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Senior Living

PAGE 8

Lisa C. Merkel, Mayor of Herndon, cuts the ribbon during the Grand Opening of Rowen Tree, Tuesday, Jan. 15, 2019, with co-founders Amy Dagliano (left) and Kate Viggiano Janich (right), with Herndon Town councilmembers and Supervisor John Foust.

Oak Hill Herndon CONNECTION

PHOTO BY MERCIA HOBSON/THE CONNECTION

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NEWS

Herndon Town Council Recognizes Retiring Police Officer

Lt. Michael “Mike” B. Berg retires after nearly 33 years of service.

BY MERCIA HOBSON
THE CONNECTION



VIA TWITTER.COM/HERNDONPOLICE

During the Herndon Town Council Public Session on Jan. 15, 2019, the Herndon Town Council presents a Certificate of Appreciation to Michael “Mike” B. Berg recognizing him on the occasion of his retirement from the Herndon Police Department. Berg served nearly 33 years.

In May 1986, Michael “Mike” B. Berg joined the Herndon Police Department after serving his country in the United States Air Force for four years as a law enforcement patrolman and canine handler. On Jan. 15, 2019, the Herndon Town Council presented Berg with a Certificate of Appreciation upon the occasion of his retirement.

Herndon Police Chief Maggie DeBoard and others shared remarks about Berg and his service to the town. “He’s had a long, storied career here... 13 years working with dogs ... Mike’s been an incredibly trusted employee ... well respected by his peers. There is no lack of commitment in anything he does,” said Chief DeBoard.

Town Councilmember Signe

Friedrichs said, “The last time I saw him, I begged him not to leave town, and he told me the fish wouldn’t wait ... You have some unexpected sides, and given that you have an appreciation of art, I wanted to write you a poem ... Best wishes for your time with the fish.” “You definitely have a serving heart, and that shows your character... Thank you for your service, and we are always grateful for whatever you have done to our little town,” said Town Councilmember Pradip Dhakal.

Berg responded that one of the great things about the Town of Herndon is the way that the council, the citizens of the town and

the police officers always find a way to work together. “Difficult times, easy times, we always found common ground and found a way to move forward. And, unfortunately, I don’t think it’s quite that way all over the country, but it certainly is that way in Herndon.”

Berg thanked all who supported him over the years and gave special thanks to his wife and daughter. “It’s not always easy. I can’t count the number of times I walked away from a dinner table ... They both never complained. They handled it like law enforcement families handle it all over the country. And I will be forever grateful to them.”

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Herndon Names New Housing and Neighborhood Improvement Coordinator

Cory Laws is the new Housing and Neighborhood Improvement Coordinator in the Town of Herndon, a position, which remained vacant the last three years pending Fairfax County grant funding support. In his new role, Laws assists town homeowners in pre-approved areas find financial resources to undertake home repairs and maintenance needs through donations from local home supply stores or through bank funding. Laws also clarifies the town rules and processes being “a positive force in ensuring the (town’s) housing stock remains strong,” said Director of Community Development Lisa Gilleran.

Laws explained the Neighborhood Improvement Program concentrates “on the physical structures,” thereby helping to maintain the current stock of affordable housing in the town.

David Stromberg, the town’s zoning administrator, oversees the position. Laws represents a “proactive force” for town homeowners, “helping them avoid town code violations before they happen through focus on property maintenance and upkeep,” said Stromberg.

The town’s community profile reveals a total of 7,974 housing units - 3,029 single family detached, 2,433 single family attached (townhomes) and the remainder apartments and condos. “There’s an affordable housing problem. I’m not here to ride



BY MERCIA HOBSON/THE CONNECTION

Cory Laws is the Town of Herndon’s new Housing and Neighborhood Improvement Coordinator, Community Development Department.

a desk waiting for the phone to ring. I’m here to make something happen,” said Laws, a former member of the Board of Zoning Appeals and town resident.

