

WELLBEING

PAGE 9

Princess Elsa poses with "Frozen" fans (from left) Katie Rodriquez, Lucy Ingram and Jayden Henriquez during a "Frozen"-themed party at Mountain View High School.

Chantilly  
CONNECTION

Fair Oaks ❖ Fair Lakes

# A 'Frozen' Party

Issues Facing  
Area in 2015

NEWS, PAGE 2

Christmas Comes  
To Hanley Shelter

NEWS, PAGE 3

NEWS, PAGE 2

CALENDAR, PAGE 12 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/THE CONNECTION

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ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Issues Facing Local Area in 2015

## From land use to squeeze on county revenue.

**L**ocal leaders discussed what they believe will be the most significant issues and/or events facing the local area in the coming year.

### John Litzenberger

The most pressing issue for western Fairfax County in 2015 will be the upcoming, county-budget situation. Despite the local economy slowly starting to recover, the spending continues to accelerate faster than the appreciation in real-estate values.



**Litzenberger**

This has resulted in a \$100 million projected shortfall for the fiscal year starting this coming July 1. The challenge will be to broaden the tax base to cover these increasing costs, while working to improve traffic congestion and not increase the tax rate.

The good news is that there are many land-use applications coming forward to broaden the tax base; but that is a lengthy process. Also, traffic congestion is starting to improve along the western end of Route 50 and along Stringfellow Road, with the completion of those road improvements.

The redesign of the Route 28 and I-66 interchange should significantly improve traffic congestion in those respective areas, as well. As the traffic congestion improves, so will the attractiveness of the area for more businesses to relocate here and thus broaden the tax base.

— JOHN LITZENBERGER,  
SULLY DISTRICT PLANNING COMMISSIONER

### Jim Hart

It is too early to predict what land-use controversies the coming year may bring. Likely, 2015 zoning-ordinance amendment topics for the Planning Commission will include updated stormwater regulation, electronic signs, a new noise ordinance, and outdoor-lighting standards.

The Planning Commission's Environment Committee will continue discussions on recommendations for electric-vehicle, charging-station infrastructure, as well as building energy policies. In the meantime, the Board of Zoning Appeals and Planning Commission will continue to hear many applications for home child-care uses. Local motorists will need to be patient as construction progresses on the Route 50 widening project west of Route 28.

— JIM HART,  
AT-LARGE PLANNING COMMISSIONER AND  
BOARD OF ZONING APPEALS MEMBER



**Hart**

### Jim Katcham

One significant issue concerning land use is the growth of home day-care operators. This is a service for which there is a great need. However, the regulations for such facilities, in my view, haven't kept pace with the growth. I have heard that the General Assembly may consider some statewide regulations. I believe establishing a unified set of rules and standards is critical to ensure the safety of the children.

We know that Fairfax County is one of the wealthiest counties in the state. However, there are many households that struggle to feed their family. The local Boy



**Katcham**

Scouts conduct an annual food drive in concert with the Western Fairfax Christian Ministries. This is an issue that doesn't receive much attention. The Sully District is fortunate these two organizations are helping with this problem.

The issue of traffic and overwhelmed roads is familiar to everyone. Most everyone agrees we need significant improvements in our roads. Fixing and improving our roads require significant amounts of money – which isn't available. Unfortunately, doing so requires additional tax funds, which are equally challenging to obtain. Meanwhile, the situation continues to get worse.

— JIM KATCHAM, CHAIRMAN,  
WEST FAIRFAX COUNTY CITIZENS ASSOCIATION, LAND-USE COMMITTEE

### Michael Frey

The biggest challenge we face is the continuing, stagnant local economy and the changes it will require over the next year and beyond. The area remains too reliant on the federal government, either through direct spending or through contracting.

The declining federal budget will mean less economic activity in our local economy, putting increasing stress on the Fairfax County budget as revenues decline. And, of course, all of this comes in the face of ever-increasing demands for services. The school-age population is continuing to grow, new requirements are put on us, such as ebola screening, and the state continues to abdicate its responsibilities and dump more and more burdens on the county.

— MICHAEL FREY,  
SULLY DISTRICT SUPERVISOR



**Frey**

### Alice Foltz

Big issues for the coming year in western Fairfax: Moderate and low-income housing is a real need, and the lack of good housing for all puts pressure on other services. We need housing so that our service workers, teachers and public-safety officers can afford to live here.

All of these folks have also had reductions in real wages over the past decades, and an increase in the minimum wage would help us to give fair treatment to the people we depend on in low-wage jobs. We need to provide decent, livable wages for all workers, so that families can be secure and our children can continue to thrive.

