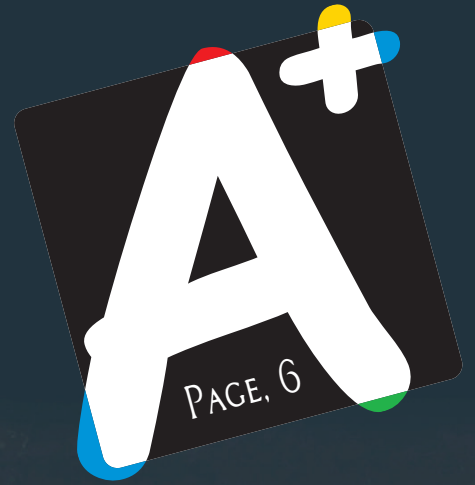


# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington



## HOLIDAY ENTERTAINMENT

PAGE 10

Walking up and down the island is the activity of the day. This year, in particular, the panhandling seems to have picked up in the Springfield area.



## Panhandling Picking Up in Area

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From Amazon  
To Shutdown?

NEWS, PAGE 3

Plan for Stream Restoration  
Includes Cutting Down Trees

NEWS, PAGE 9



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## From Amazon to Shutdown

BY ANDREA WORKER  
THE CONNECTION

“I’ve been wrong before, so who knows? But I don’t think we will see a government shutdown over this budget and the border wall.”

That was U.S. Sen. Tim Kaine’s opinion at a roundtable discussion with his colleague U.S. Sen. Mark Warner. The event was hosted by the Northern Virginia Chamber of Commerce, held at the Arlington campus of George Mason University, and moderated by NBC4 News Northern Virginia Bureau Chief, Julie Carey.

The question of a possible government shutdown with its disproportionate effect on Northern Virginia was one that the audience of area businesses, nonprofits and local government representatives were anxious to hear.

“There are two bipartisan options on the table for the President to choose from,” added Kaine, and if neither is to his liking, Kaine said that Congress could still move forward and “kick the can” with one or more Continuing Resolutions. “We can write the checks two months at a time.”

Warner agrees, while noting the situation is somewhat better than it has been during past similar circumstances.

“There are seven appropriation bills ready for signing,” he said. “Seventy-five percent of the needs are already funded through the regular rules of order.”

Border security is the last piece, with the president threatening the shutdown if Congress doesn’t provide him with the \$5 billion he’s asking to build the border wall. “We’re still waiting for that check from Mexico [that Trump keeps promising],” Warner joked.

Warner is not opposed to spending on border security. He just doesn’t see the value in massive spending on a wall or fence that would also require maintenance and manning. Spending on drones and other proven technologies would garner his support, “and would be more effective and cost a lot less now and in the future.”

The same applies when it comes to defense spending, which the senators say that the President wants to increase. “Virginia would certainly benefit from more defense spending,” said Kaine, but he doesn’t think it’s really a good idea or the right answer.

**WARNER WORRIES** that this administration is going all in “to buy the best of 20<sup>th</sup> century stuff” instead of focusing on what’s needed to fight the “real battles of today.”

Both men see that fight as cyber wars and attacks of misinformation — “taking place daily” declared Warner — and the surpassing of the United States in technology and trade by China, Russia and others. None of these “real, modern threats” will be won by the addition of another battleship or even more troops.



**U.S. Senators Mark Warner and Tim Kaine and NBC4 News Virginia Bureau Chief Julie Carey trade questions and answers at a discussion hosted by the Northern Virginia Chamber of Commerce.**

PHOTOS BY ANDREA WORKER

Calling the government’s lack of preparedness and outdated networks and devices “stupid on steroids,” Warner gave examples of continuing purchases of devices without even the most basic of safeguards. “We are literally adding to our own vulnerability.”

Warner will be pushing for a cohesive “cyber strategy” going forward and thinks that Virginia could become the Cyber Capital, since no one else has yet laid claim to that title and role.

**WHAT ABOUT** the addition of Amazon in the senator’s own backyard?

“It’s a game-changer for the region,” in Warner’s view, praising Gov. Ralph Northam and the many others who worked on the deal to make it possible. Warner also sees the Amazon addition as another building block to the growth of a local economy that he says has continued to experience “real weakness” and a “level of vulnerability” post-sequestration. He also hopes that Amazon and the support services that will follow in its wake will help stem the decline of millennials in the region.

Risking what he said might be considered a “little bit of heresy to say with an Arlington crowd,” Warner has his fingers crossed, and will do what he can to encourage some “down-state” job benefits from those support services.

Kaine noted that the Amazon move, while fairly well accepted throughout the Commonwealth, received a resounding 90 percent approval rating from Virginians in the Appalachians.

