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See more real stories from the Lanes at ExpressLanes.com



Luis's story was one of our winning entries in our "Express Lanes Love Story" promotion.

### Roundups

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Dec. 10, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed. Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

### Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, Dec. 16, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131. Because of Christmas, this meeting is on the third Wednesday of the month.

Fairfax County Fire and Rescue Department Chief Richard Bowers or Assistant Fire Chief John Caussin will discuss countywide trends and Sully statistics. Also on tap is a presentation on a proposed maintenance building at the Lakeside Apartments at 14301 Summer Tree Road in Centreville. The Applicant wants to replace an existing, covered carport with a two-story 1,152-square foot maintenance facility.

### Seeking Donations for Victims

The Fairfax County Police Department Victim Services Section is kicking off its Second Annual Holiday Gift Card Drive in an effort to provide holiday help for children of domestic and sexual violence.

Many of these children and families are facing the reality of not celebrating the holidays this year due to the financial burden that comes with being a victim of crime.

The Victim Services Section is seeking donations of gift cards for the families they have worked with this past year, the opportunity to bring a smile to the faces of their children — those who have witnessed or been a victim of domestic or sexual violence themselves. Gift cards can be dropped off or mailed to the Victim Services Section main office, located at 10600 Page Ave., Fairfax, VA 22030.

## Bilingual Volunteers Needed

The Centreville Labor Resource Center (CLRC) is collaborating with GMU's school of Conflict Analysis and Resolution on a community assessment project. The CLRC is looking for bilingual volunteers to assist researchers with conducting interviews. Schedule varies depending on interview times. Contact Molly Maddra-Santiago at director@centrevillelrc.org if interested.

### Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant. 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@wfcmva.org.

## Learn about Police Department

Throughout the year, the Fairfax County Police Department will host a series of lectures as part of its 75<sup>th</sup> anniversary.

❖ Dec. 14 – Crisis Negotiations Team, 11 a.m. at the Criminal

SEE ROUNDUPS, PAGE 13

## News

## Lending a Hand

## Our Neighbor's Child brightens Christmas for local families.

By Bonnie Hobbs The Connection

he volunteers of Our Neighbor's Child are working as hard as Santa's elves to bring holiday joy to local families in need. But with so many people in need, they can't do it all without the community's help.

Now in its 24th year, ONC provides new toys and clothes to financially struggling families. And it has 771 families — including 1,863 children — on its list. The largest number of children needing gifts are ages 4-13, but presents are needed overall for children ranging in age from infants to 17.

"It's wonderful to be part of something that helps all kinds of

people with many kinds of need," said ONC Founding Director Kelly Lavin. "Some need basic, material things and we work to provide them. Others need to be involved in helping others, and we're glad we can provide opportunities that will bring them their own joy."

This Saturday, Dec. 5, from 9 a.m.-noon, Stone Middle School's National Junior Honor Society will hold a Panther Drop-Off gift collection. People may drop off donations of brand-new toys, books, games and clothing at the school, 5500 Sully Park Drive in Centreville

Area residents may also help by volunteering on packaging and/or delivery day. "Having enough packaging volunteers on Thursday, Dec. 10, is really critical," said Lavin. "Then on Sunday, Dec. 13, from 1-4 p.m. is delivery day, and we need as many drivers as possible to bring the gifts to the recipient families."

In addition, ONC will deliver approximately 20,000 homemade cookies along with the gifts, so lots of baking help is needed. Bring cookies in disposable containers, Dec. 10, from noon-4 p.m., to the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road, in Centreville. And to volunteer for any of these needs, go to www.ourneighborschild.org.

"Each family gets a mixed assortment of two dozen cookies," said Lavin. "Many of the recipients are single parents with no time to bake. And on delivery day, when the families see us carrying cookies, along with their gift bags, it helps identify us as Our Neighbor's Child."

ONC has more than 400 volunteers, all working on different parts of the process, and each one is valuable. For example, said Lavin, "We really appreciate the many hours the school counselors devote to these families in need of holiday assistance. We depend on them for accurate address and gift wishes, and they follow up when address changes occur—something quite common for struggling families."

Besides that, many ONC volunteers return year after year. "We have delivery-day volunteers who



Emad Mansour (left) and Kerrie Peterson gather sportsrelated gifts during last year's packaging day.

participated as preschoolers and are now bringing their babies," said Lavin. "It's become part of their holiday tradition. Westfield High football players are in their 14<sup>th</sup> year of unloading our trucks, and Chantilly High lacrosse players help us on cleanup day. Westfield and Centreville High SGA members bake cookies for us; and this year, in addition to collecting gift wrap for the recipient families, Chantilly High will join the cookie-baking, too."

Still, ONC needs the community to help contribute the gifts, and giving trees adorned with ornaments containing children's Christmas wishes are in various churches and businesses. "We received some grants in the past for books," said Lavin. "But this year, we don't have them. So I'd love it if some group or company that really values starting kids off right with books would partner with us. If they'd collect monetary donations, we can use them to purchase these books."

Clothing is also critical. "Many families can't afford their own homes, so they're living with another family," said Lavin. "So some of these addresses have as many as 10 children living in the same home. And they're not asking for toys for Christmas — they're asking for things like warm blankets, pajamas and socks. Studying in an environment with little heat can be a challenge, so we try to help any way we can." She said some teens have requested grooming items, makeup, nail polish, athletic socks, backpacks, watches and small overnight bags. "Because of their cost, even twin sheets and pillowcases are needed," said Lavin. "And we've gotten requests for a huge amount of diapers — especially sizes 4 and 5 — and wipes." And, of course, people may make monetary donations at ONC's Web site or mail them to: Our Neighbor's Child, P.O. Box 276, Centreville, VA 20120, Attn: Karen Moore, Treasurer. That way, ONC volunteers may shop for the wished-for items left on the giving trees.

"We're overjoyed to be back for our 24th year," said Lavin. "But it's only possible to bring holiday gifts to local people in need with help from the community."

CHANTILLY CONNECTION & DECEMBER 2-8, 2015 & 3

# Take a Journey of Imagination

# Encore to present "Christmas in New York."

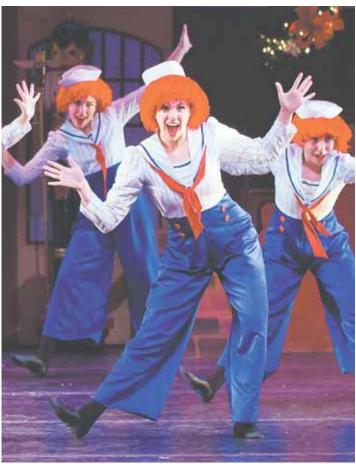
BY BONNIE HOBBS
THE CONNECTION

f it's December, it's time for Encore Theatrical Arts Project's annual holiday show. And this year's Broadwaystyle, original musical — celebrating Encore's 20th anniversary — is called "Christmas in New York."