— ALICE FOLTZ,  
PRESIDENT, CENTREVILLE  
IMMIGRATION FORUM



**Foltz**

### Bob Blakley

I believe traffic safety will continue to be one of the most significant issues/challenges in the district during 2015. We have several construction projects and roadway improvements underway, and the police have made some adjustments to the way we do business to meet the demands.

We continue to aggressively enforce our DWI laws through education and enforcement. We devote many special-project hours to DWI enforcement and have recently named a new DWI coordinator's position at the station to get more involved with the analysis into drinking and driving.

— CAPT. BOB BLAKLEY,  
COMMANDER, SULLY DISTRICT  
POLICE STATION



**Blakley**

## Princess Leads 'Frozen' Party

### Princess Elsa visits Mountain View.

BY BONNIE HOBBS  
THE CONNECTION

**S**hortly before Christmas, some local children received a special treat when Mountain View High threw a "Frozen"-themed, princess party for them. It was held in the school gym, with Princess Elsa from the Disney movie as the guest of honor.

In real life, she's Jenepher Esser of Princesspartiesva.com. Not only is she a former Miss New Orleans and mother of three, but she's also a trained opera singer who visited with the children and

also sang to them the movie's signature song, "Let it Go." And although she normally gets paid for her appearances, this time she donated her services to the school for free.

Organizing the event was school counselor Sue Houde, who works with Mountain View's pregnant and parenting students via a program called Project Opportunity. Currently, 30 students are in the program.

"We have monthly lunch-and-learn meetings with a guest speaker on various, parenting-related topics," she said. "And for 14 years, The Life Church of Manassas has provided lunch for these meetings, plus gifts

SEE 'FROZEN'S', PAGE 4



**Singing to the children as Princess Elsa is Jenepher Esser.**

PHOTO BY  
BONNIE HOBBS  
THE CONNECTION



## ROUNDUPS

### Two Charged with DWI

On Friday, Jan. 2, Officers from the Sully Police District patrolled Fairfax County for drunk drivers. Two drivers were charged with DWI and 62 summonses were issued.

### MLK Festival Is Jan. 11

The Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) and Westfield High School will present the 21<sup>st</sup> annual Martin Luther King Festival. It'll be held this Sunday, Jan. 11 (snow date: Jan. 18), at 4 p.m., in the auditorium of Westfield High, 4700 Stonecroft Blvd. in Chantilly. It's called "A Salute to Dr. King" and students in the Chantilly, Centreville and Westfield pyramids will perform.

### Sully CAC Meeting Jan. 14

World Police and Fire Games staff will attend the Sully District Police Station's Citizen's Advisory Committee (CAC) meeting Wednesday, Jan. 14, at 7:30 p.m. It'll be held at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. In addition, Capt. Bob Blakley is now the station commander, and 1st Lt. Matt Owens is assistant commander, and both will be on hand during the meeting.

### Bank Robbery Attempted

Police responded to a report of a gun being brandished at the TD Bank, 6200 Multiplex Drive at around 6 p.m. Monday, Dec. 30. Bank employees saw a man dressed in dark pants and jacket attempt to enter the bank lobby, which was closed. The man yelled for employees to open the door and reportedly produced a pistol. Employees contacted police and the man fled. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

### Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of canned vegetables (except for green beans), canned pasta and pasta sauces, canned tomatoes, canned fruit, peanut butter, canned and dry beans, and granola bars. Also needed are toiletries, which WFCM clients cannot purchase with food stamps. Especially needed are shampoo, diapers sizes 4 and 5, deodorant, toothpaste and toilet paper.

Bring all items to WFCM's food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or [abosley@wfcma.org](mailto:abosley@wfcma.org).

### How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to [www.centrevilleLRC.org](http://www.centrevilleLRC.org) and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

### Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

## NEWS



PHOTOS BY BONNIE HOBBS

**Chantilly and Centreville high-school students, teacher Betty Simmons (kneeling on left) and MPO Wayne Twombly (kneeling on right) brought joy to the Hanley Shelter children.**

## Christmas Comes to Hanley Shelter

**P**olice officers from the Fair Oaks District Station, plus students from Chantilly and Centreville high schools, helped bring Christmas to the Katherine Hanley Family Shelter. On Dec. 19, they brought new, unwrapped toys to the shelter, which serves mothers and young children.

