against Herndon High School on Friday, Dec. 15, at the Herndon Community Center. The girls team won with 177.5 points over Herndon’s 136.5. The South Lakes boys gained their first win of the season with 199 points to Herndon’s 115.

The boys dominated from the start with one-two finishes in the 200 yard Medley Relay and the 200 yard Individual Medley. The 200 medley relay team of Hunter Ellis, Jacob Lewis, Jack Edgemond, and Solomon Blackmon came in first with Kyle Diederich, Will Dunne, Matthew Fritz, and Kyle Thomas taking second. In the IM, Edgemond swam a state-qualifying time of 1:56.44 for first, with Diederich coming in second.

Other highlights for the boys included:
❖ A sweep of the 50 yard Freestyle by Blackmon (first), Ellis (second), Thomas (third), and Dirk Stassinos (fourth)
❖ A one-two finish in the 100 yard Backstroke for Ellis (first) and Connor Lewis (second)
❖ A first place finish in the 100 yard Breaststroke for Edgemond (first) and Will Dunne (second)
❖ A first place finish in the 200 yard Freestyle Relay of Ellis, Thomas, Edgemond, and Blackmon
❖ A sweep of the 100 yard Breaststroke for Ellis (first), Will Dunne (second), Jack Edgemond (third), and Solomon Blackmon (fourth)
❖ A regional’s-qualifying time and first place finish in the 100 yard Breaststroke for Fritz (second) and Connor Lewis (third)
❖ A first place finish for Fritz in the 100 yard Breaststroke.

For the girls, one-two finishes in the 200 yard Individual Medley and the 500 yard Freestyle, along with a sweep of Diving were highlights. Anna Redican touched first in the IM with Emily Fritz coming in second. In the 500, Hannah Lane finished first with Rachel Mietlicki second. In diving, Emma Bulger (first), Devon Allesandrino (second), Aggie Allesandrino (third), and SJ Brown (fourth) got the sweep.

Other highlights for the girls included:
❖ A first place finish for the 200 yard Freestyle Relay team of Katie Nguyen, Megan Slater, Redican, and Sophia Landeryou
❖ A regional’s-qualifying time and first place finish in the 100 yard Backstroke for Redican
❖ A first place finish for Fritz in the 100 yard Breaststroke.

South Lakes returns to the pool at 6:30 on Friday, Jan. 5 to take on Washington & Lee High School at Spring Hill RECenter.

Visit These Houses of Worship
FIRST BAPTIST CHURCH OF VIENNA
450 ORCHARD STREET, NW
VIENNA, VA 22180
703-938-8525
email: fbcvoffice@fbcv.org
www.fbcv.org
SUNDAY WORSHIP, 7:45 AM & 10:00 AM
CHRISTIAN LEARNING ACADEMY (SUN.) 9:00AM-9:45AM
MIDWEEK SERVICES, WED. 7:00 PM
ONGOING

Winter Walk of Lights. At Meadowlark Botanical Gardens, 9750 Meadowlark Botanical Ct, Vienna. During the Winter Walk of Lights, the garden is transformed into a half-mile, walk of lights. Visit for new displays each year. Round out a visit roasting marshmallows and sipping on hot beverages, available for purchase. Visit www.novaparks.com/events/winter-walk-of-lights.

Textures Exhibit. Through Jan. 7, various times at the Vienna Arts Center, 115 Pleasant St. NW. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

Great Falls Farmers Market. Saturdays, 9 a.m. to noon, 703-255-1566. 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsmarket.org.

McLean Farmers Market. Fridays, through Nov. 17, 8 a.m. to noon, 756 Walker Road, McLean. Master Gardener Plant Clinic on site to answer questions about plants in your landscape Free Tai Chi. Every Saturday, from 7:55-9 a.m. Introduction and Beginners’ Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org.

The Freeman Store & Museum Weekend activities on Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna’s heritage through an interpretive presentation of history significant to Vienna, its people, and its area. Visit www.historicviennea.org.

Weekly Storytime. Wednesday and Saturday 10:30 a.m. at the Vienna Branch Library, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.