“They see the connection with our shared successes.”



**Fairfax County Supervisor Jeff McKay (D-Lee) meets with U.S. Sen. Mark Warner after the discussion. McKay says he agrees that the Amazon deal was an affirmation of Virginia and its workforce. The supervisor also said he and the board were willing to participate in any way necessary to continue the press for affordable housing and to invest in workforce development.**

Both Kaine and Warner agree that the arrival of Amazon poses challenges, but provides the best opportunity to add impetus to working on two of the region’s biggest problems: affordable housing and workforce development.

Kaine sees Amazon’s choice of Virginia as one of their new headquarters as an affirmation of the workforce quality that the state can offer, but warns that it is critical to work toward producing that workforce, rather than allowing local companies to merely “cannibalize each others’ best workers.”

Work has already begun to update and re-write the “Higher Education Act” and Virginia is the chair of that taskforce. Kaine

says there is plenty that can be done at the federal level to encourage employers to “treat their employees like the assets they say they are” with tax incentives, changes to accounting rules, re-do’s of laws that hinder continuing education, and more emphasis on all forms of education, not just four-year college schooling.

On the subject of affordable housing, both men have ideas that they will support.

Kaine believes that Congress can assist by expanding the Low-income Housing Tax Credit. “It’s already a good program” and is a good place to start, rather than trying to “recreate the wheel,” but admits that to date, it’s been a tough sell.

Warner called for a regional housing authority to tackle the issue. The state already has a housing development division and will soon have millions to develop housing initiatives as part of the Amazon deal, but to deal with the problem locally requires local thinking and collaboration in his view.

**QUESTIONS ABOUT METRO,** transportation and infrastructure were also on the table.

Working together, Virginia, Maryland and the District helped the rail service gain its first dedicated revenue stream this year, but the additional federal \$150 million per year is not guaranteed year over year. Kaine and Warner are hopeful, with a Democrat-controlled House to be seated in January, but it’s still but something to count on, “but if we can get the \$150 million again, we’ll take the money and run,” said Warner.

The two senators lamented the fact that the anticipated “Infrastructure Bill” is nowhere in sight, with Warner going to so far as to label the Trump Plan “a scam extraordinaire, a shell game ... stealing money from the highways departments and projects” and leaving them unable to repair the country’s crumbling infrastructure. With a “builder President in the White House,” Warner thought that infrastructure work would

have been easy for both sides of the aisle and all levels of the government to connect, but sees nothing of consequence taking place.

And the last question that Carey posed to the senators? After the midterm elections, would they now categorize Virginia as a “Blue State?”

Warner wouldn’t say specifically, but he does think that the Northern Virginia delegation to the General Assembly being all Democrats will be a benefit.

Kaine still sees Virginia as “battleground trending Blue,” but if the GOP “keeps putting up cultural warriors and ideologues as their candidates, if that’s the match up — we’re Blue.”

# OPINION

# Merry Christmas

**“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”**

**T**he pages of the Connection Newspapers (including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Potomac Almanac and the Centre View) have been full of holiday spirit, beginning before Thanksgiving. Group and individual efforts to help the needy, holiday parades, Santa arriving by boat, Santa arriving by horse-drawn carriage, Santa arriving by tractor-pulled hayride, Santa arriving at the Malls, tree lightings, Menorah lightings, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally.

Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed the hungry and clothe the poor; to care for those who are sick; to invite and welcome strangers; to treat others as you would have them treat you.

#### **Matthew 7:12:**

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

#### **Matthew 25:35-40:**

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’”

#### LETTERS TO THE EDITOR

## Successful Holiday Adoption Program

To the Editor:

Homestretch is a place where homeless parents with children go to turn their crises into opportunities. We work with our families to ensure each parent acquires skills and education, reduces debt, repairs credit, builds savings and restores health; and provide services for their children to ensure they are safe, happy and flourish-

ing in school.

As a way of rewarding these families for their hard work, each family gets “adopted” for the holidays. They receive a full Thanksgiving meal, and at Christmas they get a bounty of gifts based on wish lists that they provide. This holiday adoption program is a wonderful blessing for the children but it also assures the parents that

their hard work is leading to a far better life down the line.

Holiday adopters are local individuals, churches, businesses or civic groups who choose to do this as their way of supporting Homestretch.

For a mother escaping domestic violence or human trafficking, to see her children cared for in this way at Christmas by a group of caring strangers can be a pro-



## Sharing Holiday Spirit

**Santa is escorted by an entourage of his paddleboard elves as he prepares to dock at Lake Anne Plaza in Reston for Jingle on the Lake on Dec. 1, 2018. The pages of the Connection Newspapers have been full of holiday spirit, beginning before Thanksgiving.**

PHOTO BY CHARLOTTE GEARY/  
[HTTPS://CHARLOTTEGEARY.COM](https://charlottegeary.com)

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

**SO LET US SHARE** the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

“And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David.) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

“And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

“For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

“And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

“And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds.”