Participating were 30 members of Chantilly's Photography Club and their teacher/advisor, Betty Simmons; five members of Centreville's First Responders Support Club, which supports local fire and police stations; and six members of Centreville's UNICEF Club, which raises money for that organization.

The event also included a party with refreshments. While the shelter parents picked out presents for their children, some of the students helped wrap them. Meanwhile, other students did holiday-themed crafts projects with the children and took photos of them while they sat on Santa's lap. Playing the role of Santa was MPO Wayne Twombly of the Fair Oaks District Station.

— BONNIE HOBBS



**Police Officer Wayne Twombly as Santa Claus.**



**From left are MPO Wayne Twombly, Betty Simmons and Savannah Sherman of Centreville High's First Responders Support Club.**



# 'Frozen's' Princess Elsa Visits Mountain View

FROM PAGE 2

for the holidays for the students' children."

So this year, Houde decided to have a winter party, instead of the December lunch, to thank the church volunteers for all they've done. It also gave her the chance to invite the students' children to school for a special event.

So on Dec. 19, under the supervision of Mark Smith, Mountain View's technology coordinator, other students decorated the gym with backdrops of blue skies, white snowflakes, tiny green trees and snowy hills. Then they took photos of the children with Princess Elsa for their parents.

But first, the children got to dress up in princess costumes to join in the "Frozen" theme, themselves. They also colored pictures, ate cookies and participated in a sing-along. More than 100 children, students and their parents attended. And afterward, the children received bags full of gifts provided by the church.

"I think it went great," said Houde. "I'm so proud of everyone who had a part in the event — it was really a school-wide effort."

**The children and the princess gather in front of a wintry background.**



**Dressed in princess costumes are (from left) Lily Zook, 3; Amy Navarro, 5 and Maria Herrera, 3. Lily's mom is Carla Zook of the FCPS central office; Amy is the daughter of Mountain View junior Maria Rodriguez, and Maria Herrera is her sister.**

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



**From left: Andrea Balarezo and daughter Aviya, 2, visit with Princess Elsa. Balarezo volunteers at the school with The Life Church.**



**Princess Elsa chats with (from left) Yahaira Lopez, 4; grandmother Miranda Lopez and Ariana Lopez, 2. Miranda Lopez's daughter, Jennifer, attends Mountain View.**



**These Disney princesses are (from left) Stephanie Rivera, 4; Brisa Perez, 3 and Ashley Flores, 4. (Stephanie's the daughter of senior Veronica Perez, and Brisa and Ashley are her nieces).**



# Westfield Graduate Paints in Historic Fredericksburg

## Artist's journey from hobby to career.

BY RORY GRAMBO  
UNIVERSITY OF MARY WASHINGTON

**K**elly Fisne is making a career out of her artistic talent, a feat that few can claim as their own. The Westfield graduate, who lived between Sequoia Farms Pool and Sully 1 Pool, has recently completed a mural in the Fredericksburg office of Fairfield Technologies, and is poised to receive a degree in Studio Art from the University of Mary Washington.

Fisne receives support from her family, despite the fact that she is a bit of an anomaly. She says that "there is absolutely no artistic talent in the family." One of her strengths is her ability to experiment and "trying to push my limits." Despite painting a mural in the office, and being commissioned to paint several more in the Chantilly office of the same company, Fisne prefers to create ceramic artwork. In fact, she says that her proudest moment as an artist came during the Senior Show with the Art department, when the president of



PHOTO CONTRIBUTED

**Kelly Fisne in front of her mural in the Fredericksburg office of Fairfield Technologies.**

the university bought one of her ceramic pieces.

Fisne had an early start; in elementary

school she took classes with a local professional artist. However, this was the only formal training she had until college. She

said, "In high school, I painted inside my closet as a hobby," and in college thought she was going to be a business major. However, she found that it wasn't for her, and decided to try majoring in something she really enjoyed.

Fisne takes inspiration from artists such as Van Gogh, Degas, and modern American artist James Turrell. Fisne has still never taken a painting class in college.

Her mural in the Fredericksburg office depicts a scene from downtown Fredericksburg that she says has "good perspective that makes it interesting." Painting something this large is a new experience for her, and "figuring out how to make everything proportional was a new challenge for me." However, Fisne thrives on these types of problems and challenges, and was able to sort it out easily. She has also been commissioned to do a few canvasses in the company's main Chantilly office. Her first one will be a "Fantastical Dr. Seussish landscape," inspired by a trip to a gallery in Arlington, which had several Dr. Seuss paintings.

Fisne's vision for the future is to go into graphic design, someday own a studio, and have her own exhibition one day. To view her ceramic work, visit [kellyfisneart.com](http://kellyfisneart.com).