Running Dec. 11-20, it tells the story of a boy named Eddie, full of ideas for new toys, but feeling like a misfit. At Elf Training School at the North Pole, a teacher named Frosty the Snow Man befriends him, but may actually be more interested in Eddie's inventions.

Then Eddie and Frosty attend an international toy convention in New York City to sell Eddie's ideas. And as the tale unfolds, the audience will see whether Frosty will learn a lesson or will totally commercialize Christmas.

The cast of 36 has been rehearsing since August, and director and choreographer Raynor van der Merwe says everything's "going wonderfully. The dancers are working amazingly hard and have some incred-



Claire Griese (in front) during the rag dolls dance number.



Alia Artieda performs the rag dolls dance number.

From left: Renee Griese, Sara Avery and Claire Griese kick up their heels in the number, "Welcome to the Grande."

ibly quick costume changes which have to be rehearsed just like the dance numbers."

Set designer Tabitha Dees will transport the audience to Santa's workshop. "It's 24 feet high and 40 feet wide," said van der Merwe. "It's a beautiful, glorious set with staircases and balconies. Scenes will also take place inside the convention at a hotel with views of the New York City skyline. There'll be soaring, 16-foot-high windows, plus stairs and revolving doors. It's gorgeous and elegant."

She said this show "takes young and old on a journey of imagination. New York City is transformed into a magical place, and we get to see these North Pole characters in it. And this being our 20<sup>th</sup> anniversary, we've hand-selected some iconic dance numbers that we're bringing back for this show. It's fast paced, with storyline and dances connecting really well, so it'll be an exciting two hours that'll put people in the holiday spirit."

In her ninth year with Encore, Centreville High junior Jenna Frisby has been dancing since age 3. "I'm a girly girl, so it fills that part of me," she said. "And my mom and grandma danced, too. I play the elf teacher, trying to keep the elves in order and teaching 'Christmastology.' And I also dance in about 14 numbers."

The snow finale is her favorite because she changes her costume five times and does a special ballet on pointe. And, added Frisby, "I like the white tutu, leotard and tiara I wear for it." She said the audience will love the "relatable characters, and the story about school, plus the scenery and costumes are always very professional and fun. We

### To Go

All performances are at NOVA's Richard Ernst Theatre, 8333 Little River Turnpike in Annandale. Show times are Dec. 11 at 8 p.m.; Dec. 12, noon, 4 and 8 p.m.; Dec. 13, noon and 4 p.m. Dec. 18 at 8 p.m.; Dec. 19 at noon and 5 p.m. (special gala performance); and Dec. 20, noon and 4 p.m.

Tickets are \$19-\$23. The Dec. 19 gala is 5-11 p.m. and includes cocktails, hors doeuvres and live music. For tickets, visit www.encore-tap.org or call 703 222 5511

work about 25 hours/week and then do 12 shows, and it's really nice to see it all come together."

Chantilly High junior Claire Griese is in her 11<sup>th</sup> Encore show and loves "being onstage and performing — and doing the Christmas show is my favorite part ever. I play Melinda, a mad scientist at the convention in New York. She's terrified of public speaking, has a nerdy voice and big glasses and speaks in a monotone. It's fun to act that way and make people laugh."

Griese especially likes the "Rockettes" number best. "It's a new number this year with new costumes and choreography with a crisp, more professional style," she said. "And I think every dancer's dream is to be a Rockette." Since the story involves an elf school, there are more child actors this year, so "the kids in the audience will relate to them," said Griese. "And the set and music will transport them and everyone to the North Pole."

Portraying Eddie is a Herndon Middle eighth-grader Henry Metcalf. "Eddie's an elf with brilliant ideas for Christmas-toy production; but at first, no one listens to him,"

SEE 'CHRISTMAS IN', PAGE 7 www.ConnectionNewspapers.com

## Quiet Riot: 'C'mon Feel the Noise'

## County passes new noise ordinance, will revisit effectiveness in 18 months.

By Ken Moore The Connection

he Board of Supervisors is at peace with the county's new Noise Ordinance. "Believe it or not, that passes," said Board of Supervisors Chairman Sharon Bulova.

On the Nov. 17 meeting of the Board of Supervisors, the Board adopted a new Noise Ordinance. The new ordinance becomes effective on Feb. 17, 2016.

"There were times during this process that I thought we would never get to this point. Let me tell you, there are competing needs, issues all over the place as to what is too noisy, what is not noisy, about what is needed and what is not," she said.

In June, the Board had deferred action on the proposed changes to the county's noise ordinance in June until Nov. 17, 2015.

"It was a very productive evolution through five cycles of revisions," said Supervisor John Foust. "We negotiated this thing for so long."

"We're not totally where I want to be, but this is a significantly improved product and something I can vote for," he said.

Supervisor Michael Frey spearheaded the Board's efforts and thanked county staff.

"They've managed to grasp the things we were trying to codify," said Frey.

The Board delayed the effective date of implementation of the new ordinance to February in order to provide time for staff training, to update County websites, and to assist staff in understanding the new regulations, according to county documents.

The Board will revisit the impact of the noise ordinance and its effectiveness in 18 months to determine what might need to be tweaked for the long run.

"I'm not happy with everything that is in here, but at this point I'm prepared to support it, but appreciate that we can revisit it," said Supervisor Pat Herrity.

Supervisor Jeff McKay says the outcome makes the ordinance much easier to enforce.

"This turned into something entirely different from where it started. I also agree that this wasn't intended to address every noise issue," said McKay, "but at the end of the day it makes for better enforcement and makes it a lot more clear which made the noise ordinance difficult to enforce."

**OVERALL GOALS** of the proposed Noise Ordinance is to recognize that there will always be certain levels of noise that occur

in the normal course of daily living; to allow certain levels of daytime noise so that people can live, work and play during the day; and to minimize noise at night so residents have an appropriate quiet environment in their homes at night.

More than 30 speakers testified at a public hearing last May on the noise ordinance.

"When babies cannot sleep, when the elderly cannot rest, when a voice teacher cannot instruct, when a family cannot share a meal together on their patio, when a homeowner has to close her windows and move to another part of the house just to make a telephone call, when a cancer patient cannot recuperate and rest in her yard because music is amplified in the neighborhood at intrusive levels, then we know something is not right with life in Fairfax County," said Joyce Harris of McLean.

Sheila Casey, of Reston, said she can hear mowers on a nearby golf course before dawn with maintenance crews sometimes using headlights on lawnmowers before 5 a.m. "All I know is when those lawn mowers are running, I can turn on my air conditioning, I can put in my earplugs, and I still hear the noise," she said.

Other speakers included: Greg Budnik who discussed helicopter noise from train-

ing runs at Fort Belvoir; Mark Grove of Fairfax whose wife was recuperating from cancer treatment and had to contend with music from a supermarket across the street that had permits to play music until 11 p.m.; Keith Elgin, worship director of Vine Church in Dunn Loring, who wants to create events such as outdoor movies and concerts during the summer months; to neighbors in Reston who say they can not get relief from noise of nearby dog parks; to those who take their dogs to dog parks to spare neighbors from noise.