— MARY KIMM

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

## Editor's Note About The Rest of 2018

This is our last regular edition of 2018. Next week, after Christmas, we will publish our annual Children's Issue, devoted entirely to the artwork and writing of local students. You'll be able to find this online at <http://www.connectionnewspapers.com/PDFs/> Scroll down to Children's.

Our next regular edition will publish Jan. 2-3, 2019, with deadline for content and advertising of Dec. 28 (late ads accepted).

In the meantime you can email the editors at [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com). You can reach sales/marketing/advertising at [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com).

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foundly moving experience, something that they remember for the rest of their lives. One mother remarked, “I never knew there was such love in the world.”

On behalf of Homestretch, we thank all those who donated funds and volunteered time to bring so much joy to the families we serve.

**Christopher Fay**  
Executive Director  
Homestretch

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**1606 King Street**  
**Alexandria, Virginia 22314**

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# Panhandling at the Traffic Signals is Picking Up in Area

Officials looking for alternatives to handing out spare change.

BY MIKE SALMON  
THE CONNECTION

**T**hey're at the traffic light, they're veterans, they're religious, they're out of work, disabled, hungry and homeless, with the look, signs and sometimes a cup for the spare change. This year, in particular, the panhandling seems to have picked up in the Springfield area. During the holiday season, drivers are particularly generous but giving out spare change is a questionable fix.

Springfield Supervisor Pat Herrity has worked on this issue, and came up with an alternate plan last year, and mentioned it in Herrity Report internal newsletter.

"There has been a noticeable uptick in panhandling in our community, much of it due to the generosity of our residents," he wrote.



On the island on Frontier Drive, this man displays a cardboard sign.

"The Board recently approved my motion to look at an innovative program out of Albuquerque, N.M. - 'There Is a Better Way,' using a jobs first approach to address some of this complex issue," Herrity said.

Albuquerque's Mayor Richard J. Berry launched their program in May 2015, to give panhandlers a chance at a change in their lives and a way to provide caring members of our community with a bet-

ter way to donate their money, according to the city.

Albuquerque uses a custom van to circulate throughout the city and offer panhandlers a job for the day, working in the city's Solid Waste Department, to do work such as landscape beautification in designated areas to earn a day's pay. This is currently being used in the City of Fairfax, Herrity said, and the county government is considering adopting it as well.

**THE CITY OF FAIRFAX** recently launched their program, which they call the "Day Work Program," that addresses both homelessness and an individual's financial viability and dignity, the city information stated. "This offers a great opportunity for folks that need assistance," said city spokesperson Chris Cohen.

Although handing out money to people on the street could be risky, panhandling is not against the law, said Sergeant Aaron Pfeiff at the Fairfax County Police Department. As long as panhandlers are not impeding traffic, panhandling at traffic lights is perfectly legal.

Popular intersections in the Springfield area include the Franconia Road-Loisdale Road intersection, Frontier Drive near the Metro station and the Rolling Road-Old Keene Mill Road intersection.

On Nov. 30, 2017, Fairfax County released "What You Need to Know About Panhandling in Fairfax County," a webpage put together with input from several county agencies, including FCPD and the Office to Prevent and End Homelessness.

One suggestion from the report: "We encourage you to not give money to panhandlers," it stated. This encourages more panhandling, and the county wants the panhandlers to take other routes to getting food, shelter and the necessities of life around here. The counties social service program is a place to start.

**SUPERVISOR** Jeff McKay (D-Lee) agreed. He noted the past county investigations into the panhandlers, where they found it part of an organized group who were not like they seemed at all. "We have identified that many of these people are not homeless at all, they come in to the county and collect money from the generous people in our community," he said. Instead of giving out money at the stoplights, "give money to our well-known charities in the area," he recommended, and named a few like Koinonia in Franconia, ECHO in Springfield or the United Community Ministries who have offices throughout the county.

Fairfax County human services hotline phone number: 703-222-0880.

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Asking questions in class is advice that David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College would offer new students.

# Advice from Professors

Sharing things they wish they could tell their prospective students.

BY MARILYN CAMPBELL

**M**any high school seniors will spend their holiday break working on college applications or making visits to perspective university campuses. As the excitement builds over the new collegiate experience that lies ahead, local professors offer advice on the things they wish they could share with new college students.

Avoid seeing college as simply a means to end or a pathway to a career and instead take advantage of the multitude of learning experiences available to students.

