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Notice of Public Hearing

NOTICE OF BUDGET AND WATER RATE PUBLIC HEARING

December 13, 2018 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 13, 2018, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2019, include the following:

1. An increase in the Availability Charge from \$4,150 to \$4,260¹.
2. An increase in the Local Facilities Charge from \$13,420 to \$15,285.
3. An increase in the Service Connection Charge from \$1,260 to \$1,300¹.
4. An increase in the Base Commodity Charge from \$2.94 to \$3.07 per 1,000 gallons of water.
5. An increase in the Quarterly Billing Service Charge for meters larger than a standard 5/8" residential meter¹.
6. An increase in the Turn Off / Turn On Charge from \$45 to \$48.
7. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
8. An increase in the Installation of Sewer Use Meter Charge from \$36 to \$38.

¹Charges 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 also proposing a \$183.2 million budget for calendar year 2019¹. Revenues are expected to be \$183.2 million in 2019. Water sales are expected to provide \$158.3 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-\$1,000s-	
	2018	2019
Personal Services and Employee Benefits	\$ 55,934	\$ 57,584
Power and Utilities	10,755	11,102
Chemicals	6,958	7,532
Purchased Water	7,810	7,155
Supplies and Materials	5,261	5,444
Insurance	955	1,075
Fuel	700	728
Postage	603	612
Contractual Services	12,481	12,974
Professional Services	1,001	1,065
Other	2,428	2,505
Sub-Total	104,886	107,776
Transfer to Improvement Fund	(10,248)	(10,380)
Total	\$ 94,638	\$ 97,396

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,988,000
Improvement Fund	\$11,000,000
General Fund	\$31,337,000

¹ 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 can be viewed on our website at www.fairfaxwater.org/rates. A copy of the proposed budget can be found at www.fairfaxwater.org. Those wishing to speak or receive a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties 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 12, 2018, to be included in the record of the public hearing.



PHOTO CONTRIBUTED

Lane's Mill DAR members along with Fairfax Resolve SAR members and various community volunteers worked to clean up the site of Lane's Mill.

Cleanup at Lane's Mill Site

Local Lane's Mill DAR members, along with Fairfax Resolve SAR members and various community volunteers, met at the confluence of Rocky Run Creek and Bull Run Creek in Centreville, the site of Lane's Mill. Ed Ehlers, Heritage Conservation Branch, and Christopher Sperling, senior archeologist of the Archeology and Collections Branch, both employed by Fairfax County Park Authority, led the Saturday, Nov. 10 morning with a briefing about the historical site and instruction on how to remove debris and overgrown vegetation.

The Park Authority acquired the land in

1989 and is currently interested in reviewing the site's historical significance to the county as an early colonial mill and later as one of the first Fairfax County businesses owned by free African American, Pendleton Robinson.

Interest from community members has encouraged the county to pay for an archeological survey to determine better ways to preserve and utilize this difficult to maintain site.

For more information on being a part of the Cub Run Stream Valley Park Volunteer Team go to: <https://www.facebook.com/cubrunpvt> or cubrunpvt@gmail.com.

CRIME REPORT

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

UNLAWFUL DISCHARGE OF A FIREARM: 6200 block of Astrid Court, Nov. 10, 6:54 p.m. A 60-year-old man from Centreville and his 27-year-old daughter were engaged in a verbal argument. The man discharged his gun into the bedroom ceiling. He was charged with malicious discharge of a firearm, brandishing and simple assault.

ROBBERY: 13926 Lee Highway (Walgreens), Nov. 2, 9:50 p.m. A store employee reported a man jumped the pharmacy counter, punched him, took prescription drugs, and ran out of the store. The victim described the suspect as a black man, approximately 22 years old, about 5'6", and about 180 pounds.

BURGLARY: 6800 block of Drifton Court, Oct. 26, sometime during the day. The victim came home and noticed her bedroom was ransacked. Further investigation revealed the sliding glass door in the basement was broken and jewelry was missing.

ROBBERY: 14301 Lee Highway (Shell Gas Station), Oct. 25, 10:38 p.m. The suspect entered the Shell Gas Station, pointed a handgun at an employee and demanded money. The suspect took money and left the store.

NOV. 13 LARCENIES
7300 block of Clifton Road, property from residence

14600 block of Flint Lee Road, air conditioning and heating unit from location

14100 block of Lee Highway, cigarettes from business

14000 block of Red River Drive, laptop computer

and keys from vehicle

NOV. 9 LARCENIES
7800 block of Blackacre Road, electronic device from residence

13300 block of Caballero Way, personal documents from residence

6200 block of Frosty Winter Court, wallet from location

14000 block of Grumble Jones Court, cash from vehicle

NOV. 8 LARCENIES
2500 block of Parkers Lane, purse from location

14100 block of Saint Germain Drive, liquor from business

NOV. 7 LARCENIES
14500 block of Lee Road, cell phone from location

6300 block of Powder Flask Court, wallet from vehicle

NOV. 6 LARCENIES
12100 block of Blue Topaz Lane, package from residence

7700 block of Wyckland Court, clothing from residence

NOV. 5 LARCENIES
5900 block of Fort Drive, keys from location

4000 block of Mapleton Drive, bicycle from residence

14100 block of Saint Germain Drive, wallet from location

5600 block of Stone Road, cash from residence



Sorting the donated food are members of The Church of the Blessed Trinity in Centreville's Gate Post Estates community. From left are Karen Spottswood, Crystal Perkins, Rochelle Brown, Cheron Sloan and Valerie Grayson.

PHOTOS BY BONNIE HOBBS



Westfield High sophomore Jacob Morriberon, of Boy Scout Troop 1826, sorts a box of canned goods.