Bingo Night. Sundays. 4 p.m. Flame Restaurant, Vienna Road, Vienna, Fairfax County Fire Department, 400 Center St. S, Vienna. $10; www.vf.org; email bingo.hole@gmail.com.

Gemsmarch 2017. 6:30 a.m. Emmas United Church of Christ, 909 E Maple Ave. E, Vienna. Saturdays 10 a.m. Universalist Congregational Federation of Fairfax, 2790 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts, increase flexibility, improve breathing and health, reduce stress, baby classes. For 15 years experience teaching yoga. $15 per session. www.medit8improvement.org. 751-213-3192.

Fishing Rod Rentals 8700 Potomac Hills Drive, McLean. Fishing rods and tackle available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. $6 rental 1 hour; $12 rental 2 hours. Valid driver’s license required. Rod/reef combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 or older. The park does not sell fishing licenses: www.fafc.org/riverbank-park.

Colvin Run Mill open 11 a.m. to 4 p.m., daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County’s operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: Free; $6 students 16+ with ID; free children & seniors. Admission to park is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m. to 1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Attendees are taught techniques specific to acrylics and understanding this medium. Visit www.fafc.org/museum.

Painting, Tuesdays 6:30-9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, portraits and clothing figure from a live model. Visit www.viennaculture.com.

SATURDAY/JAN. 6

Rainbows, Haloes, and Glories: 10-11 a.m. at Farm Park, 925 Springvale Road, Great Falls. At Observatory Park at Turner Farm, explore phenomena that can be seen in the open sky. Learn about haloes, rainbows, and the green flash and purple light, and why the sky, blue and sunlight are orange. $8. Call 703-324-6618.

Aesop’s Fables. 11 a.m. at Church Road Elementary School, 7100 Church Road, McLean. McLean Player presents “Aesop’s Fables,” a one day workshop. Call 703-448-TEEN.

FRIDAY/JAN. 12

Dining with Dorothy. 12:30 p.m. at Sloop’s Magnolia Greek Family Restaurant, 621 Maple Ave. E. Vienna. Socializing and dining event. Email info@7070dorothy.net. 5th and Rocks Art Party. 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Enjoy free live catered food and beverages, music played by a professional disc jockey, dancing on an open dance floor and other attractions, such as a photo booth, temporary tattoos and board games. $35/$25 MCC district residents. Call 703-448-TEEN.

SATURDAY/JAN. 13

Women at the Helm. 10 a.m. at the Helm, 10 a.m. at the Patrick Henry Library, 101 Maple Ave. E. Vienna Mayor Laurie Dobbsco and Town Council Members Carey Sienicki and Linda Colbert will share their experiences of leading the Town of Vienna. Visit www.vienna.va.us/aaw/net!. Call 703-255-1566 or visit www.starzgazing.com.

Star Gazing 10:11 a.m. at Turner Farm Park, 925 Springvale Road, Great Falls. Enjoy guided star gazing, look through a telescope, and listen to constellation stories around the campfire at Observatory Park at Turner Farm. $10. Call 703-319-6618.

SUNDAY/JAN. 14

MLK Speaker 2 p.m. at The Old Firehouse, 1440 Chain Bridge Road. Award-winning sports columnist William Rhoden will speak on the timely subject of “Athlete Activists.” $20, $10 for McLean Community Center tax deduction residents. Visit: www.aldentheatre.org or call 703-790-0123.

Rorie in Concert. 7 p.m. at Jamin’ Java, 227 Maple Ave E, Vienna. Local musician plays her new EP called “Looking.” Call 703-255-1566 or visit www.rioriesmusic.com.