From football games and art exhibitions to student debates and faculty recitals, there are opportunities gain a vast amount of knowledge in four years.

Use that time to discover one's interests, says Vincent Intondi, Ph.D., professor of history at Montgomery College. "Do not come to college simply for financial gain," he said. "Study what you are most passionate about. Study what you love. The jobs will be there."

In an effort to encourage students to move outside of their comfort zone, Linda Gulyn suggests that they, "Learn, have new experiences, but do well academically," she said. "Socialize and engage in activities across your major or regular crowd."

"Read and always do your homework," said David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College.

"If you read slowly, don't sweat it, just read," he said. "If you get bored, break your reading in to short sessions, but come back to it. If you can't make sense of it all, make sense of as much of it as you can, then talk to a classmate and ask a question in class."

Use college as an opportunity to build skills that will be necessary after college, says Jerome Short, Ph. D. "Students should choose courses and experiences to build their oral and written communication skills to better express themselves persuasively and concisely," he said.

Practice self-care and recognize stress and anxiety that a new college experience might bring. When those feelings arise, avoid negative coping mechanisms and instead focus on those which are healthy, advises Short.

"College is a time to dramatically grow your brain," he said. "Scientific research shows that exercise grows brain cells, learning connects cells, and sleep consolidates memories in cells. Do plenty of each of them every day."

For some professors, one of the best parts of their job is getting

to know and share knowledge with their students even on subjects that are not related to the course, says Joanne Bagshaw, PhD, professor of psychology at Montgomery College.

"Get to know your professors, and make sure they get to know you," she said. "Visit your professors during office hours and use the time to ask questions about the course and even chat about topics interesting to you."

**"Do not come to college simply for financial gain. Study what you are most passionate about. Study what you love."**

— Vincent Intondi, Ph.D., professor of history, Montgomery College.

**"College is a time to dramatically grow your brain. Scientific research shows that exercise grows brain cells, learning connects cells, and sleep consolidates memories in cells. Do plenty of each of them every day."**

— Jerome Short, Ph. D.

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## SOBER-RIDE FOR THE HOLIDAYS

**Free Sober Rides.** 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP's Holiday SoberRide promo code will be posted at [www.SoberRide.com](http://www.SoberRide.com).

## VOLUNTEER DRIVERS NEEDED.

**The Shepherd's Center of Fairfax-Burke** needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at [recruiter@scfbva.org](mailto:recruiter@scfbva.org) or call 703-323-4788.

## WEBINAR

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

## THURSDAY/DEC. 20

**Collaborative IEP Meetings: Parents as Partners.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Workshop for parents of children receiving special education services. Highlights include: the IEP process and its components, the parent's role in the IEP meeting, responsibilities of the IEP team members and planning for a child's IEP meeting. Free to parents, educators and community members. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/](http://www.fcps.edu/resources/family-engagement/)

parent-resource-center for more or to register.

## MONDAY/DEC. 24

**Christmas Eve Services.** At Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Evening services begin at 6 p.m. with a Family Holy Eucharist with Children's Choirs. At 10:30 p.m. is a Christmas Carol presentation with choir and brass ensemble, followed by the 11 p.m. Festival Holy Eucharist. Visit [www.pohick.org](http://www.pohick.org) or call 703-339-6572.

**Christmas Eve Service.** 8-9 p.m. at Harvester Presbyterian Church, 7800 Rolling Road, Springfield. Join this traditional candlelight Christmas Eve service. Free. Call 703-455-7800 or visit [www.harvesterpca.org](http://www.harvesterpca.org).

## TUESDAY/DEC. 25

**Christmas Day Service.** 10 a.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Christmas Day Holy Eucharist. Visit [www.pohick.org](http://www.pohick.org) or call 703-339-6572.

## TUESDAY/JAN. 8-FEB. 19

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

- ❖ Tuesday, Jan. 8 - Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 - Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 - Communicating (part 3)
- ❖ Tuesday, Jan. 29 - Making Connections (part 4)
- ❖ Tuesday, Feb. 5 - Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 - Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 - Self-Directed, Engaged Learning (part 7)

SEE BULLETIN, PAGE 11

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# HOLIDAY ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Glass National 2018.** Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created throughout the USA and Canada by highlighting both functional and sculptural works. This year's juror is artist and educator Carmen Lozar, director of the Merwin and Wakeley Galleries at Illinois Wesleyan University. Visit [www.workhousearts.org/event/glass-national-2018](http://www.workhousearts.org/event/glass-national-2018).