**AMPLIFIED MUSIC** from loudspeakers at schools during athletic practices and pregame festivities took center stage.

Fairfax County Public Schools will replace loudspeakers at McLean High School with regulators to ensure that they are properly calibrated.

The school system is finalizing regulatory guidelines so athletic directors know exactly what needs to be done to keep harmony with neighborhoods in proximity with the schools.

"That's a big deal, and let's make sure when that agreement is formally adopted that we keep it with our noise ordinance," said Bulova.



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## **OPINION**

# $Fixing I-66 \begin{tabular}{l} Politics is getting in the way of long-term solutions. \end{tabular}$

COMMENTARY

By Stewart Schwartz

Coalition for Smarter Growth

e all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General As-

sembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt

Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways - again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And "if you built it we will come" - new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they hit Constitution Avenue in D.C. or exit onto local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor's proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed

speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by

paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017.

The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still more growth 30 miles beyond D.C. and yet more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to

Stewart Schwartz is executive director of the Coalition for Smarter Growth. Visit www.smartergrowth.net

## Standing Up for the Safety Net

BY PIPER PHILLIPS CASWELL

veryone may know someone like Brian, a child who struggles at school, has emotional outbursts, and is constantly visiting the office and facing detention. It's children like Brian and their families-whose lives are spiraling—that members of the Virginia Association of Independent Specialized Education Facilities serve—including PHILLIPS Special Education Day Schools.

We are part of the educational system many people don't see or know about. Programs such as ours provide a custom education for those who have significant learning and emotional challenges and for whom school has often been before their 21st birthdays—choosing to forgo a place of repeated failure and frustration. As partners to the public schools systems and families, we step in to give a child another chance at education and life success.

With the elections past us, new and returning members of the state legislature are preparing for the 2016 legislative session. As they do, we wanted to make a plug for the safety net. It's important that kids—especially vulnerable ones like Brian-don't get lost in the shuffle. We often work with youth who are part of the foster care system. It can be a difficult journey for a child, especially as they are emancipated from the system. Some select to do so

services. However, if they change their minds, it is difficult for them to opt back into services that can help them succeed. That's why we hope legislators will help this fragile population regain access to services if they have a change of heart.

Changes that provide funding for comparable education services for students approved for residential services are also critical to meeting the needs of youth who have emotional, behavioral and other special challenges. Currently there is no mechanism for children placed in residential care to have any of their educational costs paid. That puts more children and families at risk.

Another way we can help these at risk children is to make it easier for them to get services. Too often children and their families are denied critical services due to burdensome, confusing and time-consuming assessment and qualification criteria. Virginia's serving agencies must be facilitators for families to access services, not barriers.

Families we meet are often frazzled by the challenges they face in getting appropriate education and services for their children. For those of limited means, the process and costs of getting help can seem insurmountable. That's why expanding Medicaid up to 133 percent of the poverty level will remove another obstacle to low-income families getting help.

Having a strong safety net is critical to ensuring youth with special challenges grow, learn and succeed. But the net is only good if it can catch kids as they are falling. Our legislators can make it stronger, protecting and propelling youth forward.

Piper Phillips Caswell is CEO, PHILLIPS Programs for Children and Families.

### Letter to the Editor -

## **Board Promotes** Right to Vote

To the Editor:

The League of Women Voters of the Fairfax Area (LWVFA) commends the Fairfax County Board of Supervisors for its 2016 Legislative Program that includes specific requests in support of qualified Virginians' right to vote.

The Legislative Program asks for "no-excuse" absentee voting and extended polling hours; legislation to find an appropriate balance between "maintaining integrity of elections" without interfering with the right to vote; examining effects of voter ID law before enacting any future voter ID laws. In addition,  $\ldots$  "reactions at the state and federal levels to the recent Supreme Court decision, striking down Section IV of

the Voting Rights Act which eliminated the requirement that changes to Virginia's election laws be 'pre-cleared,' should be closely monitored.

Additionally, the Legislative Program also requests greater state financial support for election administration."

The LWVFA also commends the Board of Supervisors for its foresight in recently purchasing new voting machines and in training election staff to use them before the 2016 Presidential election.

The LWVFA will continue to lobby for the introduction and passage of bills that would increase voter participation in elections and would protect eligible Virginians' constitutional right to vote.

### **Helen Kelly**

League of Women Voters of the Fairfax Area



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## 'Christmas in New York'

From Page 4

said Henry. "He's also mischievous and gets into trouble. I love my role because Eddie is high energy; I get to fall out of a fireplace, make a ton of inventions, sing and be part of a big dance number, 'Be the Hero.' Everyone in the cast dances behind me, and I feel so cool and privileged to be in the same number as such amazing dancers."

Henry started dancing with Encore last year and enjoys it. "It's a way to channel my energy," he said. "If I'm stressed out, I can just let it all out and dance really hard." As for the show, he said audiences will like the bright costumes, sets and "all the work everyone's put into it."

Mariana Artieda, who's 17 and homeschooled, has danced with Encore since age 4.

"I like having my own style, performing for people and making them happy," she said. "I'm in almost every dance number;

### MILITARY NOTES —

Email announcements to centreview@connectionnewspapers.com. Photos are wel-

Army National Guard Pvt. **Isaac W. Sine** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Sine is a 2009 graduate of Chantilly High

### SCHOOL NOTES

Email announcements to chantilly@connection newspapers.com. Deadline is Thursday at noon. Photos are welcome.

#### **NOVEMBER 2015**

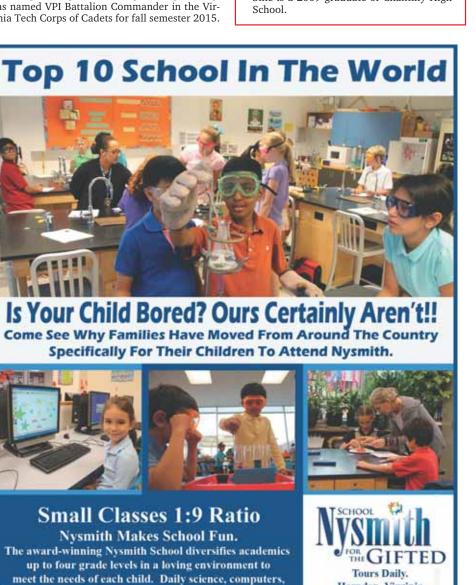
**Madeline Guillen**, a junior majoring in computer engineering in the College of Engineering, was named VPI Battalion Commander in the Virginia Tech Corps of Cadets for fall semester 2015.

'Reindeer' is my favorite. We wear fishnets, brown leotards, cute little jackets and antlers. And it's the number I can put the most facial expressions into."

Artieda said audiences will enjoy seeing a Broadway-type show here in Virginia. And, she added, "The sets are colorful and imaginative and the dances are full of Christmas characters."