TUESDAY/JAN. 16

Meet the Civil War Author. 10 a.m. at The Old Firehouse, 101 Maple Ave. E. Award-winning author, lan McCallum, will present a talk about his book “Confederate Cavalry and Young Children.” Two of the most prevalent cold-weather ills are hypothermia and frostbite. For those who have to be outside when it is dangerously cold, knowing the warning signs and prevention techniques for these conditions are the keys to keeping them at bay, say health care providers. “Even a typical winter in this area can be dangerous,” said Amy Talbot, Ph.D., of George Mason University. “But extreme conditions can make it even worse for those most vulnerable.” Hypothermia, which occurs when one’s body core temperature drops, can develop more quickly than many people realize, says Talbot. “Obviously feeling very cold is a warning signal, but also shivering and experiencing signs that the cold is affecting your brain, so feeling disoriented, stumbling or losing balance, difficulty speaking, change in personality.” Frostbite is when the skin and underlying tissue are damaged by cold temperatures, says Beth Lowe, RN, a private-duty nurse in Arlington. “During the beginning stages of frostbite, you might see your skin turn red and you’ll feel numb or tingly. See Dangerously, Page 9

ONLINE EVENTS

Free Tai Chi. Every Saturday, from 7:55-9 a.m. Introduction and Beginners’ Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org.

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Dangerously Cold, Take Precautions

Dr. Laura Pickford received her bachelor’s degree from the University of Maryland and attended medical school at the University of Virginia. She has practiced in Northern Virginia since 1999, and is the Perinatal Safety Officer at Inova Fair Oaks Hospital. Dr. Pickford is Board Certified and a Fellow of the American College of Obstetrics and Gynecology.

Fair Ridge OB/GYN is pleased to announce the addition of two new providers!

Cynthia Stone, MSN-FNP, received her Master’s degree as a family Nurse Practitioner from George Mason University in collaboration with George Washington University in 2004. After spending 2 years working in a family practice, she chose to focus on women’s health and has been working in OB/GYN since 2006.

Fair Ridge OB/GYN Associates
3620 Joseph Siewick Drive, Suite 400, Fairfax, VA 22033
Office: (703) 264-7801
www.fairridgeobgyn.com

Locally, taking precautions is essential during cold weather. Dr. Lowe recommends avoiding cotton clothing during the extreme cold because if it gets wet, it can make you cold. “Many of these preventative measures are things that most people already know, but may not think about until it’s too late,” she said.

Another preventative component, says Talbot, is nutrition. Both food and liquids can help keep one’s body warm. “Skipping a meal can make you more susceptible to hypothermia and frostbite,” she said. “It’s important to eat carbs and protein for energy when you’re going to be outside for a prolonged period of time, like if you’re hiking or playing sports.”

If you believe that you are beginning to develop frostbite or hypothermia, Lowe says in order to avoid advancing the seriousness of the condition, move your body by doing jumping jacks or some other vigorous movement and get out of the frigid elements. “There’s no set amount of time that it takes for [hypothermia or frostbite] to develop, so it’s important to keep an eye on those who are most vulnerable. But once you notice the warning signs you can try to stop the conditions before they advance, by drinking plenty of fluids, eating carbs and getting inside to a warmer temperature.”

Local Shelters

For those who are not able to seek shelter, social service providers in Virginia and Maryland are ramping up efforts to provide shelter to those who need to get out of the cold. For more information:

**Fairfax County**
703-691-2131 or fairfaxcounty.gov

**City of Alexandria**
703-548-7500 or alexandriava.gov

**Montgomery County**
240-777-3289 or montgomerycountymd.gov

**Arlington County**
703-228-1300 or 703-228-1010
publicassistance.arlingtoncounty.gov

Wellbeing

or stinging,” she said. “The main thing to remember is not to try to re-warm your own skin, because you can do more damage. It’s best to seek emergency medical treatment.”

Dressing in layers and wearing shoes that are appropriate for extreme cold are keys to preventing hypothermia and frostbite, advises Carolyn Johnson, Ph.D. of Montgomery College. “When it’s extremely cold you want to wear clothing that traps your body temperature and protects you from cold air and wind,” she said. “A basic formula to keep in mind: a base layer that should be made from a fabric that wicks away moisture. The second layer should trap heat so it should be made of a polyester fleece over something similar. The top layer should be waterproof and windproof.”