**Founding Artists Exhibition.** Through Feb. 3 at The Workhouse Arts Center, Vulcan Muse Gallery, 9518 Workhouse Way, Lorton. Workhouse Arts Center presents a group exhibition highlighting Studio and Arches artists that have been a part of the organization for its 10-year span. In honor of their dedication and support, the exhibition will survey their works in various mediums including painting, sculpture, fiber, glass, precious metals, and mixed media. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

**Farmers Market.** Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.facebook.com/SpringfieldFoodworks/](http://www.facebook.com/SpringfieldFoodworks/).

**Second Saturdays.** 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit [www.workhousearts.org/](http://www.workhousearts.org/).

**Senior Line Dancing.** Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8-week session. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**Carolina Shag.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise** Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**Exercise Program** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

**Cafe Ivrit (Hebrew Cafe).** Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern

Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

## WEDNESDAY-FRIDAY/DEC. 19-21

**Book Sales at Franconia Museum.** 6-8 p.m. at the Franconia Museum, 6121 Franconia Road, Alexandria. Holiday hours for sales of Museum books and books by members Don Hakenson, Nathaniel Lee and Carl Sell. Cash or credit cards accepted. Visit [myrosehill.snappages.site](http://myrosehill.snappages.site) for more.

## FRIDAY/DEC. 21

**Moscow Ballet's Nutcracker.** 4 and 8 p.m. at GMU Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Experience Moscow Ballet's Great Russian Nutcracker during their Dove of Peace Tour, spreading goodwill in over 100 cities across North America during the holiday season. \$28 and up. Go to [www.nutcracker.com](http://www.nutcracker.com) for tickets.

**Grand Opening: Sky Zone.** 4-11 p.m. at Sky Zone, 5325 Port Royal Road, Springfield. Sky Zone trampoline park is celebrating with a grand opening event which will kick off with a ribbon cutting ceremony by the Springfield Chamber of Commerce at 4 p.m. followed by an evening of face painting, family activities, a live DJ, and more. Experience the new park with a free 30-minutes jump ticket, valid Dec. 21 only. Call 952-641-0831 or visit [www.skyzone.com/springfield-va](http://www.skyzone.com/springfield-va).

**Family Movie Night: "The Incredibles."** Lights go down at 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. Participants may bring their own snacks. An adult must accompany anyone under the age of 14. Britepaths will accept donations of non-perishable food until 9 p.m. Call 703-385-7858.

## WEDNESDAY/DEC. 26

**Holiday Concert.** 6-7:30 at The John F. Kennedy Center for the Performing Arts, 2700 F St. NW, Washington, D.C. Featuring local Encore Chorale groups from Alexandria, Arlington, Fairfax, and Reston. Encore Creativity for Older Adults, the nation's largest choral program for singers 55+, will present the



Barbara Atkinson, Vintage Crochet Collar

## Glass National 2018

The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created throughout the USA and Canada by highlighting both functional and sculptural works. This year's juror is artist and educator Carmen Lozar, director of the Merwin and Wakeley Galleries at Illinois Wesleyan University. Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. Visit [www.workhousearts.org/event/glass-national-2018](http://www.workhousearts.org/event/glass-national-2018).



PHOTO COURTESY OF EC PHOTOGRAPHY

## Longest Night Masque

New York Times bestselling author Jacqueline Carey will be appearing at The Longest Night Midwinter Masque. Join us for an evening plucked straight from Terre d'Ange and dropped in Fairfax. Saturday, Jan. 5, 8 p.m.-1 a.m. at Hyatt Regency Fairfax, 12777 Fair Lakes Circle, Fairfax. \$100. Event weekend includes a Friday evening private reception with the author 7-9 p.m. (additional \$50 ticket required) and Sunday brunch 8 a.m.-noon (additional \$30 ticket required). All events are 21+. Visit [thelongestnightmasque.com](http://thelongestnightmasque.com) for more.

combined talents of more than 250 Encore Chorales and Encore ROCKS singers in concert. Free, the public is invited and no tickets are required. Call 301-261-5747 or visit [www.encorecreativity.org](http://www.encorecreativity.org) for more.

## THURSDAY-SATURDAY/DEC. 27-29

**The Nutcracker.** 2 and 7 p.m. at Northern Virginia Community College Annandale Campus in the Ernst Community Cultural Center Theater. Virginia Ballet Company and School will present its 68th season of the classic Nutcracker ballet. \$30 for adults; \$20 for children, students and seniors at [www.vaballet.org](http://www.vaballet.org). A limited number of general admission tickets is available for the Working Stage Rehearsal on Dec. 26 at 6:30 p.m. (\$10) at [www.vaballet.org](http://www.vaballet.org). The tickets for the Working Stage Rehearsal must be purchased in advance.