Both homeschooled and attending NOVA, Sara Avery has been in Encore's performing company six years. "Encore's helped me manage my time and work smart," she said. "I can keep focused and positive, even when tired."

In this show, she dances, sings and acts in 15 numbers. "I especially like 'Rag Dolls' because we each get to be characters — our own, fun toy — wearing plaid dresses and pigtails," said Avery. "Overall, the show's upbeat, entertaining and funny and will make people excited for Christmas."



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## Fairfax Water

## NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

- 1. An increase in the Availability Charge from \$3,950 to \$4,100†.
- 2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
- 3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
- 4. An increase in the Account Charge from \$36 to \$37.
- 5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
- An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
- 7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
- 8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
- An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
- 10. A decrease in the Overhead Charge for Labor from 110% to 104%.
- 11. A decrease in the Overhead Charge for Materials from 25% to 16%.
- 12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016\*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	\$1,000s	
	2015	2016
Personal Services & Employee Benefits	\$53,891	\$55,581
Power and Utilities	10,677	10,750
Chemicals	6,335	7,857
Purchased Water	6,717	6,090
Supplies and Materials	4,985	5,113
Insurance	1,017	1,050
Fuel	781	880
Postage	637	664
Contractual Services	9,930	10,422
Professional Services	1,146	1,046
Other	2,363	2,447
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
Total	\$ 88,810	\$ 92,284

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,417,000	
Improvement Fund	\$11,000,000	
General Fund	\$24 131 000	

\*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at http://fairfaxwater.org/current/public\_hearing\_2015\_12\_17.htm. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water Public Hearing Comments 8570 Executive Park Avenue Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 16, 2015 to be included in the record of the public hearing.

foreign language, logic, and much more. Minimal repetition,

minimal homework. Come see how Nysmith will prepare

your child for the future while having fun.

### News Briefs

### Lane Closures This Saturday

Drivers can expect lane closures at Braddock Road and Pleasant Valley Road from 7 a.m. to 3 p.m. Saturday, Dec. 5, according to the Virginia Department of Transportation. Crews will be doing pipe work and grading.

This work is in addition to regular weekday closures Mondays through Thursdays, 9:30 a.m. to 3 p.m., and Fridays, 9:30 a.m.

Motorists should expect delays and are advised to use alter-

Construction began in late April to replace the existing fourway stop at the intersection with a one-lane roundabout in western Fairfax, to improve operations and enhance safety. The \$5.8 million project is being administered in cooperation with Fairfax County and is expected to be complete in Spring 2016.

View more details on the project at

http://www.virginiadot.org/projects/northernvirginia/ braddock\_and\_pleasant\_valley.asp.

### **Business Goes Tobacco Free**

Virginia Tire & Auto (www.vatire.com), the Fairfax-based fullservice automotive maintenance provider, became smoke-free at its 12 Northern Virginia locations on Nov. 19. The business is located locally at 14611 Lee Highway, Centreville

Virginia Tire & Auto chose to launch its smoke-free initiative to coordinate with the American Cancer Society's Great American Smokeout event.

Under the Virginia Tire & Auto Tobacco Free Campus Plan, all smoking, chewing, and use of e-cigarettes/pipes and other tobacco products are prohibited on any property owned, operated or managed by Virginia Tire.

To further encourage and support a smoke-free workplace, Virginia Tire & Auto offers a credit of \$1,800 per year to associates enrolled in the company health plan who also abstain from tobacco use. Virginia Tire & Auto also has ceased tobacco sales at all of its gas stations.

### Carfax To Expand

Carfax will invest \$5 million to expand its headquarters in Centreville, creating 120 new jobs.

The company also will invest \$10.8 million to upgrade its data center operation in nearby Loudoun County.

"Carfax is a great example of a company that is diversifying the Fairfax County economic base as it grows," said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA). "This is a leading firm in the automotive sector that is taking full advantage of the excellent workforce we have, and I am delighted to see that the company is expanding its data center capabilities in the Commonwealth as well as expanding its headquarters here."

Carfax provides information that helps people shop, buy, own and sell used cars. The company maintains a database comprising more than 15 billion vehicle history records from 92,000 sources worldwide and handles more than 2.7 million requests for vehicle history information every day.

"Fairfax County is a special place that has been home to Carfax for more than 20 years." said Carfax President Dick Raines. "With ready access to the I-66 corridor, our corporate headquarters in Centreville has proven a desirable location for our staff, the majority of whom call the county home.

We've maintained a diverse workforce, with myriad career opportunities in sales, marketing, account management, business development, technology, product management, IT, finance, and legal. Our staff consistently votes us a best place to work and a big part of that success is made possible by our residence in Fairfax County."

The FCEDA worked with the Virginia Economic Development Partnership to secure the headquarters expansion for Virginia. Gov. Terry McAuliffe approved a \$150,000 grant from the Commonwealth Opportunity Fund to assist Fairfax County with the project. Funding and services to support the company's employee training activities will be provided through the Virginia Jobs Investment Program.

## News

## 'Lion King Jr.' at Stone Middle

he Stone Players of Ormond Stone Middle School will be taking on a Disney classic and Broadway production this year in the annual school musical.

The group will perform "The Lion King, Jr." from Thursday, Dec. 10 to Saturday, Dec. 12 in the Stone Middle School Theater.

Lois Stanziani directs the production with the help of assistant directors John-Nicholas S. Walsh and Mary V. King.

Stanziani, who is a veteran director of productions at Stone, said, "We have 40 total in our cast and crew this year. The cast and crew have worked hard to take the audience to our version of the Pride Lands. This musical is a particular honor to produce given the longevity of 'The Lion King' in our culture.'

The cast and crew have been practicing since September. The rehearsal schedule has included threehour practices, three times a week and six-hour prac-

The role of Simba is played by both DeSean Ways, who portrays the young Simba, and Breon Atkins who plays the adult Simba. Rachael Neil plays the

### To Go

What: "The Lion King, Jr." musical production by The Stone Players

When: Thursday Dec. 10 at 3 p.m., Friday Dec. 11 at 7:30 p.m., Saturday Dec. 12 at 3 p.m. Thursdays performance is

How: Tickets are sold during lunch shifts Monday-Wednesday at Stone. Price: \$7 per ticket

Where: Stone Middle School, 5500 Sully Park Dr. Centreville. Call 703-631-5500.

role of young Nala and adult Nala is played by Keeley Rogers. Alan Gutierrez plays the evil Scar and the role of the royal Mufasa is played by TreShawn Carter.

Assisting Stanziani in the production are choral director Stephen Kogut, John-Nicholas S. Walsh, who assisted Stanziani with the choreography, and dance captain Keeley Rogers.

Tickets for the show will be available Monday through Wednesday, Dec. 7-9 during school lunch. Tickets will also be available at the door for the Friday evening and Saturday performances; Thursday's performance is pre-sale tickets only. For more information or to purchase tickets please contact Sarah Blansett at sarahebtodd@gmail.com.