Boy Scouts (from left) Westfield junior Aaron Darity, Troop 30; Westfield freshman Mitchell Palmer, Troop 1826; Stone Middle seventh-grader Nathan Palmer, Troop 1826; Westfield junior John Simmons, Troop 30; and Chantilly High sophomore Alexander Alvarez, Troop 1995, are ready to load boxes of food in vehicles for transport to WFCM's pantry.

Scouts, Community Stock WFCM'S Food Pantry

From left: Girl Scouts Juliet DeLap, Vidya Malgari and Ava Przybysz, of Troop 3327, pack up cans of tuna.



Sorting canned goods are (from left) Girl Scouts Lauren Badshaw, Troop 3327; Megan Staton, Troop 893; and Ava Stuart, Troop 3327.



Despite cold temperatures in the 40s, Girl Scouts, Boys Scouts, students, church members and other volunteers enthusiastically helped out during the Nov. 10, Sully District Scouting for Food drive to help fill Western Fairfax Christian Ministries' (WFCM) food pantry. They collected, sorted and transported some 62,187 pounds of food donated by the community to help local families in need.



From left: Avery McNaughton, J.J. Hill, Samantha Bowen and Autumn Roberts, all of Girl Scout Troop 3327, help sort canned goods.



Centreville High senior Spencer Bartlett, of Boy Scout Troop 30, prepares to move boxes of donated food to a table for sorting.

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, Nov. 27, 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.

Food for Library Fines

During the month of November, residents are asked to bring nonperishable food items to their local libraries. In return, the library will waive \$1 in fines people owe, for each item they bring in, with a maximum of \$15 in reduced fines per person. Even if people don't owe fines to their library, they're en-

couraged to donate food. All food collected will go to Food for Others, a nonprofit food pantry helping people in need in Northern Virginia. All Fairfax County libraries are participating.

Meals on Wheels Drivers Sought

Meals on Wheels Drivers pick up meals and deliver them to individuals on a specific route. Routes take a maximum of two hours to deliver all meals. Deliveries are made mid-day Monday, Wednesday, and Fridays. Deliveries can be made by an individual or as

part of a volunteer group. Email volunteersolutions@fairfaxcounty.gov.

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 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

'A Message of Hope, Imagination and Friendship'

Greenbriar dad and daughter acting in "The Little Princess."

BY BONNIE HOBBS

A father and daughter from Chantilly's Greenbriar community have major roles in the City of Fairfax Theatre Co.'s upcoming play, "The Little Princess." And people may either attend just the show or have a meal, as well, during two, dinner-theater performances.

This classic tale that's been both a book and a movie is about Sarah Crewe. A young girl who's been living with her wealthy father in India, she's sent to England for a proper education while he's away at sea.

"She has a wonderful imagination, and the other girls at the boarding school love her for brightening their lives," said Co-Producer Jessica Russo. "But the headmistress is not a kind woman. And when Sarah's father dies, she punishes Sarah by making her live in the attic and be a servant to her friends."

Russo praised her "great cast of girls, ages 8-17, plus a few adults. The older kids have taken the younger ones under their wing, and they all get along well. The scenes take place at the school and in Sarah's imagination, and we have an extensive set that's really magical. And the early 1900s school uniforms the girls wear are adorable."

"Our director, Jessica Dubish, has created a wonderful atmosphere of play and creativity for the kids," continued Russo. "The audience will like our talented, young ac-



PHOTO BY BONNIE HOBBS

Posing on the set of "The Little Princess" are (from left) Alyssa Kiffer, Martha Zimmerman, Gigi Moon and Sydney Krug.

tors — there's an energy from them that will make people smile. This show will get people in the mood for the holiday season and will present a message of hope, imagination and friendship."

Greenbriar resident Brandon Moon plays Capt. Crewe, Sarah's father. "He's a widower who encourages imagination and creativity in his daughter," said Moon. "He's also adventurous, himself, and isn't afraid to throw all his money into a diamond-mine venture. But he's a good guy and the quintessential dad."

Excited to be part of this theater company, Moon said, "I like working with Alyssa and the other girls. It's my first role ever, so I get to explore a different side of myself. The play is about a girl and her father, and to

be a part of that with my own daughter — [Gigi, portraying one of the schoolgirls] — is really special. My character is beloved, so it's nice to have people look at me with stars in their eyes. And it's fun to wear a uniform."

Moon said the audience will enjoy the play because "It's such a good message for girls coming of age. It's the idea that every girl is a little princess and has special things about her that need to be encouraged. Parents should definitely bring their children to this show."

His real-life daughter, Gigi, a fourth-grader at Greenbriar West Elementary, plays Becky, a servant girl who becomes Sarah's friend. "Becky is terrified of the headmistress, Miss Minchin, who's really mean,"

said Gigi. "She tries to mind her own business, but she sometimes gets caught up in things and starts talking when she's not supposed to. She's friendly, obedient and nice and doesn't want to get in trouble."

Gigi likes her role because, she said, "I have this really cool British accent. I also like my costume — a boy's shirt with a plaid jumper over it. And it's fun because Becky's not supposed to talk to the other girls; but when Miss Minchin is out of the room, Becky gives huge speeches."

As for the show, Gigi said people will like all the characters' attitudes and how the girls react to Minchin. "They'll also enjoy the scenes that are really touching," she said. "And the set is so detailed — they did such a good job painting it."

Portraying Sarah is seventh-grader Alyssa Kiffer. "At the beginning, she has everything, but isn't snobby," said Alyssa. "She's kind and generous to others. Then when she loses everything, she starts to lose hope in herself. But her friends help her gain confidence again."