## MONDAY/DEC. 31

**Country-Western Dance.** 8 p.m.-12:15 a.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a New Years Eve dance. A DJ provides



Brent Cole, Surface

**Author Jacqueline Carey at the 2017 Longest Night Midwinter Masque in Hershey, Pa.**

## SUNDAY/JAN. 6

**Winter Make 'n Take.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will celebrate the New Year with a Make 'n Take craft event. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## TUESDAY/JAN. 8

**Parktykes.** 1:30-2:15 at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Youngsters have a natural fascination with the world around them. Give them new worlds to explore with the "Parktykes" program at Lake Accotink Park. Adult and toddler will join a Lake Accotink naturalist in the classroom and outdoors to discover the wonders of the natural world. This program is designed for budding explorers age 1-4. \$9 per child. Meet at the park's visitor center. Call 703-569-3464 visit [www.fairfaxcounty.gov/parks/lake-accotink](http://www.fairfaxcounty.gov/parks/lake-accotink).

## SUNDAY/JAN. 13

**Game Day/Scavenger Hunt.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come to the Fairfax Station Railroad Museum and play a Train Game or History Game as well as working on a Scavenger Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

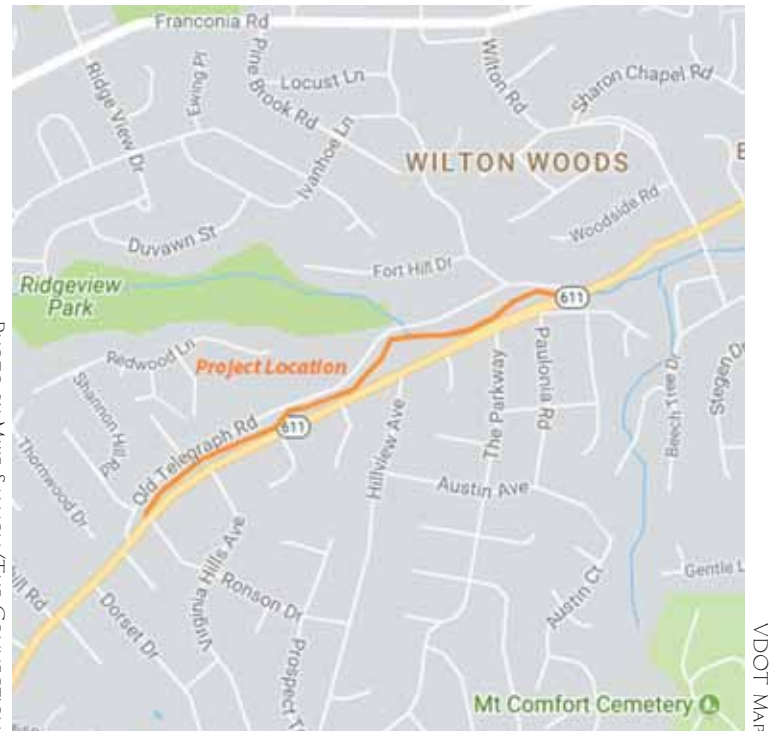
## SUNDAY/JAN. 20

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





PHOTO BY MIKE SALMON/THE CONNECTION



VDOT MAP

A portion of Old Telegraph Road was washed out at Pike's Branch in Alexandria.

Pikes Branch is near the Virginia Hills-Wilton Woods area.

# Plan for Stream Restoration Includes Cutting Down Trees

Pike's Branch in Alexandria is under VDOT's microscope.

BY MIKE SALMON  
THE CONNECTION

The rainfall and natural stream erosion processes took their toll on a section of Old Telegraph Road recently, causing some of the pavement to collapse, so the Virginia Department of Transportation (VDOT) went into action, reinforcing the stream and rebuilding Old Telegraph Road in Wilton Woods. This prompted engineers to take a closer look at this section of road aside Pike's Branch, a stream that is sandwiched between Telegraph Road and Old Telegraph Road, and now the "Pike's Branch Stream Restoration," project is taking shape.

"A long-term project is currently in design to restore about 5,500 linear feet of Pike's Branch and tributaries between Telegraph Road and Old Telegraph Road," read the VDOT description on their website.

Engineers gathered with residents and elected officials for a site visit on Dec. 12 to discuss project specifics and point out elements of the plan. The group of about 50 people walked along Old Telegraph Road, while VDOT engineer Joe Parfitt, from the VDOT Central Office, pointed out features and answered questions.

To the residents of Wilton Woods, clearing the trees and bushes was a big concern because they provide a buffer between the houses and busy Telegraph Road.

"It's a huge problem for us," said Samantha Mulvaney, a resident whose house fronts the stream. "It's really coverage that we're losing, sound barrier we're losing," she said. Deer that lived along the stream are now gathering in her yard.