For more information visit herndon-va.gov/neighborhoods. The associated email address is neighborhoods@herndon-va.gov. Laws can be reached at cory.laws@herndon-va.gov and 703-787-7380.

—MERCIA HOBSON

Rowen Tree Planted in Herndon

Women-focused coworking and cogrowth community opens in Town of Herndon.

By MERCIA HOBSON
THE CONNECTION

Rowen Tree, the only coworking and cogrowth woman-focused community in Virginia held its Grand Opening and Ribbon Cutting in Herndon on Tuesday, Jan. 15, 2019. Named after the Rowan tree that can grow and take root in the harshest of places, co-founders Kate Viggiano Janich and Amy Dagliano said that women are like that too.

Located in the Sunset Business Park at 280 Sunset Park Dr. Herndon, Rowen Tree is as Viggiano Janich described it in her opening remarks that morning, “a funky space.” It is two stories high with a mezzanine overlooking the open community work area with bar/kitchen and a play space great for yoga and creative events. Four multi-sized meeting rooms with glass walls edge the two levels. Reclaimed wood, metalwork, bursts of bright color and art accent the 3000-square-foot space. Rowen Tree members or rental guests may use the various areas and top-of-the-line displays and sound systems for events and meetings.

Viggiano Janich and Dagliano are former employees of global consulting firms. Viggiano Janich brings twelve years of experience as a project management professional and strategic communicator to Rowen Tree; Dagliano brings fifteen plus years experience as creative marketing director.

During Dagliano’s opening remarks, she said that the initial reason they started to build the community stemmed from “a need in our lives,” the need to connect, be productive, and balance work with creativity, wellness and light.

THE DUO spent months attending local events and volunteering, Dagliano said. During their interviews with women, they validated two points, “the big pieces,” said Viggiano Janich. First, “one hundred percent said, when busy and stressed, they come last. ... We do this to ourselves,” Dagliano said. Viggiano Janich built on Dagliano’s remarks. She described the health need, or lack thereof for women to work out, get moving and do yoga. “That piece we heard over and over,” Dagliano said.

Viggiano Janich said the second big piece in the business model was the need to connect with others in a safe environment to grow professionally and nurture one’s creative and personal sides.

Although there are other niche coworking spaces in the region, Dagliano and Viggiano Janich described Rowen Tree as a workspace community for women, men and



Rowen Tree located at 280 Sunset Park, Herndon is a multi-level coworking and cogrowth space with open and private areas, a snack/refreshment bar and onsite yoga, wellness and professional classes.



Cordelia Gaffar, founder of Body Shift accepts the microphone from Kate Viggiano Janich, Founder of Rowen after receiving a full-time Rowen Tree Award Scholarship.

non-binary people, “respectful” people.

“You can’t be a jerk,” said Viggiano Janich. Members would be in a safe environment, one to nurture their businesses, themselves and others.

During the presentation and before the ribbon cutting, Dagliano and Viggiano Janich thanked all who helped them and were present- family and friends, members of the Rowen Tree community, Town of Herndon staff, Herndon Council, Mayor Lisa C. Merkel, Fairfax County Supervisor John Foust (D-Dranesville) and others.

They also awarded annual full-time scholarships to Rowen Tree to Syazana Durrani, Gigi McMillan and Cordelia Gaffar. Dagliano

and Viggiano Janich said Durrani supports families and acts as a productive community advocate in her role as neighborhood ambassador at a local county housing community; McMillan is the founder of The Purple Runway, created to increase awareness and provide monetary and emotional support for those affected by domestic and intimate partner violence; and Gaffar is the founder of an organization that helps women listen to their bodies, how they respond to foods, and teaches Essentrics stretching and modality.

DAGLIANO AND VIGGIANO JANICH said that for every five annual members who



Amy Dagliano, Founder and Inspiration Cultivator of Rowen Tree in Herndon at grand opening and ribbon cutting.

join the Rowen Tree Community, they would award one full-time scholarship to Rowen Tree. As of the Grand Opening and Ribbon Cutting, the Rowen Tree website announced it had 50 members.