Alyssa said Sarah is always imagining things. "When something isn't going well for her, she pretends it's different, and she helps others pretend, too, to cheer them up," said Alyssa. "She's a role model for me because everyone wants to be a person who always has a positive attitude toward others, no matter what."

She said it's challenging because she had to learn so many lines. "But it's also fun because, as the lead, you get to create character choices to show how your character changes over time," she said. "You also get to illustrate the moral of the story — if you keep moving forward and have a positive outlook, your life may become better."

Man Pleads Guilty to Two Robberies In June 2017 in Centreville.

BY BONNIE HOBBS

A Centreville man is facing the possibility of several years in prison after pleading guilty to two robberies. He is Youssif Aziz, 27; and although he committed these crimes in June 2017, he wasn't apprehended until this past spring.

Fairfax County police arrested him May 4 and subsequently charged him with a trio of 2017 robberies:

- ❖ June 8 — Advance America, a check-cashing/payday-loan business in the Centreville Square Shopping Center in Centreville;

- ❖ June 9 — TD Bank, 9500 block of Main Street in the City of Fairfax;

- ❖ June 17 — TD Bank, 6200 block of Multiplex Drive in Centreville's Centre Ridge community.

Aziz appeared Sept. 12 in General District Court and, at that time, his robbery charges for the June 8 and June 17 offenses were certified to the grand jury, which indicted him on them on Sept. 17. The charge for the June 9 offense was dropped in exchange for his promise to plead guilty to the two other crimes.

And he did just that, Nov. 8, in Circuit Court before Judge David Oblon. Aziz told the judge that, although he works in information technology, he has an associate degree in criminal justice. Before accepting his guilty pleas, Oblon asked him some questions.

"Are you pleading guilty freely and voluntarily and because you are, in fact, guilty of these charges?" asked the judge. "Yes, Your Honor," replied Aziz.

"Do you understand that, by pleading guilty, you give up your right to a trial by jury and to defend yourself [in court]?" asked Oblon. Again, Aziz answered affirmatively. The judge also made sure Aziz realized that the state sentencing range for robbery is five years to life in prison.

"And do you understand that the sentences for each count [of robbery] could run consecutively and that I could sentence you above or below these guidelines?" asked Oblon. Again, Aziz said he did.

Noting that the attorneys involved had made no agreement regarding Aziz's sentence, Oblon acknowledged that the commonwealth had agreed to "bring no further charges in these two cases and dropped

another criminal charge" against the Centreville man. He then formally accepted Aziz's pleas, and then Assistant Commonwealth's Attorney Marin Hoplamazian presented what the prosecution's case would have been, had these matters gone to trial.

In the June 8, 2017 incident at Advance America, she said, the female teller was alone when Aziz entered the business. "The suspect carried a motorcycle helmet in his hand and placed it in the door to prop it open," said Hoplamazian. "He put on a black baseball cap and pulled up his hoodie to hide his face."

Then, she said, "He charged the counter and said, five or six times, 'Give me all the money.' He then opened and placed a black, folding knife on the counter and said, 'Don't play with me.' She gave him what was in the cash drawer, and he also asked for what was in the safe, but she said it was empty. He left with \$243."

But, said Hoplamazian, "A plastic piece had fallen off [Aziz's] motorcycle helmet, and the DNA on it matched his. And cell-phone pings in the area were traced to his phone before the offense."

As for June 17, 2017 robbery at TD Bank, the victim was one of two tellers there at the time. She said Aziz "announced the robbery and said, 'Don't touch the alarm.' He pulled a knife from his pocket, placed it on the counter and said, 'Don't give me a dye pack.' He got \$2,563.

In both robberies, the suspect was described as white, possibly Hispanic or of Middle Eastern descent, in his 20s, between 5 feet 5 inches and 5 feet 9 inches tall, and 140 pounds. Police were also able to obtain bank surveillance photos of him.

Hoplamazian said Aziz's description matched that of the suspect, and his cell phone was used in the area of the June 17 offense, before and after the robbery. Explaining the motive for his crimes, she said, "The suspect committed the robberies to pay off a significant gambling debt."

Defense attorney Peter Greenspun declined to respond to her in court, except to say, "We'll give substantial context" at sentencing. Oblon set Aziz's sentencing for Feb. 1 and ordered a pre-sentencing report be made on him. Until that date, he'll continue being held without bond in the county Adult Detention Center.

CRIME

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

ROBBERY: 13000 block of Shrewsbury Court, Nov. 10, 7:30 p.m. Two juveniles were playing basketball, when two males approached them. The suspects implied that they had a gun and demanded money. The two victims gave the suspects cash, and the suspects left the area. The victims went home and reported the incident to their parents who dialed 911. The first suspect is described as Hispanic, approximately sixteen years old, around 5'8" tall, weighing 180 pounds, wearing a grey sweatshirt and grey sweatpants. The second is described as Hispanic, weighing about 140 pounds, approximately 16 years of age, with black short hair, wearing jeans and a multicolored sweatshirt. Officers searched the area but were unable to locate the suspects.

ASSAULT ON LAW ENFORCEMENT: 10520 Judicial Drive (Adult Detention Center), Nov. 9, 8:27a.m. An officer was taking a 33-year-old suspect from Falls Church into the jail for charges related to two separate assaults. After exiting the officer's cruiser, the suspect kicked the officer before being restrained by deputies. The suspect was charged with assault on law enforcement, assault and battery on a family member, and assault and battery.