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# OPINION

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Focused on community.

**H**appy New Year. We need your help in 2015.

As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when

and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

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The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

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— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### LETTER

## Best Wishes For New Year

To the Editor:

The past year seemed to have been filled with tragedies and difficulties both within our country and internationally. The rise of ISIS, the recent shootings of young American youths and police officers, and the school attack in Peshawar are just some of the difficulties we as a global community faced. But it does not mean that all was bad and all was lost. Malala Yousafzai, an education activist, became the youngest recipient of the Nobel Peace Prize. And His Holiness Pope Francis went to Turkey to pay a visit to the Blue Mosque in an interfaith prayer, as well as receiving a blessing from the head of the Orthodox Church, Bartholomew. So while atrocities seemed to overtake 2014, there were also key moments of peace, unity, and cooperation that will help us move forward for a better world and a better 2015. As a local American Muslim, I wish our whole Northern Virginia community and beyond a happy and peaceful New Year. God bless!

Saira Bhatti  
Centreville



## Daughters of the American Revolution

PHOTO CONTRIBUTED

The Lane's Mill Chapter, Daughters of the American Revolution, held its December meeting at the Sully Station II community Center. The meeting included the installation of two new members as well as the presentation of a 25-year membership certificate. In the photo, current Chapter Regent Heidi Haynes (back row, left), poses with former Regents of the chapter.

## Chantilly CONNECTION

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PHOTO CONTRIBUTED

**Fairfax County firefighters reattach the rope on Manor Care's flagpole.**

## LETTERS TO THE EDITOR

### A Flag for Manor Care

To the Editor:

This is the time for giving and also the time to give thanks to those who are able and willing to help.

I, along with everyone who lives and works in Manor Care, would like to extend our deepest gratitude to the Chantilly, South Riding Home Depot (store #8551) and the Fairfax County Fire and Rescue Department (stations #21 and 40) for taking time out to give our veterans and residents a special holiday.

A few months ago, while a few associates

from the Chantilly, South Riding Home Depot where working on a service project in our court yard, I approached them and asked if Home Depot could help us to put a rope on the pole for our flag. Our facility had been unable to fly the American flag for some time now. Because of lack of resources, we couldn't reach the upper pulley to put a rope. Our resident veterans would love to see the flag they honored with their service flying over their home.

One of the associates from Home Depot who I called the little lady said, "You will have the flag up there before Christmas." After weeks of coordination and trying to

locate the right equipment, South Riding Home Depot called and said they had secured the materials and would come help us raise the flag. The Home Depot, partnered with the local Fairfax fire stations 40 and 21, came out to put the flag up.

Gregg Olech, one of our residents and a veteran of the U.S. Air Force, raised the flag in a small ceremony while the National Anthem played in the background. Our friends from Home Depot, Pierre (store manager), Gordon (assistant manager),

Bear (HR) and the Little Lady proudly participated.

Again I want to take this time to thank The South Riding Home Depot and Fairfax Fire Station 40 and 21. You gave a very happy Christmas to a lot of people in this facility.

**Jeff Jones**

Maintenance Supervisor

Manor Care Health Services-Fair Oaks  
12475 Lee Jackson Memorial Highway  
Fairfax



PHOTO CONTRIBUTED

**Collective effort: Fairfax County firefighters, Home Depot staff and veterans from Manor Care gather after the project was completed.**



PHOTO CONTRIBUTED

### Toys and Pajamas

**Preschool and elementary school students from eight Chesterbrook Academy locations in Centreville, Chantilly, Clifton, Fairfax and Herndon joined together – dressed in pajamas – at Chesterbrook Academy Kids Campus in Chantilly on Dec. 19 to sort toy and pajama donations they collected and pack them up for delivery. Students collected more than 200 pairs of pajamas and several hundred toys. The toys will be donated to children in the Virginia area through the U.S. Marine Corps Reserve Toys for Tots Program. The pajamas will be donated to the Kathleen K. Hanley Family Shelter in Fairfax, which assists families experiencing homelessness in Virginia.**

### Lane Closures Scheduled for I-66

All lanes of Interstate 66 in one direction will close intermittently between midnight and 5 a.m. on several dates in January for the installation of gantries. Each closure will last up to 30 minutes.