### CRIME REPORTS

The following incidents were reported by the Sully District Police Station.

LARCENIES

6100 block of Kendra Way, cash from

**NOV. 30** 

LARCENIES 4500 block of Gaston Street, wallet

from residence STOLEN VEHICLES

13900 block of Baton Rouge Court, 2006 Suzuki motorcycle

NOV. 24 LARCENIES

7100 block of Scenic Creek Place. property from residence

The following incidents were reported by the Fair Oaks District Police Station.

SHOPLIFTING WITH APPRE-**HENSION:** 11900 block of Fair Oaks Shopping Center, Nov. 21, 8:43 p.m. Security observed a female concealing merchandise and using a tool to destroy security sensors. They detained the suspect and called police. Officers responded and assumed the investigation. As a result, a 46-year-old woman

from Chantilly was arrested. She was transported to the Adult Detention Center and charged with two counts of grand larceny and possession of burglarious tools. The merchandise was returned to its owner.

PEEPING WITH APPREHEN-SION, 3000 block of Regents Tower Street, Nov. 19 around 10:20 p.m. Officers were called for a report of a man

looking into the window of an apartment. The suspect was located and arrested. A, 32-year-old man from Lexington Park, Md., was charged with

peeping. **NOV. 30** 

LARCENIES

12200 block of Fairfax Towne Center. merchandise from business

12900 block of Fair Lakes Shopping Center, shoes from business

11800 block of Fair Oaks Shopping Center, merchandise from business

13000 block of Fair Lakes Shopping Center, merchandise from business 12900 block of Misty Court, phone

from residence 9900 block of Oak Plank Court, jewelry from residence

NOV. 25

LARCENIES

9400 block of Canonbury Square, phone from business

13800 block of Metrotech Drive, merchandise from business

**NOV. 24** 

LARCENIES

10200 block of Martin Hoe Drive, purse from business.

**NOV. 23** 

LARCENIES

4200 block of Fairfax Corner, merchandise from business

4100 block of Middle Ridge Drive, license plate from vehicle 2400 block of Newton Street, jewelry

from residence 12200 block of Price Club Plaza, cash

from business STOLEN VEHICLES

10300 block of Appalachian Circle, 2011 Toyota Corolla

NOV. 20

LARCENIES

13600 block of Brockmeyer Court, jewelry from residence.

STOLEN VEHICLES

12700 block of Dogwood Hills Lane,

Robb Lane/Carta Way, 1995 Volvo



### Now Open

The Joint Chiropractic is now open in Fairfax at the Greenbriar Town Center, 13037B Lee Jackson Memorial Hwy. Dignitaries at the grand opening ribbon cutting ceremony held Oct.15, included Dulles Regional **Chamber of Commerce President and CEO Eileen Curtis**, Membership Director Lauri A. Smith, doctors Jarod Rehmann, D.C., and Becky Rehmann, D.O.

> Рното Contributed

## ENTERTAINMENT

Email announcements to 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**

**GFWC Western Fairfax County** Woman's Club is selling 2015 White House Christmas ornaments. This year's ornament honors 30th President, Calvin Coolidge. The ornament cost \$20. Call 703-378-6216 for more.

#### FRIDAY/DEC. 4

Kids' Night at the Museum. 5-8 p.m. at Children's Science Center, . 11948 Fair Oaks Mall, Fairfax. Children in grades 1-6, will be part of an adventure team that will explore each experience zone at the Lab. Dinner will be served. The cost is \$50. Visit www.childsci.org for more.

#### SATURDAY/DEC. 5

Panther Pick-Up. 9 a.m.-12 p.m. at Stone MIddle School, 5500 Sully Park Drive, Centreville. Volunteers will collect gifts for local children in need. Email Kathleen Schroeder at mschroeder@fcps.edu.

Christmas Treasure Hunt, Santa, **& Fun.** 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Go on a treasure hunt and earn a prize. Make ornaments for your "critter friends" and yourself, and relax with refreshments. Weather permitting, take a ride on the Santa Express Trackless Train. Admission is \$10-12 for children, \$5-7 for adults, \$3 additional for a train ride. Visit www.fairfaxcounty.gov for more. Art Guild of Clifton Holiday Art

**Show.** 2-7 p.m. at Clifton Presbyterian Church, 12748 Richards Lane, Clifton. View and purchase art created by Clifton area artists. Free. Visit www.artguildofclifton.org. **Edible Science Workshop.** 2:30-3:30

p.m. at the Children's Science Center, 11948 Fair Oaks Mall, Fairfax. The Edible Science workshop series is an introduction to culinary-based science. Each workshop in the series will feature a new recipe. Participants will leave with a mini recipe book to continue the science learning at home-in the kitchen. Workshops are \$25 each. Visit www.childsci.org for more.

**Goodbye Party for Supervisor Michael Frey.** 3-5 p.m. at Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. This is an open house for the community to say 'goodbye' to Supervisor Michael Frey for serving the Sully District for 24 years of elected service. Free. Call 703-814-7100.

### SATURDAY-SUNDAY/DEC. 5-6

**26th Annual Holiday Model Train** Show. 10 a.m.-5 p.m. on Saturday, 12-4 p.m. on Sunday at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Model and toy trains displays in G, Standard, O, S, Lego, HO, N and Z Gauges. The "Train Doctor" will be available to fix or advise on broken models. Weather permitting, antique autos will be on the Museum grounds. Admission for museum members is free, \$5 for adults and \$2 for children. Visit www.fairfax-

### SUNDAY/DEC. 6

station.org for more.

Road to Success Program and Luncheon. 11 a.m. at Waterford at

Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. This event, targeting high school students,



The traveling Sugarloaf Craft Festival will bring more than 300 artisans and their handmade goods to the **Dulles Expo Center in Chantilly for the weekend of Dec.** 11-13. Admission is \$8 in advance, \$10 at the door. Visit www.sugarloafcrafts.com

focuses on preparing students for the academic, social and financial transition from high school to college. Free. Visit www.fcacdst.org to register before Nov. 30.

#### MONDAY/DEC. 7

Evening in December. 7:30-9:30 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Listen to music by Point of Grace, and a message from Ellie Lofaro, Author and Humorist, Tickets are \$15. Visit www.helpingchildrenworldwide.org.

### THURSDAY-SATURDAY/DEC. 10-12

"The Lion King Jr." 3 p.m. on Thursday and Saturday, 7:30 p.m. on Friday at Stone Middle School, 5500 Sully Park Drive, Centreville. The Stone Players present an abbreviated version of the musical. Tickets are \$7. Call 703-631-5500.

### FRIDAY/DEC. 11

Kids' Night at the Museum. 5-8

p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fairfax. Children in grades 1-6, will be part of an adventure team that will explore each experience zone at the Lab. Dinner will be served. The cost is \$50. Visit www.childsci.org for more.