SPEED TO ELUDE/RECKLESS DRIVING/DWI: Fairfax County Parkway over Monument Drive, Nov. 3, 12:21 p.m. An officer observed 43-year-old suspect from Fairfax, traveling south on the Fairfax County Parkway at a high rate of speed. The officer activated his emergency equipment to stop the suspect who accelerated leading the officer in a pursuit. The suspect led the officer to the 4900 block of Finchen Court where he was taken into custody. The suspect was charged with speed to elude, reckless driving and driving while intoxicated.

BURGLARY: 12100 block of Monument Drive, Oct. 31 - Nov. 1, sometime overnight. The victim reported someone broke in and stole electronics and money.

ATTEMPTED ROBBERY: 4100 block of West

Ox Road, Oct. 24, 3:27 p.m. The victim was walking through a park when a man grabbed him from behind. The man tried to take the victim's cell phone, but the victim fought back. The man was unsuccessful and ran away. The victim was taken to the hospital with injuries that were not life threatening. The man was described as white, 5'8"-5'9", thin build, wearing black clothing, sunglasses and gray sneakers.

ATTEMPTED ROBBERY: 13000 block of Bent Tree Circle, Oct. 20, 12:46 a.m. The victim was at the leasing office when four teens asked him for money. The victim ran home and the group followed. The teens assaulted the victim when he got home but ran away when a resident came outside. Nothing was taken and the victim was not injured.

NOV. 13 LARCENIES
2300 block of Carta Way, tires from vehicle
12900 block of Fair Lakes Shopping Center, merchandise from business
11800 block of Federalist Way, shoes from business

5500 block of Inverness Wood Court, passport and cell phone from location

11200 block of James Swart Circle, credit cards from location
11100 block of Lee Highway, merchandise from business

3800 block of Lightfoot Street, sneakers from business
NOV. 9 LARCENIES
3100 block of Cedar Grove Drive, cell phone from location

12300 block of Lee Jackson Memorial Highway, cell phone from business
NOV. 8 LARCENIES
11800 block of Federalist Way, jewelry from residence
4100 block of River Forth Drive, passport from vehicle

NOV. 7 LARCENIES
13800 block of Metrotech Drive, cash from lo-

cation
NOV. 5 LARCENIES
5500 block of Ashton Oaks Court, property from residence
2900 block of Hunting Hills Court, gun from residence

13900 block of Lee Jackson Memorial Highway, liquor from business
12800 block of Mount Royal Lane, cell phone from location

4200 block of Ridge Top Road, tires from vehicle
4400 block of Sedgely Drive, license plate from vehicle
4200 block of Zouave Lane, medication from residence

NOV. 2 LARCENIES
13600 block of Kristin Place, property from vehicle
23400 block of Price Club Plaza, cash from location

NOV. 1 LARCENIES
4100 block of Calais Point Court, cell phone from business
11700 block of Fair Oaks Shopping Center, sunglasses from business

OCT. 31 LARCENIES
3000 block of Hightower Place, catalytic converter from vehicle
13700 block of Merrybrook Court, airbag from vehicle

OCT. 30 LARCENIES
13000 block of Fair Lakes Shopping Center, merchandise from business
OCT. 29 LARCENIES
4200 block of Bumbry Terrace, wallet from vehicle

11700 block of Fair Oaks Shopping Center, cell phone from location
10200 block of Greenspire Drive, package from residence

Man Charged With Sex Crime

Fairfax County police have charged a 47-year-old Fairfax man with a sex crime against a teenage boy. He is Bruce Kenyatta Brown, and the alleged incident occurred last Wednesday, Nov. 14.



Brown

According to police, officers responded at 5:22 p.m. to the 3100 block of Post Forest Drive in Fair Oaks.

They were dispatched for a report of disorderly conduct and, say police, officers from the Fair Oaks District Station allegedly "found Brown on top of a 13-year-old boy in the middle of the roadway. [They] removed Brown and learned the boy was walking through the apartment complex when Brown began running after him and tackled him in the roadway."

Once the teen was on the ground, say police, "Brown [allegedly] grabbed the boy's genital area several times before officers arrived and intervened."

The victim received a minor injury, and Brown was taken to the Adult Detention Center and charged with aggravated sexual battery.

He's currently being held without bond and has a Dec. 17 court date.

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Midwifery
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StoneSprings Hospital Center
HCA Virginia Health System

OPINION

Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiv-

ing and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again after Thanksgiving, so please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

List of Nonprofits in Fairfax County

❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive. For families in need, often there isn't enough money to spend on gifts. To register for the Gifts for Kids drive, visit <https://www.cornerstonesva.org/gifts-for-kids-donation-form/>. Personalized wish lists will be distributed within two business days of your submission. Gifts will be collected at Cornerstones' main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, during the following times: Thursday, Dec. 6 and Friday, Dec. 7: 9 a.m. – 6 p.m.; Saturday, Dec. 8: 9 a.m. – 12 p.m. Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Help Share help those in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.

❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.

❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November,

clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com

❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western Fairfax County – predominantly in Centreville and Chantilly. www.ourneighborschild.org/

❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org

❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. www.touchingheart.com, 703-901-7355.

❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly. For more information or to sponsor a

family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.

❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without with Thanksgiving meals, December holiday meals and gifts for their children in December. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. britepaths.org

❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. Requests for assistance are passed on to FISH by the Office of Coordinated Services Planning 703-222-0880 fairfaxfish.org/

❖ **Lamb Center**, www.thelambcenter.org, day center for homeless, Fairfax 703-691-3178.

❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Most needed items include: Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries), Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant), Canned chili, Canned tomato products (crushed, peeled, diced, etc.), Canned meat (chicken, beef, turkey, or seafood), Rice, 16 oz packages, Spaghetti sauce, 14 oz – 1lb (ideally in cans instead of glass), Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz, Beans, dried or canned (black, kidney, pinto, etc.), Canned pasta. www.foodforothers.org

❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. Outerwear drive through Dec. 14. See Greater Springfield Chamber for drop off locations. www.echo-inc.org.