On Jan. 19, Rowen Tree posted on Facebook that furloughed workers with a Government issued ID may come for free: “You may not need a workspace while on furlough but if you need a place to feel centered, reconnect with others, have a light yoga session, and a cup of coffee (or tea) come to Rowen Tree ... There is no cost for this event, just show us your Government issued ID.” For more information on Rowen Tree visit workrowan.com.

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

Bold New Dramatic Comedy

ONGOING

Exhibit: Three Moves to Divine. Through Feb. 2, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Three Moves to Divine - a photographic memory of Ghana by Randy Preston, including the written and read work of guest poets. The pictures, and the accompanying poems (by Kwame Alexander, Marjory Wentworth, Tracy Chiles McGhee, Ann Marie Stephens, Van Garrett, Mary Rand Hess, et al) tell a story of returning to family and then staying a while, reveling in the embrace, the security, the familial rhythm that home offers. Call 703-956-6590 or visit artspaceherndon.org.

THURSDAY/JAN. 31

Genealogy Research Fundamentals. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Three sessions: Jan. 31, Feb. 28, March 28. 1. The fundamentals of genealogy research. 2. Dig deep into the U.S. Census. Get the most from Ancestry. 3. Find it online. Adults and teens. Free. Space is limited. Register online at librarycalendar.fairfaxcounty.gov/event/4759990 or call 703-437-8855, ext. 4.

FRIDAY/FEB. 1

Open Mic and Poetry with Mike. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Open mic series on the first Friday of each month. The first hour is with featured poets - Virginia Poet Laureate Henry Hart and Bill Glose - and the second hour is open to anyone. Free. Visit www.ArtSpaceHerndon.org or call 703-956-6590.

FEB. 1-28

Exhibition: "For the Love of Art." Feb. 1-28 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Members of the

NextStop Theatre presents 'The Wolves.'

BY DAVID SIEGEL
THE CONNECTION

A Pulitzer Prize-nominated play about the lives of suburban high school girls who are soccer players is next up for NextStop Theatre. It is "The Wolves" by Sarah DeLappe. "The Wolves" takes the audience inside a world inhabited by young women at their daily soccer warm-ups. "It is a moving and beautifully written work of art," said Evan Hoffmann, NextStop, Producing Artistic Director.

NextStop has taken an unusual step in casting. "We wanted to cast high school students/young women in this show because this show is a very honest and affecting look at high school students/young women," said Hoffmann. "It just seemed like the most accurate way to tell this story" was through casting high school students from the "exceptional young actresses" in the local area.

"Patrons should come to the production because these young women are going to give amazing performances. They should come because this story helps provide tremendous insight into the kinds of things

going on in the hearts and minds of young women throughout our community."

"The Wolves" is set on a field as nine soccer players do their pregame warm-ups and get to know one another. The dialogue among the characters is fast, overlapping and unembellished. The young women talk about ordinary teenage topics and on worldly torments far removed from their protected community.

Extensive auditions were held to cast "The Wolves" ensemble. The cast includes: Caroline Coleman, Urbana HS; Dominique Kalunga, South Lakes HS; Vivian Lemons, Oakton HS; Jordan Hundley, Chantilly HS; Teryn Cuzzo, Tuscarora HS; Jordan James, Robinson HS; Makayla Collins, Annandale HS; Maya Tischler, Oakton HS; Rachel

Where and When

NextStop Theatre presents "The Wolves" at 269 Sunset Park Drive (inside Sunset Park Business Park), Herndon. Performances Feb. 7-24. Thursday, Feb 7 and 21 at 8 p.m., Friday, Feb 8, 15, 22 at 8 p.m., Saturday, Feb 9 at 7 p.m., Feb 16 at 8 p.m. Feb 23 at 2 p.m. and 8 p.m., Sunday, Feb 10 at 2 p.m., Feb 17 at 2 p.m. and 7 p.m. and Feb 24 at 2 p.m. \$35-\$60 (NextStop encourages booking in advance. Ticket prices increase as performances get nearer and fill up). Call 866-811-4111 or visit www.NextStopTheatre.org

Audience Advisory: "The Wolves" offers an uncensored peek into the lives of teenage girls, which includes mature language and pointed discussion of topics like alcohol, sexuality and abortion.