The scheduled closures on I-66 are as follows:

- ❖ Thursday, Jan. 8 into Friday, Jan. 9: Eastbound between Route 28 (Exit 53) and Fairfax County Parkway (Exit 55),
- ❖ Monday, Jan. 12 into Tuesday, Jan. 13: Eastbound between Route 123 (Exit 60) and Nutley Street (Exit 62),
- ❖ Wednesday, Jan. 14 into Thursday, Jan. 15: Westbound just beyond Nutley Street (Exit 62) at the Vaden Drive overpass,
- ❖ Monday, Jan. 19 into Tuesday, Jan. 20: Eastbound just beyond the Fairfax County Parkway underpass (Exit 55),
- ❖ Wednesday, Jan. 21 into Thursday, Jan. 22: Westbound just before the Fairfax County Parkway underpass (Exit 55),
- ❖ Monday, Jan. 26 into Tuesday, Jan. 27: Eastbound just before the Fairfax County Parkway underpass (Exit 55),
- ❖ Wednesday, Jan. 28 into Thursday, Jan. 29: Westbound just beyond the Fairfax County Parkway underpass (Exit 55).

Message signs will be posted in advance of the work so that motorists can use alternate routes.

The closures are part of the Virginia Department of Transportation's ongoing effort to install 36 new gantries as part of the I-66 Active Traffic Management System.

### Correction

In the Dec. 24, 2014 article "How Does She Do It?" the current executive director of The Foundation for Fairfax County Public Schools should be listed as Mike Infurnari.



# 497

**days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)**



# STUDENT ART

Art work from Greenbriar West Elementary School.



Aaron Liu, Greenbriar West Elementary, grade 3



Haley Oeur, Greenbriar West Elementary, grade 3



Feileen Li, Greenbriar West Elementary, grade 5



Luke Chan, Greenbriar West Elementary, grade 2



Kevin Son, Greenbriar West Elementary, grade 6



Bhavya Boddu, Greenbriar West Elementary, grade 5



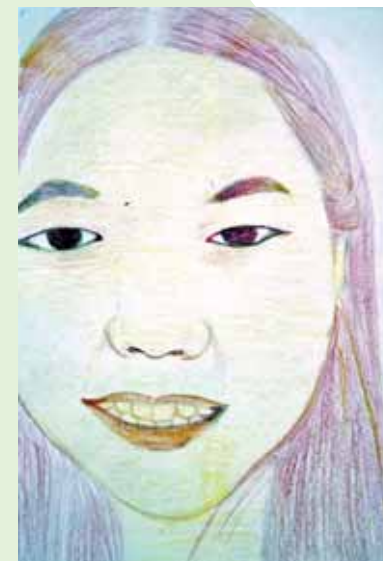
Nick Desantis, Greenbriar West Elementary, grade 4



Emily Zen, Greenbriar West Elementary, grade 6



Aaron Whang, Greenbriar West Elementary, grade 6



Julia Lee, Greenbriar West Elementary, grade 6



## WELLBEING

# Top Fitness Trends for 2015

Here are some low-cost, mobile routines.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**he beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

**THE PRACTICE** of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietitian in Old Town Alexandria. "Eating foods that are low in carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven.



**Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.**

PHOTO BY MARILYN CAMPBELL

"The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna. "Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects of yoga. "A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once. Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight.

"Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight diseases like diabetes and heart disease as we age," said Goldberg.

**FUNCTIONAL FITNESS EXERCISES**, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal training and can be more fun."

**"It is like vitamins. The real effect is doing it over time and incorporating it into your life rather than just doing it once."**

— Sara VanderGoot

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## SPECIAL CONNECTIONS CALENDAR

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### JANUARY

1/7/2015 ..... Wellbeing, Renewal, Resolutions  
1/14/2015 ..... HomeLifeStyle  
Martin Luther King Jr. Day is Jan. 19  
1/21/2015 ..... A+ Camps & Schools  
1/28/2015 ..... Neighborhood Outlook  
1/28/2015 ..... Winter Fun, Food, Arts & Entertainment;  
Valentine's Preview

### FEBRUARY

2/4/2015 ..... Valentine's Dining & Gifts I  
2/4/2015 ..... Wellbeing – National Children's Dental Health Month  
2/11/2015 ..... HomeLifeStyle  
2/11/2015 ..... Valentine's Dining & Gifts II  
Valentine's Day is Feb. 14 • Presidents Day is Feb. 16  
2/18/2015 ..... A+ Camps & Schools  
2/25/2015 ..... Pet Connection Pullout

### MARCH

3/4/2015 ..... Wellbeing  
3/11/2015 ..... HomeLifeStyle Real Estate Pullout  
3/18/2015 ..... A+ Camps & Schools  
3/25/2015 ..... Spring Fun, Food, Arts & Entertainment  
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## 21 Announcements