❖ **Lorton Community Action Center** (LCAC) will provide Thanksgiving and holiday assistance to hundreds of families. Thanksgiving and Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. lortonaction.org/seasonal-assistance/.

❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact alnorthernva@gmail.com or visit www.northernvirginia.assistanceleague.org

❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. www.shelterhouse.org

❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides housing

SEE WHERE TO GIVE, PAGE 11

Chantilly CONNECTION

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A Connection Newspaper

ENTERTAINMENT



Holiday Train Show

The Fairfax Station Railroad Museum will host its 29th annual holiday train show with a multitude of model trains to include Z, N, HO, LEGO, S, O, Standard, and G scales. Bring broken locomotives to the "Train Doctor." Admire the antique cars visiting for this event, weather permitting. Visit the gift shop for holiday gift items and Santa may stop by to visit. Saturday, Dec. 1, 10 a.m.-5 p.m.; Sunday, Dec. 2, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

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

PET ADOPTIONS

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit 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 for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

FRIDAY/NOV. 23

"Coyote Campfire." 7-8:30 p.m. at the Walney Visitor Center in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Take a break from the Black Friday rush. Satisfy your curiosity and sweet tooth with one howling good campfire at the "Coyote Campfire." Listen to coyote calls, take a hike and make s'mores while learning about these wily canines. For family members age 4 to adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/NOV. 24

"Turkey Walk." 10-11 a.m. at the Walney Visitor Center in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Work off some of that Thanksgiving turkey, mashed potatoes and pumpkin pie with a morning walk at the park. On the "Turkey Walk," discover the wild turkeys' habitats and secret ways through a cedar forest. Look for wild turkeys and their signs. For participants age 3 to adult. \$6 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Build a Gingerbread House. Noon-1:30 and 2-3:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Roland Mesnier and Mark Ramsdell, former White House Pastry Chefs,

will be guiding visitors through constructing their own gingerbread houses in this special event. \$40 (\$35 for museum members). Reservations and advance payment are required. Purchase at squareup.com/store/fairfax-station-railroad-museum or by emailing events@fairfax-station.org with name, number of houses to purchase and seating time. Visit www.fairfax-station.org or call 703-425-9225.

A Visit with Santa. Noon-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Bring a camera to take a picture with Santa in front of a real, open-hearth fire at Sully. Make a festive ornament to deck your own halls and see a holiday puppet show. Take a brisk tractor-pulled wagon ride, if the weather allows. Visits with Santa and wagon ride time slots will be based on arrival time. \$7 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Sugar Plum Fairy Tea Party. 1:30-3 p.m. at Little Rocky Run Rec. Center #3, 13900 Stonefield Drive, Clifton. Mia Saunders School of Ballet will entertain aspiring ballerinas with a performance by the cast of this year's Nutcracker production, light tea party treats, fun games and an appearance by the Sugar Plum Fairy. Benefits St. Jude Children's Research Hospital. Reservations are required and the event is appropriate for ages 3 and older with accompanying adult. Purchase \$10 tickets by email at msb.teaparty.tickets@gmail.com.

SATURDAY-SUNDAY/NOV. 24-25

Fairfax Ballet Company's Nutcracker. Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at W.T. Woodson High School, Fairfax. The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Company members, along with students from the Russell School of Ballet and George Mason University, and professional guest artists, join Clara and her Nutcracker Prince in a

SEE ENTERTAINMENT, PAGE 10



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Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

<p>Wednesday, November 28, 2018 at 5:30 p.m.* NOVA District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030</p>	<p>Thursday, November 29, 2018 at 4 p.m.* Fredericksburg District Office Auditorium 86 Deacon Road Fredericksburg, VA 22405</p>
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Fall meeting materials will be available at:
<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

***Please note that these dates have been changed from previous listings.**

<p>If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov.</p>	<p>You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov.</p>
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Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Teaching Gratitude, Giving

Child development experts share suggestions for helping children develop a sense of altruism.

BY MARILYN CAMPBELL

When teaching their three young children about gratitude and benevolence, Marcus Rosano and his wife Laura began with what they consider the basics: treating others with kindness.

"After leaving a sports practice, we tell them to go back and say, 'goodbye' and 'thank-you' to their coach," he said. "My wife and I have focused on the way we treat others. Part of kindness is understanding that there are people in our community who can't afford presents at Christmas and who aren't going to have a Thanksgiving turkey with all the trimmings."

The Rosanos' method of instruction is an effective one, according to researchers who say that parents are their children's most influential teachers. "The best thing a parent can do to promote altruistic behavior is to model the behavior themselves," said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. "Kids imitate their parents and they are more likely to engage in altruistic behavior if we show them how to treat others with kindness and empathy."

Parents can choose to partake in simple, random acts of kindness, while they are with their children, added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For example, paying for someone in line behind you in the grocery store, or helping an elderly person carry their grocery bags to the car, or helping a neighbor shovel snow or clear ice from their walkway."

Use that opportunity to initiate a dialogue, continued Bagshaw. "Then afterwards, talk with your child about how it made you feel to help someone else. Through that discussion, brainstorm with your child how it might have made the person you helped feel. [This will] help develop empathy in your child."

"I would suggest that parents discuss with kids what circumstances other kids and families may be in over the holidays and how it may differ from their own," said child psychologist Stacie Isenberg, Psy.D. "For example, there are families who have limited food and those who rely on shelters. They could also discuss ways to acknowledge and express gratitude for specific things they have, from food to heat to their personal belongings, like saying something from their day that they are grateful for; not just at Thanksgiving dinner, but every day at dinner or before bed."