Lipetz, Marshall HS along with understudies Ella Stammera, Woodson HS; Naomi Bertah, Justice HS and Kylie Miller, Metropolitan School of the Arts. Kathryn Chase Bryer, directing the production, "is not aware of another professional theater using real teen age high school girls as actors for 'The Wolves.'"

"The Wolves' is touching and moving. I was blown away by the exciting script; it is beautifully crafted, highly theatrical, raw, and yet 100 percent familiar and real," noted Bryer. "The play is not just about teenage girls and forming a soccer team. It is about the broader culture as well. We all want to know who we are and connect to other people."

"The Wolves is about "issues that real teenagers are aware of and dealing with every day," added Hoffmann inviting audiences to the production.

Dulles Hilton, 13869 Park Center Road, Herndon. "Have A Heart Hop" is a swing dance featuring live music by the Fabulettes with silent auction fundraiser to benefit Lucky Dog Animal Rescue and the Honor Flight Network for Veterans. \$25 per person. Email sueandgary@gottaswing.com or visit www.haveaheartop.net for more.

This show is free and open to the public during the center's regular operating hours. Kathleen Best Gillman judges the show. Visit www.leagueofrestonartists.org for more.

SATURDAY/FEB. 2

Arts Herndon Reading Nook. 11 a.m.-noon at ArtSpace Herndon, 750 Center St., Herndon. Read Snowmen All Year by Caralyn Buehner, and complete a snowman project. The Reading Nook by Valerianne reading activities and crafts are appropriate for children up to 5 years old. \$10 per family. Visit www.artspaceherndon.org.

Groundhog Day in the Park. 1-2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Visit the home of the Walney garden groundhog and play some groundhog games. Designed for participants age 3-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Live Music: Two Ton Twig. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Bluegrass. Sharing new tunes off their upcoming album, Heart Like a House on Fire. Visit ArtSpaceHerndon.org or call 703-956-6590.

SUNDAY/FEB. 3

Digital Photography Essentials Workshop. 1-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital SLR (DSLR) or mirror-less camera who are interested in learning how to successfully use their camera beyond automatic/program modes. \$99 if registered by Jan. 20, \$125 after. Student Rate (age 16+): \$79 if registered by Jan. 20, \$99 after. Call 703-956-6590 or visit www.artspaceherndon.org.

MONDAY/FEB. 4

Journey to the Past. 9-11 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Treat a favorite doll to a visit to the past. Bring the doll to the "All-American Girl: Living Dolls" program at Sully Historic Site and explore the life of an American girl from an era in history through fun activities, costumes, crafts and themed games in a beautiful historic setting. For ages 5-9. \$30 per child. Bring a snack and drink. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

FRIDAY/FEB. 8

Charity Swing Dance. 8 p.m. at Washington

League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging.

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OPINION

Human Trafficking: Monstrosity in Our Backyard

BY PAT HERRITY
SPRINGFIELD DISTRICT SUPERVISOR
(R)



Human 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 Prevention 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)



The 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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NEWS



David Stromberg, AICP, Zoning Administrator Town of Herndon and Fermina Rochac, CZA, Community Inspector/Deputy Zoning Administrator swear to tell the truth during their testimony to the Herndon Board Of Zoning Appeals.



Appellant Chris Devine swears to tell the truth during his testimony to the Herndon Board Of Zoning Appeals.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Let the Music Play!