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The “Laugh until you can’t laugh anymore” 17-year-old Maame Biney will be representing the U.S. and her hometown, Reston, in February at the 2018 Winter Olympic Games. Which speaks volumes for someone born in Ghana and who didn’t even grasp the concept of ice until age 6. Her sport: short track speed skating.

With her infectious giggle and joy at winning, she is also the first African-American woman to join the U.S. Olympic Speed Skating Team. And after the Olympics, will she hang up her skates? Probably not.

According to Anthony Barthell, Women’s Short Track National (Olympic) Team Coach, “She’s a natural athlete. Most natural athletes have a hard transition to skating because speed skating is so unnatural. It goes against everything you’re taught as an athlete. So for her, she’s learned how to skate and is able to use her natural athletic abilities... In my eyes, I feel she can be one of the top girls in the world. It’s remarkable, she hasn’t lost sight of the long-range potential.”

Both true – clearly, this is someone who continues to learn and grow physically as she continues to expand culturally and globally. Equally true is her spunk and determination in her growth potential: “Do I think I can be number one or two in the U.S.? Absolutely. I don’t think it’s a pipe dream at all.”

General Assembly Delegation to Hold Public Hearing

The Fairfax County delegation to the General Assembly will hold a hearing for public comment regarding the upcoming 2018 session on Saturday, Jan. 6. The forum begins at 9 a.m. in the boardroom of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax with parking available in front of the Government Center Building. Only Fairfax County residents may register to speak, and individuals may speak on their own behalf or on behalf of an organization serving County residents.

Fairfax County Board of Supervisors Chairman Sharon Bulova will welcome the delegation to the Government Center on behalf of the Board of Supervisors and deliver brief remarks. Fairfax County residents who want to sign up in advance to speak at the hearing should register online using the form or contact the Office of the Clerk to the Board of Supervisors at 703-324-3151, TTY 711, by noon on Friday, Jan. 5. Requests for ADA accommodations: Arielle McAloon (703-324-2649) or Chris Camarca (703-324-2683).

Each speaker will be allocated three minutes to address the delegation. Speakers must be present when called to the podium, and people who miss their turn will be added to the end of the list of speakers. The Chair reserves the right to modify the guidelines on site for the smooth operation of the public hearing.

The hearing will be televised live on Fairfax County Television Channel 16 (Channel 1016 in HD on Cox; Channel 16 on Verizon or Comcast), and can also be viewed on-line through the Channel 16 stream.

Further information on the public comment hearing is available from members of the Fairfax County legislative delegation. Contact information for individual delegation members is available on the Virginia General Assembly web page at whosmy.virginiageneralassembly.gov/
TUESDAY/Jan. 9
Vienna Oakton Chapter of NARFE. 11-11:30 a.m. at Joint TOPS (Total Occupations of Seniors) – 9797 Vale Road, Vienna. Call 703-960-0380, email smarkeski@gmail.com, or visit www.stmarkesl.org.

THURSDAY/Jan. 11
English as a Second Language Classes. 7-8 p.m. at at St. Mark Christian Formation Center, 9792 Vale Road, Vienna. Come help 150+ adult learners master the English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. Call 703-960-9380, email smarkeski@gmail.com, or visit www.stmarkesl.org.

THURSDAY/Jan. 18
Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia, meets first and third Thursdays of every month. Call 703-821-6838 of email jan5@verizon.net for more.

SUPPORT GROUPS
Are You A Caregiver? Shepherd’s Center of Oakton. Vienna/Caregivers’ Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 or jan5@verizon.net.

Haven of Northern Virginia Support Group. 10-11:30 a.m., 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Assembly
FROM PAGE 3
IT MAY SEEM like the elections never cease in Virginia, where voters go to the polls multiple times every year. And although Washington is already focused on the 2018 campaign, Richmond is already preparing for an epic election in 2019. Not only will that election include all members of the House and the Senate, it will also set the scene for who controls the redistricting process. Both parties are eager to control as much of the process as possible, and Democrats have already won a major victory by electing a governor who will have veto power over the maps drawn by lawmakers.