VDOT put in yellow tape to mark

the approximate clearing boundary, which will include some of the trees. They have also included a replanting diagram so some of the vegetation will be replaced but will not be as robust until it has regrown over time.

Del. Mark Sickles (D-43) was among the walkers at the meeting.

He's heard from some of his constituents. "This is a big concern," he said, but noting that it must be done to stop further erosion. "We're going to save as much as possible," he said.

Construction is expected to start in spring 2019 and be completed in late 2020.



Joe Parfitt, a VDOT engineer from Richmond, hands out the plans for Pike's Branch on the walk-through.

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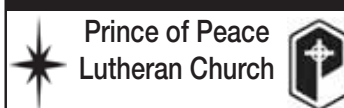


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• New Year's Eve Gathering at 6 PM

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**NEWS**

# Record Rainfall Challenges Construction Sites

**Hotline available to  
report problems.**

**L**ast weekend's rain pushed the annual rain totals for the Washington metro area to over 62 inches – breaking the record set in 1889. All this rain wreaks havoc on the many constructions sites in the area. As a result, Fairfax County officials said they received more than twice as many complaints about erosion and sediment control problems on construction sites in the first ten months of 2018 than were received in all of 2017.

Currently, more than 1,500 construction sites are active in Fairfax County, each of them monitored by inspectors from the Site Development and Inspections Division (SDID) of Land Development Services (LDS). When construction disturbs the ground, it is much more susceptible to eroding. Rainfall events can loosen soil and carry it with the rainfall runoff to adjacent properties or streams.

The Fairfax County Erosion and Sediment Control Law requires that anyone who disturbs more than 2,500 square feet of land must prepare an erosion and sediment control plan to protect communities and local waterways from the impacts of construction. This is a state-mandated program that is enforced by localities.

**IN JULY ALONE**, the National Oceanic and Atmospheric Administration recorded over 11 inches of rain at the Washington Dulles International Airport. July's average during the last ten years has been about four inches. Adding to the challenge: There has rarely been a break in between rain events, which would allow time for contractors to repair the erosion and sedimentation controls.

To respond to this situation, county inspectors are proactively reaching out to site managers to help them maintain compliance with erosion and sedi-



**Last weekend's rain pushed the annual rain totals for the Washington metro area to more than 62 inches – breaking the record set in 1889.**

ment control regulations. In addition, inspectors rely on residents to report construction sites that may have erosion and sediment issues. Inspectors respond to resident complaints within 24 hours.

Before construction begins, the contractor must install controls around the perimeter of the active construction area. The controls include a series of measures that trap the sediment before it leaves the site. For example, silt fence is a permeable fabric stretched between wooden stakes that allows water to pass through but traps most sediment particles before leaving the site. Even when the controls are operating, brown-colored water may still be seen leaving the construction area. The best system of controls is only about 75 percent effective.

**AFTER A RAIN EVENT**, the contractor on the site is responsible for repairing and replacing any damaged controls, such as broken silt fencing or clogged sediment traps. The excess rainfall seen this year presents even more challenges to construction managers' attempts to capture the sediment and clean and maintain the controls. SDID conducts a series of on-site inspections to make sure construction is moving ahead correctly and the erosion and sediment controls are working properly. Inspectors will also visit the site after a significant rainfall event to make sure the contractor is maintaining the controls in compliance with regulations.

LDS is committed to protecting communities and the environment from excessive sediment leaving construction sites. If you observe a construction site that seems to have malfunctioning erosion and sedimentation controls, you can submit your concern online via the Site Construction Hotline Submission Form or call 703-324-7470, TTY 711.

SOURCE: FAIRFAX COUNTY

## Free Senior Nutrition Seminar on Jan. 15

RSVP-Northern Virginia is partnering with the University Mall Giant to present a free nutrition seminar for seniors, Tuesday, Jan. 15, 2019, at 10:30 a.m., in Fairfax.

The University Mall Giant is located at 10653 Braddock Road, Fairfax, at the intersection of Braddock and Ox roads, across from the main entrance to George Mason University.

Giant registered nutritionist Marissa Donovan, MS, RD, LDN, will lead the 90-minute free class which will include a tour of the store highlighting healthy food choices for seniors. Donovan will share tips on eating healthy with a budget in mind and how to create a balanced healthy plate.

RSVP (Retired and Senior Volunteer Program), the region's largest volunteer network for people 55-years-old and better, provides personalized support to seniors who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

In addition to providing a personalized volunteer matching service for seniors and retirees, RSVP holds a number of free seminars on areas of interest such as nutrition to members and prospective members throughout the year.

To take part in this event you must pre-register by contacting RSVP volunteer specialist Carly Hubicki at 703-403-5360 or email Carly at chubicki@volunteerfairfax.org. You can also register online at <https://conta.cc/2zi18HF>.