Herndon's BZA overturns house concert zoning violation citation.

BY MERCIA HOBSON
THE CONNECTION

On Jan. 24, 2019, the five town-appointed members of the Herndon Board of Zoning Appeals (BZA) met to review the Zoning Administrator's decision concert events are not a permitted use for a property (759 Center Street). Owned by appellant Chris Devine, the residence is zoned for and built under the building code as a residential townhouse. Devine received a Notice of Violation ZE18-01517 for having musicians perform at his home.

Under sworn testimony, David Stromberg, Zoning Administrator said that the most compatible use group for a concert venue in the current zoning ordinance is the "Indoor Entertainment use" group, an accessory use not named in the code for Devine's residential property. Stromberg defended the Notice of Violation.

"Based on activities observed and the supporting data obtained from the appellant's website that the use occurring on the property, (it) has more similarities with an Indoor Entertainment type use rather than a residential use or an accessory residential use," Stromberg said. He recommended affirming the violation. Stromberg said attendance was open to the public, "tickets" purchased online through the applicant's website, attendees provided money for a live music performance. The homeowner hosted 23 performance events in 2018, Stromberg said.

APPELLANT Devine in his Statement of Grounds for Appeal said that the activity in his private residence on the night of Nov. 17, 2018, was a house concert, not a commercial Indoor Entertainment event. Devine said he acted as a host for his guests and invited performers and created his website cribconcerts.com to assist with invitations, tracking and provide a convenient "virtual tip jar" for suggested donations for the artists, 100 percent of which he passed to them. Devine acknowledged that since he received the Notice of Violation, he changed items on his house concerts website so as not to confuse anyone.



Spectators in the stands listen to Appellant Chris Devine during the Herndon Board of Zoning Appeals Public Hearing on Jan. 24.

Speaker Anders Thueson, of Merrifield, urged elected officials to write a new zoning code. "You can define what a house concert is for Herndon. ... You have a moment to put that in your code; to make it a reality here in Herndon that can be used as an example for every other community in America," he said.

During board discussion though, Chairman Yung C. Kim directed the board only to consider the events of Nov. 17. He told the board members they do not have the authority to write zoning code. "Our decision is based on the snapshot of when the violation occurred; anything after ... does not reflect on our decision. ... We are just here to interpret and determine if the Zoning Administrator interpreted it (the code) correctly. ... This board does not have any control over the language or authority to change the ordinance," said Kim.

Lesa J. Yeatts, Town Attorney, explained to the BZA the Code of Virginia gives Zoning Administrators of localities the authority to determine things that are not apparent. Yeatts added that the determinations by Zoning Administrators are presumed to be correct until an appellant rebuts such presumptions by a preponderance of the evidence.

AFTER MUCH BOARD DISCUSSION, multiple motions and withdrawing of motions, the Town of Herndon BZA in a vote of 3-2 reversed the Zoning Administrator's decision that house concerts are not a permitted use in the subject property and rendered Notice of Violation ZE18-01517 void "due to the ambiguity within the ordinance in identifying house concert as not being permitted."

BULLETIN

Submit civic/community announcements at 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.

If you see someone who could be at risk of hypothermia, call county's non-emergency line at 703-691-2131, TTY 711.

DONATION REQUEST

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6. Donate at www.gofundme.com/preserve-lakeside-pharmacy-icons

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 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.

Unmanned Aircraft Systems (UAS) Program.

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program.

After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m.

To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.

- Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAYS THROUGH FEB. 19

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

- Tuesday, 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.fcacd.org/creative-writing-contest for contest details and to download the applications. Email artsandletters@fcacd.org with questions.

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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.

Weight Lifting in the Golden Years

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

BY MARILYN CAMPBELL

Richard 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. Go to www.fairfaxcounty.gov/OlderAdults. Click on the Golden Gazette.

In 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

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)

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.

Questions?
Call 703-324-4444 or submit questions by email to 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.