### FRIDAY-SATURDAY/DEC. 11-12 **Centreville Library Holiday Used**

Book Sale. 10 a.m.-6 p.m. on

Friday, 10 a.m.-5 p.m. on Saturday at Centreville Library, 14200 St. Germain Drive. Books available in "like new" condition. Free. Call 703-830-2223.

#### FRIDAY-SUNDAY/DEC. 11-13 "Christmas in New York." Various

times at Richard J. Ernst Theatre. 8333 Little River, Annandale. Encore Theatrical Arts Project presents a

broadway-style music about a boy who attend a new boarding school, and eventually winds up in the North Pole. Tickets are \$19-23. Visit www.encore-tap.org for more.

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. on Friday and Saturday, 10 a.m.-5 p.m. on Sunday at Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. The traveling Sugarloaf Crafts Festival brings 300 artisans with handmade goods. Admission is \$8 in advance, \$10 at

www.sugarloafcrafts.com for more.

#### SATURDAY/DEC. 12

Edible Science Workshop. 2:30-3:30 p.m. at the Children's Science Center, 11948 Fair Oaks Mall, Fairfax. The Edible Science workshop series is an introduction to culinary-based science. Each workshop in the series will feature a new recipe. Participants will leave with a mini recipe book to continue the science learning at home-in the kitchen. Workshops are \$25 each. Visit www.childsci.org for more.

**Civil War by Candlelight.** 4:45-8 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience a Civil War Christmas as Confederate soldiers cook dinner in the field and fire the Christmas guns. Enjoy music by Evergreen Shade make a 19th century holiday decoration, sample hot cider and homemade cookies. House tour is 45 minutes. Tickets are \$10-12. Visit

## www.fairfaxcounty.gov for more. Christmas Palooza at the nZone.

5-7:15 p.m. at The nZone, 14550 Lee Road, Chantilly. Have breakfast for dinner at this Christmas event for crafts, cookie decorating, carolers, moonbounces and more. Santa will visit. Visit www.newlife.church/

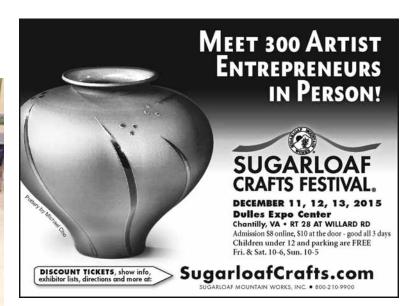
### SATURDAY-SUNDAY/DEC. 12-13

**Mia Saunders School of Ballet:** 

**"The Nutcracker."** 3 p.m. at Centreville High School Theater, 6001 Union Mill Road, Clifton. The performances of this holiday classic will benefit CVHS Drama Scholarships and new, unwrapped toys will be collected at the door in support of the Marine Toys for Tots Foundation. Tickets are \$12 for adults and \$10 for students, children and seniors (62+). Contact msb.nutcracker.tickets@gmail.com.

### SUNDAY/DEC. 13

Railroading PaintFest. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local artists will lead a railroad theme painting workshop. All materials provided. Recommended age is 8 and older. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Register at www.fairfaxstation.org.





**Public Meeting** 

VDOT •*₽R₽* 

Tuesday, December 8, 2015 6:00 - 8:00 p.m. George Mason High School Cafetorium 7124 Leesburg Pike, Falls Church, VA 22043

You are invited to share your input on the Transform 66 Inside and Outside the Beltway projects during a public meeting held by the Commonwealth Transportation Board (CTB). The public will have the opportunity to provide formal comments to CTB members or to the court reporter

Individuals offering public comment will be asked to limit their remarks to not more than three minutes. Organizations or associations may be asked to select one individual to speak for the group. All attendees will have the opportunity to provide their comments to the court reporter.

If you cannot attend the meeting, you may provide your comments at any time online at Transform66.org, by email to Transform66@VDOT.Virginia.gov, or by mail to the VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030 (Attention: Amanda Baxter for Transform 66 Inside the Beltway or Susan Shaw, P.E., for Transform 66 Outside the Beltway).

### About the Transform 66 Projects:

I-66 Inside the Beltway involves converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that benefit the toll users of I-66.

I-66 Outside the Beltway involves building two express lanes and three regular lanes in each direction, new bus service and other multimodal improvements such as new and expanded park and ride lots along I-66 between U.S. Route 15 in Haymarket and I-495.

The Commonwealth of Virginia ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

> Transform 66 Inside the Beltway State Project Number: 0066-96A-358, P101 UPC: 107371

> > Transform 66 Outside the Beltway State Project Number: 0066-96A-297 Federal Project: NH-066-1(300) UPC: 105500

UPC: 105500

## SCHOOLS

## 'Recycling Is the Power'

### Team AMP promotes recycling.

he First Lego League (FLL)
Team AMP of Poplar Tree
Elementary School is a
group of eight students full of
ideas about recycling. The name
AMP is derived from the first letters of their first names. Letter "A"
is the first letter of Advaith, Arnav,
Austin, Alton and Aneesh. Letter
"M" is from the first letter of
Mallina and Matthew ... and letter "P" is the first letter of
Praneeth. Also, they believe that
recycling is the power and power
(electricity) is measured in AMPs.
That is why the name Team AMP.

As part of the FLL activity, these fourth graders from Poplar Tree ES have started researching about the plastic recycling issue and based on their research, they believe that people in America don't recycle plastic enough .... and that poses a major environmental issue and results in ecosystem imbalance.

The students decided the solution to this problem is to educate people and persuade them to recycle plastic more. Motivated by the encouragement they got from

The First Lego League (FLL) the principals of Poplar Tree El-Team AMP of Poplar Tree Elementary School is a set out to reach to as many people as possible to explain the benefits of plastic recycling. More information about team AMP's research and their solution can be found at:

> https://www.youtube.com/ c h a n n e l / UC5fau5pXacXdNnZb04SYv6w

> https://m.facebook.com/FLL-Team-AMP-1475960279379682/

As part of the research, they have visited the Fairfax County Recycling plant and the American Recycling center in Manassas. Thanks to staff at these recycling plants, the students learned about the plastic recycling process. Then, they started researching about plastic and problems caused by excessive usage of plastic. Here is some information they learned about plastic, its usage, and benefits of recycling:

- ❖ Nearly 90 percent of the waste in the oceans is plastic.
- ❖ About 80 percent of marine trash comes from land, swept by wind or washed by rain off high-

ways and city streets, down streams and rivers, and out to sea.

- ❖ The Great Pacific Garbage Patch is exactly what it sounds like: a giant floating patch of trash off the coast of California. It is twice the size of Texas. It appears that there are about six large garbage patches in the oceans.
- ❖ About one million seabirds and 100,000 sea mammals are killed annually because of garbage in the ocean.
- ❖ The United States is the world's leading consumer of bottled water: Americans buy 28 billion bottles of water annually,

and 70 to 80 percent of those bottles end up in landfills. Each year Americans throw away enough of the material to circle the earth four times.