### PUBLIC HEARING FOR TOWN OF CLIFTON PROPOSED AMENDMENT TO SPECIAL USE PERMIT PUBLIC HEARING TOWN OF CLIFTON PLANNING COMMISSION JANUARY 19, 2015

Notice is hereby given that the Town of Clifton Planning Commission will hold a Public Hearing on Monday, January 19, 2015 at 7:30 P.M. at the Acacia Lodge Hall, 7135 Main Street, Clifton, VA 20124 to consider the amendment of the special use permit of Trattoria Villagio, located at 7145 Main Street, to include and authorize the use of outdoor music, specifically sound (music) that will be distributed via Trattoria Villagio's outdoor wall mounted and rock speakers, located within the controlled area of the patio, and to be played/heard at a controlled decibel level no greater than 70 dBA. The application for the proposed amendment to Trattoria Villagio's special use permit, is available for review and downloading on the Town's website at [www.clifton-va.com](http://www.clifton-va.com) and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the requested amendment to the Trattoria Villagio's special use permit, to authorize outdoor music.

## 21 Announcements

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## Down and Not Out, Yet

By KENNETH B. LOURIE



Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

# 26,000 Pairs of Shoes to Haiti

## Local businessman works with Soles4Souls.

By ASHLEY CLAIRE SIMPSON  
THE CONNECTION

A tractor full of shoes destined for Haiti left Rick Galliher's 1-800-GOT-JUNK? warehouse in Chantilly on Friday, Dec. 12. 1-800-GOT-JUNK?, a junk removal company, teamed up with Soles4Souls, a non-profit organization, to provide 26,000 pairs of shoes to Haiti.

Soles4Souls, a Nashville-based anti-poverty organization, collects new and used shoes and other articles of clothing on a large scale. Then, the non-profit distributes them to communities and charities in 127 impoverished countries around the world. In turn, the receiving organizations and charities in these countries use the items to create jobs.

Rick Galliher, who owns the Chantilly-based franchise of 1-800-GOT-JUNK?, began participating with the charity last year, helping transport shoes to a Soles4Souls warehouse in Alabama. Once he realized he could utilize his own corporate warehouse for the charity, Galliher and the local 1-800-GOT-JUNK? franchise contributed on a much larger scale this year.

"We stepped in this year because I have a warehouse in Chantilly," Galliher said. "When I figured out how to run it, I knew I could handle collecting a tractor's worth of shoes."

Nicole Atnip, director of foundation and corporate development for Soles4Souls, said the non-profit organization has been working with 1-800-GOT-JUNK? since 2012 and that the Chantilly warehouse has been involved since August of 2014.

"The Chantilly location came on board with us as an official warehouse this August and in just a few short months, collected over 20,000 pairs of shoes," Atnip said.

A tractor's worth of shoes meant that Galliher was responsible for collecting and storing 26 eight-foot pallets of shoes until they were ready for shipment. The shoes were then sorted by the Haitian American Caucus in Galliher's warehouse from Dec. 5–8. The Haitian American Caucus is a non-profit organization that Soles4Souls works with both in the states and in Haiti. Then, Soles4Souls shipped the sorted shoes from Chantilly to Haiti on Friday, Dec. 12. The shoes were delivered to Haiti in time for Christmas.

"The shoes that were picked up from Rick were all sent to our Haitian micro-enterprise partner, the HAC (Haitian American Caucus)," Atnip said. "Women at the HAC will sell the shoes in the local marketplace in Haiti and use the earned income to feed their families, send their kids to school, and purchase their next bag of shoes to continue their business. Last year alone we worked with the HAC to send 166,000 pairs of shoes to Haiti, which produced an estimated economic impact of \$2.5 million there. And that's something we're really proud of."

Galliher began collecting the shoes from various shoe drives and pick up locations in September of this year. Although there

know I had enough shoes for them by Christmas, they were happy."

He said he will continue to collect shoes for Soles4Souls throughout the year. In fact, there have already been batches of shoes delivered to his warehouse after the last shipment was picked up by Soles4Souls last month.

Galliher said he willingly volunteered his services in August because both Soles4Souls and 1-800-GOT-JUNK? saw how many shoes were actually coming from the Washington-D.C. metropolitan area. Galliher and his team had the trucks and the means to get shoes to where shoe drives ultimately wanted their collections to go.