It is important that parents tailor their dialogue and lessons on gratitude and altruism to a child's age and level of development, advises Linda Gulyn, Ph.D., professor of psychology at Marymount University.



PHOTO COURTESY OF MARCUS ROSANO

Lesson on gratitude and giving during the holidays should be age-appropriate say psychologists.

"Preschool-aged kids need to see the immediate and tangible effects of helping and giving to others," she said. "For example, 'See how much grandpa likes it when you help him carry the holiday decorations?' Or 'Because you shared your train tracks, now [your playmate] can get his train over the hill.'"

School-aged children learn best by seeing the social benefits and being part of group activities associated with giving and helping, suggests Gulyn. "[This is] because peers and people outside immediate family are more interesting to them," she said. "For example the Girl Scout troop helped the elderly people decorate the senior living rec center."

Teenaged children, on the other hand, are idealistic and interested in social justice issues, says Gulyn. "They care about pop culture, too," said said. "My teens enjoyed shopping for holiday gifts for other kids who were socioeconomically disadvantaged. They bought sports team gear for fel-

low teen boys."

Identify issues that are important to a child and provide opportunities for them practice altruism around those topics, suggests Carolyn Cass Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "For instance if your child is interested in animals you might help them collect old towels and blankets in the neighborhood to take to a shelter," she said. "This helps build a sense of agency and responsibility and shows them that we each can make a difference."

"During the holidays, parents should share their family histories and traditions and note their good fortune in living today with many daily comforts and conveniences that their grandparents did not have," said Short, Ph.D., professor of psychology at George Mason University. "Gift giving encourages empathy and perspective-taking to consider what others might like and it brings people closer together."

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Helping Keep Homeless Warm

Slightly higher numbers of residents in need face higher snowfalls forecasted.

BY ANDREA WORKER

This month, residents in the area were taken somewhat by surprise at the record-for-November snowfall on Nov. 15. For most in the region, the negative effects of the nor'easter meant hazardous commutes at the worst, or being annoyingly housebound on the less dramatic side of the scale.

For some of people experiencing homelessness, however, that snowfall brought potentially life-threatening consequences, and the forecasts for a more snow-filled winter than in years past means the dangers they face will only escalate as winter wears on.

The Hypothermia Prevention Program is an integral part of Fairfax County's battle to combat homelessness and keep this vulnerable population safe during the coldest months. Nonprofit organizations operate shelters for individuals and families year-round, but when winter arrives, the efforts of nonprofits, faith communities, civic organizations, businesses and volunteers — in collaboration with a number of government agencies — kick in to an even higher gear. The Office to Prevent and End Homelessness, the Community Services Board, the Police Department and the Sheriff's Office, the Fire Marshal's Office and the county's Land Development Services all work together with these partners to support the program and address the clients' needs for service and safety throughout the season.

The hypothermia season runs from approximately Dec. 1 – March 1, activating a no-turn-away policy at shelters and adding additional venues where the homeless can shelter, find food, clothing, other basic needs and resources aimed at helping to lift them out of their situations.

This year, a number of those venues have already opened their doors, such as the Falls Church Homeless Shelter on Gordon Road, which operates in partnership with New Hope Housing.

Fairfax County has been waging a war against homelessness since they first offi-



PHOTO CONTRIBUTED

The Eleanor U. Kennedy Shelter on Richmond Highway will expand its services during the Hypothermia Prevention Program 2018-2019 season. The shelter and the program are operated by New Hope Housing.

cially took up the challenge in 2007. In the 10 years between 2008 and 2018, the annual "Point in Time" census, conducted by dozens of staff and volunteers throughout the Metro region in accordance with guidelines from the U.S. Department of Housing and Urban Development, shows a decrease of almost 50 percent in the number of people who are homeless in the county. Those same statistics, however, show a slight uptick in the last 12-month period.

When the last Point-in-Time survey was done, on the night of Jan. 24, 2018, 987 people were counted among the county's homeless, up from 964 at the same time in 2017. Of those, 488 were people in families and 499 were single individuals. Homeless persons in families increased by 3 percent compared to 2017. The number of homeless families also increased, by 6 percent over last year, while the number of single adults increased by 2 percent since the 2017 count.

THE NUMBERS also inched up for families in emergency shelters and in transitional housing. One of the largest increases over 2017 figures was the 18 percent increase in families whose homelessness was due to domestic violence.

Part of the study showed that 44 percent

of single adults who were classified as "chronically homeless" suffered from serious mental health and/or substance abuse, a number identical to the last year. Also unchanged was the number of homeless children (298) under the age of 18.

The point-in-time statistics and some discussion about root causes and steps to take to further the cause are available on the county's website www.fairfaxcounty.gov by searching Office to Prevent and End Homelessness.

But right now, as the weather turns colder, the challenge and the immediate efforts are focused on keeping people who are unsheltered alive and safe and surrounded by welcoming neighbors willing to assist.

That safe welcome is available throughout the area, with the county divided into regions offering a variety of services.

New Hope Housing operates its Winter Seasonal program in Region I – the South County Route 1 area- out of the Eleanor U. Kennedy Shelter at 9155 Richmond Highway. Guests are welcomed to enter the shelter after 4:30 p.m. where they are provided with showers and laundry service, self-care supplies, dinner, and breakfast and bagged lunches the next morning.

Starting Dec. 1, New Hope Housing starts operation of its Hypothermia Prevention Program through Ventures in Community Hypothermia Outreach Program at the Rising Hope United Methodist Mission Church at 8220 Russell Road in Alexandria. That hypothermia shelter operates from 6:30 p.m. – 7 a.m., offering shelter, meals and other supplies. Both shelters also allow New Hope case management staff to assist with employment skills and housing assistance.