- ❖ For every 1 ton of plastic recycling, about 7 yards of landfill space is saved. By recycling, people can also help save 80 percent of the energy that's typically used when making new plastic bottles, containers and other items instead of recycling.
- ❖ Recycling in Northern Virginia remains at about 35 percent.
- Recycled plastics are used to make items such as clothes, car-

Poplar Tree Elementary includes
Austin Thomas,
Praneeth
Kemisetti, Arnav
Nanduri, Matthew
Kweon, Mallina
Shah, Anish
Paspuleti, Alton
Lin, and Advaith
Gajulapally.

**Team AMP at** 

Photo Contributed

pet, containers, bottles etc.

After their research, they then surveyed about 40 people in Chantilly area about plastic recycling and found that more than 70 percent of people do not know enough about plastic recycling. After brainstorming sessions under the guidance of their coach, these children came to the conclusion that educating people is the best possible solution.

As part of the community outreach, team AMP is visiting schools, libraries, retailers in the

SEE RECYCLING, PAGE 15

### Bulletin Board

Email announcements to 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.

### THROUGH DEC. 11

Sheehy Toys for Tots Toy Drive. At Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly. Donate a new, unwrapped toy. Visit www.sheehy.com.

### DEC. 11-JAN. 1

Holiday SoberRide. 10 p.m.-6 a.m.
Offered by the nonprofit Washington
Regional Alcohol Program (WRAP),
the annual Holiday SoberRide
program will provide free cab rides
up to \$30. Call 1-800-200-TAXI.

### THROUGH DEC. 19

Auditions for Male Singers.

Audition for The Treble Clefs, a performing group established in 1986. Performances include Broadway, Pop, Patriotic, Country and seasonal Holiday music. Free to audition. Call 703-327-3137 to schedule audition.

### THROUGH JAN. 31

Affordable Care Act Enrollment

**Assistance.** Northern Virginia Family Service (NVFS) is scheduling Saturday appointments with Certified Application Counselors to assist individuals to apply for and select a health plan. Free. Call 571-748-2580 or visit www.getcoveredamerica.org/connector for more.

SEE BULLETIN, PAGE 15

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

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

## COMMUNITIES OF WORSHIP

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





## County Limits Dog Tethering

## New law limits the amount of time a dog can be tied outside to one hour a day.

By Ken Moore

an's best friend deserves legal protection," said Peggy Marshall, who adopted her best friend, Bianca. Bianca endured a life on a chain for years until stray dogs attacked her.

"She tried to defend herself but couldn't run away and was badly bitten," said Marshall. Marshall's testimony at the Nov. 17 public hearing of the Board of Supervisors covered the intent of the board's proposed amendment regarding cruelty to animals, including dog tethering.

Bianca was then dropped off at an animal shelter to be euthanized. An animal care assistant intervened, got Bianca a week of medical attention and from there a rescue group intervened.

"Happily, Bianca's story ends with an unchained life and Boar's Head roast beef every day," said Marshall.

Tethering a dog for more than one cumulative hour during any 24-hour period, unless the dog is under the direct supervision and control of its owner or custodian, is now prohibited in Fairfax County. The Board of Supervisors voted Tuesday, Nov. 17, to amend the Fairfax County Code to incorporate the Code of Virginia's cruelty to animals provisions along with the tethering provision.

**MORE THAN 20** people testified for more than two hours at a public hearing at the Nov. 17 meeting of the Board of Supervisors, and not all were in favor of the new regulations.

The Board of Supervisors met some resistance when proposing limits to dog tethering, the amount class. But with the new provision she will no longer

of time animals could be left unsupervised on a leash or a line in the backyard.

"When [Lee District] Supervisor [Jeff] McKay and I introduced this in late spring after working with some of the shelter staff," said Sully District Supervisor Michael Frey, "we never contemplated the idea that this would limit the amount of time you could walk your dog on a leash because that was tethering" or that if a groomer

had a leash on a dog for more than an hour that ciety of the United States testified in favor of the would violate the ordinance.

Some people worried that dog groomers could be in violation of the new provision if they needed to tie a long-haired dog for more than an hour.

"That was an interpretation that never occurred to us, but I've talked with some folks and I've worked with our staff and the county attorney's office to propose an amendment that I think takes care of those concerns," he said.

Frey started the public hearing by saying the board would add qualifying language to the proposal that would allow a dog to be tethered for longer than an hour if "the dog is under the direct supervision and control of its owner or custodian."

"That will take care of some of the concerns that were addressed," Frey said.

Capt. John Naylor, commander of the Animal Con-

trol Division, said tethering can deprive dogs of their ability for survival necessities, such as water and

Limited to a life on a chain regularly can make dogs aggressive as well as potentially cause strangulation, he said. They can be at risk for hypothermia and heat stress, which can lead to severe health prob-

But others raised concerns about the meaning of 'direct supervision and control."

"I've been a dog owner my entire life," said Springfield District Supervisor Pat Herrity, who asked that the proposal be deferred for more consideration. He raised the example of taking his dog with him when he plays rugby, with the dog tethered in sight, but for more than an hour for the game. County staff replied that the scenario would not be allowed, and that the dog should be directly supervised by someone during the game.

Alice Harrington, legislative liaison of the Virginia Federation of Dog Clubs and Breeders, spoke in op-

"This bill is written and assumes all tethering is bad, and that is not true," she said.

"There is no link [in this proposal] between tethering of a dog and the condition of the dog. Anyone who tethers a dog for 61 minutes can be charged with animal cruelty," even if there is no harm to the

Allison Volpert, who serves on the county animal services advisory council, participates with two of her dogs in agility classes at Frying Pan Park. She regularly leaves one dog tethered for somewhat more than an hour, with a cooling pad and water in summer, while she participates with her other dog in

be able to do so.

"Experts agree that tethering is not conducive to the well being of dogs."

— Holly Hazard, Humane **Society of the United States**  SHE URGED the supervisors to delay the vote and to work with a more diverse group of animal lovers to make recommendations.

Arlington County animal control officer Jennifer Toussaint said Arlington County uses its tethering law and enforcement to educate homeowners how to be more effective dog owners.

Holly Hazard of the Humane Solimits on tethering.

"Experts agree that tethering is not conducive to the well being of dogs," she said, and is "inhumane."

"Most citizens don't want to be bad pet owners, they need guidance, and if control officers can intervene, she said, they can eliminate tethering from becoming a punitive measure.

"Citizens need guidance," she said.

"The ordinance fulfills our commitment to treat animals with dignity and compassion," testified Timothy Parmly. "It's a good ordinance," he said. "Chaining a dog is cruel.

Fines and penalties for violating the tethering provision, range from a fine of \$500 for a first violation to being punishable by fine of up to \$2,500 and/or penalty of up to one year in jail for a third violation within the same year.