"The first time, we picked them up from various people who held shoe drives," he said. "People don't know what to do with the shoes they get when they run shoe drives. It's very expensive to ship them. So everyone had all these shoes and didn't know what to do with them. So we stepped in, and Soles4Souls would give us addresses. We took a truck for a few weeks and drove shoes and we took them up to a warehouse in Maryland."

Galliher said that based on the shoes he stored for Soles4Souls, the charity in Haiti will have plenty of shoes for men, women and children. From sneakers to formal footwear, the people of Northern Virginia had a plethora of high quality shoes to contribute to Soles4Souls.

"There were all nice shoes because in northern Virginia, there is a lot of money," Galliher said. "You don't wear out your shoes, you give away the ones you outgrow or stop using. They were a lot of brand new shoes, dress shoes, soccer shoes."

He joked that there were even shoes fancy enough for a woman to wear for a night out on the town.

"Maybe there is a night club out there," Galliher added.

Galliher said it felt like a calling for him to become involved with Soles4Souls on a much grander scale this year.

"We have had a very good year in junk removal and this is my year to give back," Galliher said. "We do a few other charities but just because of the warehouse and the operation I run, I am in a unique position to do the shoe operation. Not many other warehouses that can hold 26,000 pairs of shoes." He has the honor himself of visiting Haiti in April 2015. While he cannot follow the load of shoes that he collected in his warehouse by the holiday season, he is looking forward to following another.

"I will be going to Haiti in April," Galliher said. "We are having a group go down to Haiti and hand out shoes so we can see where the donation went."



PHOTO CONTRIBUTED

**Rick Galliher, who owns the Chantilly franchise of 1-800-GOT-JUNK?, helped transport shoes to a Soles4Souls warehouse in Alabama**

was not a deadline for Galliher to collect a tractor full of shoes by the holidays, his collection for Soles4Souls was ready to begin its journey to Haiti by mid-December. This was a surprise to the Chantilly resident since he didn't think he would collect a tractor full of shoes until August 2015.

He collected about 26,000 pairs of shoes in just three months, with him and his fleet picking up batches from shoe drives and other locations that didn't have the means to move large quantities of donated and discarded shoes. All shoes, he added, were still in good enough condition for second-hand use.

"I am listed on Soles4Souls as drop-off location," Galliher said. "I thought it would be a year before I had a tractor trailer full of shoes. There was no deadline. Then the guys in Haiti who ran the charity did want a shipment by Christmas. When I let them



# ENTERTAINMENT

Email announcements to [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Workbook on Display.** 9 a.m.-5 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. The exhibit is open through January, in the park's visitor center and admission is free. The highlight of the exhibit is an original workbook created by Lewis H. Machen who purchased Walney in 1843 and lived there until his death in 1863. This is the first time the workbook has been shared publicly. Contact 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence) for more.

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Interstellar", "D-Day: Normandy 1944", "Hubble," "Fighter Pilot" and "Hidden Universe". Visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy) or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand

show for groups of 50 or more. **Sully Historic Site.** 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

**Exhibit of Colorful Nutcrackers at Historic Sully.** Through Jan. 31. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an array of nutcrackers, both old and new, in a colorful case exhibit. This holiday exhibit is included in a guided tour of the 1794 house. Sully, the home of Richard Bland Lee, northern Virginia's first congressman, will be decorated for the holiday season from Dec. 3-22. 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully](http://www.fairfaxcounty.gov/parks/sully)

**Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for more.

## PET ADOPTIONS

**Adopt a Dog.** Fridays, 6:30-8:30 p.m. and Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax.

Adopt a puppy or dog. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org) for more. **Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://hart90.org) for more.

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [aforeverhome.org](http://aforeverhome.org) for more.

## SUNDAY/JAN. 8

**Model Train Show.** 1-4 p.m. at 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia and Maryland Garden Railway Society will hold their annual G Gauge Model Train Show at the Fairfax Station Railroad Museum. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225. Like the museum on Facebook, [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR).

## SATURDAY/JAN. 10

**Quintango,** 8 p.m. at The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. QuinTango, a chamber tango quintet, intersperses its sizzling music with tales of how a shabbos guy became one of the greatest

names in tango, how the second largest Jewish community in the world (in Argentina) contributed more to tango than music, and how the demise of silent films influenced the future of tango. The concert also features professional Argentine dancers Jeremias and Mariela. Premium reserved tickets are \$34; general admission tickets are \$29 for adults, \$24 members or seniors (65+), and \$19 for those under 30. Visit [www.jccnv.org](http://www.jccnv.org), email [boxoffice@jccnv.org](mailto:boxoffice@jccnv.org), or call 703-537-3000.