Within the City of Falls Church, the Friends of Falls Church Homeless Shelter partner with New Hope Housing to operate the Gordon Road facility, seven days a week from 6 p.m. to 8 the following morning. This shelter is already operational, and will remain open until March 31, 2019 to handle the winter homeless crisis. At the Falls Church shelter, guests have the oppor-



The county already operates six shelters for both individuals and families, but during the coldest times more homeless people need assistance to stay safe and warm. The Hypothermia Prevention Program kicks in to offer this needed support.

tunity to reserve their bed in advance, offering a sense of security for persons who often lack that basic need.

Region 2 is the Central area for the program, and includes Annandale and Seven Corners. New Hope Housing is at work in this area, as well, operating out of the Bailey's Crossroads Community Shelter (BCCS), located at 3525 Moncure Ave. in Falls Church. Because of the partnership of many neighboring faith communities, the BCCS can handle a larger number of guests by welcoming them first at their own location, and then transporting them to a faith community facility.

In the North County's Region 3, which includes Herndon and Reston, Cornerstones operates its winter seasonal efforts from the Embry Rucker Community Shelter, located at 11975 Bowman Towne Drive in Reston.

THE EXPANDED SERVICES are offered as part of the Hypothermia Prevention Program's move to the nearby North County Human Services Building at 1850 Cameron Glen Dr. in Reston, where guests are directed after checking in at the Embry Rucker facility.

Nonprofit FACETS takes point in Region 4 – the western and central areas that cover Fairfax and Centreville. The location of its shelters rotates among many of the area's various faith communities. It starts with the first four weeks at one location, and then the program operates from two faith community sites each week, beginning on Dec. 23, 2018. Potential guests or those wishing to volunteer, can learn where the program will be hosted at any given period by visiting the FACETS website, or contacting them at 703-352-5090, ext. 302 (or ext. 303 for the information in Spanish.)

In addition to providing shelter, food, supplies and other resources, the Fairfax County Health Department's Homeless Healthcare Program also deploys nurse practitioners to visit all of the Homeless Healthcare Program venues and the regular shelters at least once per week.

Contact Information

To make contact to receive assistance or to find out how to offer assistance, here are some contact details:

Region 1 – South County:

Contact Sherry Edelkamp at sedelkamp@yahoo.com, or Chandra Beander at cbeander@newhopehousing.org or by calling 703-799-0200.

In the City of Falls Church, contact Jeff Lisanick at 703-854-1400 or via email at jlisanick@newhopehousing.org or again, Chandra Beander.

In Region 2 – Central/Annandale and Seven Corners:

Contact Alfred Grant at 703-820-7621, agrant@newhopehousing.org, or Khristina Koontz at kkoontz@newhopehousing.org.

Region 3 – Reston, Herndon:

Cornerstones Outreach Missy Norquest at missy.norquest@cornerstonesva.org, or Cass Hyatt at cass.hyatt@cornerstonesva.org or 703-437-1975.

Region 4 – Fairfax and Centreville:

Visit the FACETS website at www.facetscares.org/programs/hypothermia-prevention-and-response-program or call 703-352-5090 ext. 302 for English and ext. 303 for information in Spanish. Maria Avila at Mavila@facetscares.org can also provide more information.

The county operates a total of six year-round shelters for both adults and families. Their locations and contact information are available on the county's website. For families with children, to schedule shelter, the adults need to contact the Human Services Coordinated Services Planning office at 703-222-0880 during regular business hours. After hours, families with children can present themselves directly to one of the emergency shelters.

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The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Company members, along with students from the Russell School of Ballet and George Mason University, and professional guest artists, join Clara and her Nutcracker Prince in a magical journey through a winter wonderland. Saturday, Nov. 24, 2 and 7 p.m.; Sunday, Nov. 25, 2 p.m. at W.T. Woodson High School, Fairfax. \$15-\$30. Tickets are available at fairfaxnutcracker2018.brownpapertickets.com or at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-665-9427.

FROM PAGE 7

magical journey through a winter wonderland. \$15-\$30. Tickets are available at fairfaxnutcracker2018.brownpapertickets.com or at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-665-9427.

SUNDAY/NOV. 25

"Legends and Lore Night Hike."

5:30-7 p.m. at the Walney Visitor Center in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Wrap up the weekend with a "Legends and Lore Night Hike." This program will spark interest in Walney history through legends, lore and stories of the supernatural. After the hike, gather around the campfire for s'mores. For participants age 4 to adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

THURSDAY/NOV. 29

Letter Writing: Make a Quill. At Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring homeschool students (ages 6-12) or group of students for hands-on learning designed to enrich understanding of Fairfax County history. Explore food production from garden to table, play historical games and make a toy. Bring a picnic lunch and stroll the park before or after the program. Children must be accompanied by an adult. Call for times, 703-631-0013 or visit online at www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/DEC. 1

Deck the Halls. 2-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. This tour, for participants age 12-adult, focuses on

the history, style and materials used in the seasonal decorations that adorn Sully for the holidays. As part of the program, create a wreath to take home using cuttings from the historic property. Then enjoy hot cider and cookies. \$20 per person. Children must be accompanied by a registered adult. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Winter Wonder Campfire. 5:30-7 p.m. at the Walney Visitor Center in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bundle up and come discover how animals survive the chill of winter. At the "Winter Wonder Campfire," meet some exhibit animals and learn their strategies for battling the cold. End the evening with toasty s'mores. Designed for participants age 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY-SUNDAY/DEC. 1-2

Holiday Train Show. Saturday, 10 a.m.-5 p.m.; Sunday, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host its 29th annual holiday train show with a multitude of model trains to include Z, N, HO, LEGO, S, O, Standard, and G scales. Bring broken locomotives to the "Train Doctor." Admire the antique cars visiting for this event, weather permitting. Visit the gift shop for holiday gift items and Santa may stop by to visit. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY/DEC. 2

AYDO & AYSE in Concert. 2-3 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly.