## Ballet Arts Ensemble of Fairfax

Presents

## Nutcracker In A Nutshell

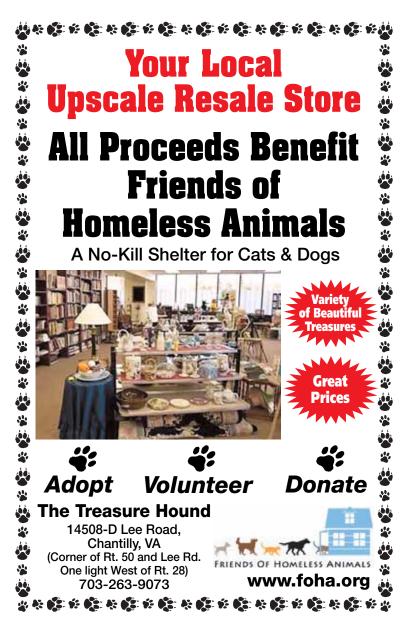


Saturday, Dec. 19th at 3:00 pm & 7:30 pm

Sunday, Dec. 20th at 3:00 pm

Rachel Schlesinger Concert Hall and Arts Center At NOVA Alexandria Campus

Call for More Info: 703-273-5344 www.thecenterforballetarts.com



## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### **DECEMBER**

12/16/2015...A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays 12/30/2015 ...... Children's Connection

### **JANUARY**

1/6/2016......Wellbeing, Renewal, Resolutions 





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## Sports



Westfield senior Tyler Scanlon catches a touchdown pass during the Bulldogs' 31-7 region semifinal victory over Lake Braddock on Nov. 28.



Westfield linebacker Kevin Petrillo intercepted two passes against Lake

## Westfield Football Advances to Region Championship

## Bulldogs beat Lake Braddock in region semifinals.

By Will Palenscar The Connection

he Westfield football team traveled to Burke on Nov. 28 and defeated Lake Braddock 31-7 in the 6A North region semifinals. The Bulldogs secured a spot in the region championship game and will face South

County at 2 p.m. on Saturday, Dec. 5 in Lorton.

Westfield and Lake Braddock each entered Saturday's semifinal with 11-1 records, Each team's loss came to South County, which defeated Robinson in the other semifinal matchup to advance. Prior to the kickoff, Westfield honored graduate Conor Bouveron, who died earlier in the week. Bouveron was the 2014 No. 1 in kicker in the state and a Washington Post All-Met selection in football. Bouveron also played lacrosse and soccer and held The Boy Scouts of America highest rank of Eagle Scout

Westfield started Rehman Johnson at

quarterback and shifted Tyler Scanlon, who was named Conference 5 Offensive Player of the Year while playing quarterback during the regular season, to receiver. The move paid off early as Johnson connected with Scanlon for a 20-yard touchdown with 8:24 remaining in the first quarter. Brian Delaney's PAT gave Westfield an early 7-0 lead.

Lake Braddock, after starting at its 28-yard line, wasted no time countering. With 6:24 to go in the first quarter, Bruins running back Lamont Atkins ran in from 2 yards out, and after a Nicholas Bruhn PAT the score was deadlocked at 7.

On the next possession and four unsuccessful offensive plays, the Bulldogs were forced to punt. Lake Braddock, starting from its 27-yard line would move the ball down the field. On third down Kyle Edwards dropped back to pass and Westfield's Kevin Petrillo intercepted Edwards' pass and Westfield would take over with 1:38 to go in the first.

In the second quarter, Scanlon was inserted briefly at quarterback, where he and Westfield marched down the field with a mix of passes and runs. Then, on second down, Johnson again was back at quarterback and hit Scanlon for a 19-yard score with 10 minutes to go in the quarter. Delaney's extra pointy made it 14-7 Westfield. With 5:59 to go in the quarter, Delaney kicked a 41-yard field goal to put Westfield up 17-7 at halftime.

In the third quarter, Westfield's Terrell Monticue rushed in for a 1-yard score with 7:21 on the clock and Westfield was now up 24-7. Later in the fourth, Westfield's Johnson connected once again with Scanlon for the pair's third touchdown reception of the game, Westfield was now up 31-7.

Westfield intercepted four passes on the afternoon, including two by linebacker



Westfield quarterback Rehman Johnson throws a pass during the 6A North region semifinals on Nov. 28.

Kevin Petrillo. Linebacker Billy Pickett and safety Joe Caron each had one.

"Our game plan was to provide pressure and force [Lake Braddock quarterback Kyle Edwards] to throw the ball before he was ready," Westfield assistant coach Rob Everett wrote in an email. "In addition, we disguised our coverages and where we were coming from to not allow them to get into a rhythm. We are excited about another chance at South County and are fortunate to be healthy and still playing."

Lake Braddock ends its season with an 11-2 record. Westfield will play at South County (13-0) in the 6A North final. The winner of that game will play either Oscar Smith (12-0) or Thomas Dale (9-4) in the VHSL state championship game, which will be played at Scott Stadium at the University of Virginia in Charlottesville on Dec. 12.

## Scanlon Signs with Boston University

estfield senior Tyler Scanlon signed a National Letter of Intent to play basketball for Boston University. Scanlon chose BU from 16 Division I offers including William and Mary, George Mason, Hofstra, Delaware, Princeton, American, Bucknell, Lehigh, Miami of Ohio and Bowling Green.

As a junior Scanlon, was named All-Met by The Washington Post, and earned first-team honors for Conference 5, the 6A North region and state of Virginia. He was the conference Player of the Year, and led Westfield to its first-ever appearance in the state finals in Richmond. Scanlon is ranked 20th in the ESPN top recruits state rankings.

Scanlon is a dual-sport athlete. As a wide receiver last season for the Westfield football team, he was named all-conference, all-region and all-state. As a quarterback this season, he was named conference Offensive Player of the Year.



Westfield senior Tyler Scanlon signed a letter of intent to play basketball at Boston University.

## WELLBEING

## Merry and Fit

### Support groups help members maintain fitness during the season of indulgence.

"Working out in

camaraderie and

— Paul Raker, YMCA

Alexandria, Virginia

accountability."

groups offers

BY MARILYN CAMPBELL

ust after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: ing scheduled for 5 a.m.," said Lauren Blumenthal,

to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Years Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined

and accountable when it comes to health and fitness is an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say ex-

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

"Before developing a schedule, there needs to be

### Roundups

From Page 3

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an acceptance by group members that the season will THE CONNECTION likely have an impact on one's diet and ability to exercise," says Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

> "Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

> Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meet-

an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow though a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when

we offered nutrition seminars and then had a potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge," said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oaktonbased dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling."

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's ok to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

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## Slippery Hope

By KENNETH B. LOURIE

As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement - or fluid increase - changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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### BULLETIN BOARD

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### **VOLUNTEERS NEEDED**

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Shepherd's Center of Fairfax Burke serves those 50+ and who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Contact Barry Wickersham at 703-359-2918 or aowbrw@verizon.net or contact John Taylor at 703-239-2898 or jajt7@verizon.net. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/ olderadults and click on Volunteer Solutions:

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