## SUNDAY/JAN. 11

**Bird Watching Club,** 2 - 3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. The club is for kids ages 4-12 who want to develop their birding skills. The cost is \$5 per child and registration is available online at [www.fairfaxcounty.gov/parks/eclawrence/calendar.htm](http://www.fairfaxcounty.gov/parks/eclawrence/calendar.htm) or by calling 703-222-4664 or 703-631-0013.

## SATURDAY/JAN. 17

**Rabbi Sam,** 8 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike,

Fairfax. The JCCNV Performing Arts Series presents Charlie Varon in his solo show, a play for Jews, Gentiles, and anyone who has ever attended a meeting. A mix of comedy and drama, the play tells the story of Sam Isaac, a rabbi who wants to reinvent American Judaism, and the havoc that erupts in the congregation that hires him. Tickets: \$34 premium reserved, \$29 adults, \$24 J members or seniors (65+), \$19 under 30. Visit [www.jccnv.org](http://www.jccnv.org), email [boxoffice@jccnv.org](mailto:boxoffice@jccnv.org), or call 703-537-3000.

## SUNDAY/JAN. 18

**Rabbi Sam,** 2 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The JCCNV Performing Arts Series presents Charlie Varon in his solo show, a play for Jews, Gentiles, and anyone who has ever attended a meeting. A mix of comedy and drama, the play tells the story of Sam Isaac, a rabbi who wants to reinvent American Judaism, and the havoc that erupts in the congregation that hires him. Tickets: \$34 premium reserved, \$29 adults, \$24 J members or seniors (65+), \$19 under 30. Visit [www.jccnv.org](http://www.jccnv.org), email [boxoffice@jccnv.org](mailto:boxoffice@jccnv.org), or call 703-537-3000.

## BULLETIN BOARD

Email announcements to [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

## THURSDAY/JAN. 15

**ESL Classes.** 7 p.m. Lord of Life Lutheran Church, Fairfax Campus, 5114 Twinbrook Road, Fairfax or Clifton/Centreville Campus, 13421 Twin Lakes Drive, Clifton. Registration \$15, textbook \$25. Three levels: Basic, Intermediate and Advanced. Class schedule Tuesdays and Thursdays 7-9 p.m., Jan. 20-March 26. [www.lordoflifeva.org](http://www.lordoflifeva.org) or 703-323-9500.

## TUESDAY/MARCH 3

**Listening Tour.** 6:30 p.m. at Chantilly High School, 4201 Stringfellow Road. Fairfax County Public Schools Superintendent Karen K. Garza will hold a series of listening tours during the 2014-15 school year, and invites students, parents, employees and community members to participate in these upcoming sessions. Visit [www.fcps.edu/news/listening-2014-15.shtml](http://www.fcps.edu/news/listening-2014-15.shtml) for more.

## ELECTRONICS RECYCLING

**Residents can now "e-cycle"** at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit [www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm).

## DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles. 703-802-5588 or email [lyman.rose@fcps.edu](mailto:lyman.rose@fcps.edu).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# CENTREVILLE

## The Anglican Church of the Ascension



Traditional Anglican Services  
1928 Book of Common Prayer  
1940 Hymnal

**Holy Communion 10 A.M. Sundays**  
(with Church School and Nursery)

13941 Braddock Road, (north off Rte. 29) Centreville, VA  
703-830-3176 • [www.ascension-acc.org](http://www.ascension-acc.org)

## Fairfax Christian Fellowship Church



meeting in Lees Corner Elementary School

Multi-cultural, Bible-believing congregation sharing the love of God through the love of people.

11am Sundays

703-796-1056

[www.fairfaxfellowship.org](http://www.fairfaxfellowship.org)

## Communities of Worship

To highlight your faith community, call Karen at 703-917-6468

CENTREVILLE BAPTIST CHURCH

*many peoples, one body*

We invite YOU to come connect with God this Sunday.

**WORSHIP SERVICES**  
Sundays at 9:15 am & 11:00 am

**COMMUNITY GROUPS**  
Sundays at 8:00, 9:15 & 11:00 am

15100 Lee Highway, Centreville, VA 20120  
703-830-3333 [www.cbcva.org](http://www.cbcva.org)



**Centreville**  
PRESBYTERIAN CHURCH

## Sunday Worship

8:45 and 11am

15450 Lee Highway  
Centreville, VA 20120  
703.830.0098

[www.CentrevillePres.com](http://www.CentrevillePres.com)