“The one piece of this that I’m interested in doing is having a factor of competitive-ness and competition being part of the equation,” said Del. Mark Keam (D-35). “Right now all the standards that they use for redistricting are things like partisanship, demographic and minority status. But there’s nothing that talks about whether a district is competitive or not.”
Local Pop Star Rorie Sings Her Way to the Big Time

By Mike Salmon
The Connection

ew York has had an influence on musicians through the years, and the big apple was part of the picture when Erin Rea Ochocki, aka “Rorie,” broke away from the 9-5 world, adopted the one-name genre of Rorie and hit the stage as a singer. She hasn’t looked back either. “I traveled around the city, playing shows by myself and realized that was my passion,” the 20-something singer said.

Fast forward a few years and Rorie has a name of her own, and several EP’s, including one called “Dawn,” that consists of four songs she’s highlighting at her show at Vienna’s Jammin’ Java on Jan. 14.

“Dawn” focuses on overcoming obstacles and struggles that crop up in life, and Rorie has seen a few of these struggles to know firsthand. In New York, for example, she worked for a non-profit, devoting her time to combat human trafficking, and worked with a roommate on a music video to raise awareness. The roommate, Jordan Ippolito, danced a choreographic routine in a deserted, dusty structure to drive home the point.

Rorie even did some video work in Old Town, Alexandria where she lives now. A video company called Open Valve Studios from Los Angeles, flew into town with their equipment and they spent a few days filming, including part in Killer ESP coffee shop right on King Street. “They were really fun, we filmed for three days, we were really good friends after that,” she said.

Video production guru Franck Tabouring of Open Valve Studios, was happy with the folks at Killer ESP and the City of Alexandria as well. He came into town without having much time to scout locations, and just popped into Killer ESP and it all worked. Killer ESP is an independent coffee shop run by Rob Shelton, and their handmade mugs, local art on the walls and independent attitude was just what they needed. “When you deal with tight locations like this one, you just have to adapt and keep equipment down to a minimum and simply go with the flow, which was very easy to accomplish given the overall naturally relaxing atmosphere in Alexandria,” said Tabouring.

The Open Valve film crew likes to shoot video on location, and the atmosphere in Old Town Alexandria worked out well. He scouted places via the internet and Google Satellite, and then contacted city officials and it was “smooth sailing,” he said. “It’s wonderful when you get to travel to a place where filming is encouraged and welcomed,” he said.

Rob Shelton, the manager at Killer ESP has seen Rorie in for a cup of coffee a few times and was enthusiastic when Open Valve called. Although he couldn’t be there in person for the video shoot, “I just told them to come in and make themselves at home,” he said, even suggesting the front room as a good spot because of the light. “She’s super talented and takes a warm, organic approach to production,” he said of Rorie.

It’s not her first experience in Alexandria though. They also played at Alexandria’s First Night on New Year’s Eve last year.

Singer-Songwriter

Rorie likes to write her own music and bases most themes on her own life, as most musicians do. Some influences on her style include Joni Mitchell of the 1960s fame, or the X Ambassadors. The rest of her band are Dwayne Butler on drums, Doug Kurucz on bass and Patrick McLaughlin on guitar, all from Northern Virginia. In the videos, she waltzes around, searching for something just out of reach, sporting a hairstyle highlighting her bangs, similar to Zooey Deschanel of TV fame. She is familiar with the hipster genre, and embraces it. “I think it’s a cool thing to be a hipster,” she said.

“Climate,” is one of the songs on her Old Town video, and she seemed to know what she wanted to video to resonate, said Tabouring. “She connected with our style and always welcomed our input, while we made sure to stay true to the song’s message and what she had in mind both visually and emotionally,” he said. Rorie admits to carrying around a notepad and taking down notes of inspiration from time to time, like authors and musicians do to jot down ideas that pop up.

She’s played at Jammin’ Java a few times before, so they know her music. “As a whole, Rorie’s music tells stories of both heartache and hope,” it said on the Jammin’ Java show preview.