American Youth Debut Orchestra and American Youth String Ensemble present "Italian Holiday," featuring music by Vivaldi, Longfield, Puccini and Billy Joel. \$10. Visit www.aypo.org/18-19-season.

AYCO & AYSO in Concert. 5-7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. American Youth Concert Orchestra presents music by Von Suppe, Bizet, Vaughn Williams, and more. American Youth Symphonic Orchestra presents music by Herbert, Vivaldi, Tchaikovsky and Tchaikovsky/Ellington. \$10. Visit www.aypo.org/18-19-season.

SATURDAY/DEC. 8

Holidays at Walney Farm. 1-2:30 p.m. at the Walney Visitor Center in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Turn the clock back in time and celebrate the season with the Machen family at Walney Farm. Learn about gifts and foods from an 1850s farm, create a historic holiday ornament, take a wagon ride along the trails and enjoy hot apple cider and treats around the campfire. Designed for participants age 3-adult. \$10 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY-SUNDAY/DEC. 8-9

"The Nutcracker" by the Mia Saunders School of Ballet. 3 p.m. in the Centreville High School Theater, 6001 Union Mill Road, Clifton. Proceeds for this annual tradition will benefit CVHS Drama Scholarships and St. Jude Children's Research Hospital. Tickets are \$12. Enjoy this holiday classic and support local dancers and CVHS students. Tickets available at the door and presale at msb.nutcracker.tickets@gmail.com. Visit www.miasaundersballet.com.

Where to Give Locally

FROM PAGE 4

- programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org Donations of cash/checks and gift cards are also welcome.
- ❖ **Mount Vernon At Home**, 703-303-4060, www.mountvernonathome.org. From practical help to social, wellness, educational and cultural activities, Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. Mount Vernon At Home is a 501(c)(3) nonprofit organization working to meet the needs of its older members. The group fundraises all year to make this possible and count on the generosity of the community.
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. www.pathwayhomes.org
- ❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, www.goodhousing.org/ The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.
- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest areas of the county, Culmore and Mount Vernon/ Route 1 corridor, focusing on character and academic success. www.bgcgw.org/fairfax
- ❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 christianrelief.org/
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/
- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.
- ❖ **Alice's Kids** (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

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Indeed, A Festivus Miracle



By KENNETH B. LOURIE

For those readers still following me after reading last week's column: "Airing of a Grievance," when I moaned and groaned about my anxiety and fear concerning the impact of my possibly having to delay the first of my three holiday-season infusions due to unacceptable lab results, let me real-time you: chemotherapy went ahead Friday, Nov. 16, as regularly scheduled.

Now, there will be no need to drive back from Pennsylvania to Maryland on the Friday after Thanksgiving – after arriving there the preceding afternoon, only to have to drive back to Pennsylvania Friday after my morning infusion, in order to resume our holiday weekend; and then drive back home again on Sunday during one of the busiest driving weekends of the year.

Given that there's no delay, this means I'll be sitting down for Thanksgiving dinner on Thursday afternoon. Unfortunately, the eating side effects typical of my treatment will have not subsided as yet so enjoying my favorite meal of the year will be impaired. Still, given the alternatives discussed, no delay in treatment is an altogether better outcome. I will be able to enjoy leftover turkey sandwiches on Friday though.

And so, perhaps you can imagine the relief I felt when I called the Infusion Center on Friday morning, Nov. 16, to confirm my appointment. It has happened previously when I've made this pre-appointment confirmation call, that I've been told not to come and to reschedule. Moreover, it has also happened – once, that after making this call, receiving approval to come in, driving 45 minutes, checking in at reception and then getting hooked up to an IV, that I was told after further review by my oncologist, that I had to go home.

Disappointing, as you can imagine, but had it happened last week, the Friday before Thanksgiving, as has been well-blathered about in two columns, it would have been particularly discouraging and extremely disheartening.

It really wasn't until 10:30 a.m., after my oncology nurse set up my IV and ordered my drug (alimta) that I had the nerve to ask if I was 100 percent getting my drugs today. Enthusiastically, Nora said: "Oh. You're getting your drugs today. I've checked everything."

After hearing her response, my eyes welled up with tears and I heaved a sigh of relief, the likes of which I've never heaved before.

In addition to writing about this scheduling 'heave,' I've been worried for a few months now based on the finding of my most recent CT scan during my last post-scan appointment with my oncologist on Oct. 5. This scan confirmed an enlarged tumor under my Adam's Apple.

This every-three-week infusion schedule was implemented specifically to determine if this new growth was old growth recently impeded or new growth indicating my treatment has stopped working. If my treatment has stopped working, and I believe I have written about it previously, I might not be living the life going forward that I want to.

And so, when Nora confirmed my infusion mid morning on Friday, the pent-up emotion, the worry, the fear, the holiday hassle all faded away and I began to breathe more normally and easily as I had in six weeks or so anticipating this day. At least the first hurdle has been passed.

My next scheduled infusion is Dec. 7. Three weeks later is another infusion on Dec. 28. Followed up by a CT scan on Jan. 2, 2019. I would love to receive both infusions before that next scan to maximize the medicine I will be receiving.

Certainly there will be anxiety and fear worrying about those results, but absent the holiday season, I think I can manage it. More of a mindset than a miracle at that point.

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

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