After the seminar, RSVP volunteer specialist Carly Hubicki will lead a free information session at the store on the benefits of volunteering with RSVP.

RSVP offers more than 200 meaningful opportunities that include helping seniors age in place, assisting local food pantries, and teaching financial literacy. RSVP also recruits volunteers for various community events including Volunteer Fairfax's annual Give Together which takes place in Annandale on Martin Luther King Jr. Day. Several of RSVP's non-profit partners offer opportunities in the Central Fairfax Area including Junior Achievement, The Shepherd's Center of Fairfax-Burke and Insight Memory Care.

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group service projects and social gatherings.

To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org). RSVP-Northern Virginia is a program of Volunteer Fairfax, Volunteer Alexandria and Volunteer Arlington.



# BULLETIN

FROM PAGE 7

## WEDNESDAY/JAN. 9

**Grant Application Deadline.** More than 50 artists have been recognized by ARTSFAIRFAX with an Artist Grant over the past decade. Artist Grants recognize outstanding achievement for work that has already been completed, the artist's commitment to an artistic discipline, their professional activity in Fairfax County and their contributions to the quality of life in Fairfax County. Learn more at ARTSFAIRFAX.org.

## THURSDAY/JAN. 10

**Adventures in Learning Open House.** 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Adventures in Learning winter 2019 classes begin Thursday Jan. 17 and run through March 14. Classes are held at UUCF/Oakton. Students may attend one or all classes for one \$45 fee and are encouraged to create their own schedule – attend classes all day or attend only one class. Students are welcome to sample one class for free. For details call 703-281-0538 or visit [www.scov.org/ail-open-house](http://www.scov.org/ail-open-house) for an application and class schedule.

## FRIDAY/JAN. 11

**Coping Strategies for Anxious Children.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. The National Institute of Mental Health (NIMH) will present this workshop for parents of anxious children ages 8-17. Highlights include how to help children with anxiety, when anxiety becomes a disorder, strategies for treating specific anxiety disorders and stress reduction tools. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

## TUESDAY/JAN. 15

**ESL Class Registration.** 7 p.m. at Lord of Life Lutheran Church, at the Fairfax Campus, 5114 Twinbrook Road, Fairfax or at the Clifton/Centreville Campus, 13421 Twin Lakes Drive, Clifton. English classes for speakers of other languages Tuesdays and Thursdays, Jan. 22-April 11. All are welcome. Registration fee, \$15; text book, \$25. Call 703-323-9500 or visit [www.lordoflifeva.org](http://www.lordoflifeva.org).

## THURSDAY/JAN. 17

**Lunch N' Life.** Noon-2 p.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax. Lunch N' Life is sponsored by the Shepherd's Center of Fairfax-Burke for those 50 and older. Members of the Dar Al-Hajrah Islamic Center speaking of the fundamentals of Islam in the USA. For reservations, call Bea Stephenson at 703-273-5730 by Jan. 11. \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit [www.scfbva.org](http://www.scfbva.org) for more.

## WEDNESDAY/JAN. 23

**Introduction to Special Education.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. This workshop is provided for parents new to special education. Topics covered included: what is special education, early intervention resources and services, the special education process, 504 plans, and Individual Education Plans (IEP). Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

## FRIDAY/JAN. 25

**Health Care College and Career Fair.** 9 a.m.-noon at Falls Church High School, 7521 Jaguar Trail, Falls Church. This free college and career fair is open to all FCPS high school students interested in health care education and as a future career. Representatives from colleges offering health care-related curriculum, health care professionals, and military representatives who specialize in medicine will be in attendance. Free online registration is available for students. Colleges and health care professionals can also register online. Visit [www.fcps.edu/news/falls-church-academy-host-health-care-college-and-career-fair](http://www.fcps.edu/news/falls-church-academy-host-health-care-college-and-career-fair) for more.

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## Stepping Back From the Precipice



By KENNETH B. LOURIE

Not so bad, even though it's been nearly 10 years on the cancer trail – and two columns, recently, courting my imminent demise.

The appointment with the otolaryngologist to assess the presumptive damage/my decline was instead wonderfully uplifting: “nothing worrisome in the throat.” What symptoms I was experiencing (basically seasonal-type cold and flu to go along with a scratchy and extremely hoarse voice) had nothing to do with cancer and more so to do with the time of the year.

Meaning I wasn't going to die as a result; just sneeze, cough and so forth like everyone else, which as I've been told, repeatedly, I'm not.

Cancer patients might not have the benefit of doubt or delay like the rest of you. Time may not be of the essence, but one never knows. Cancer cells sort of have a mind/process of their own.

It's not so much a lesson learned as it has been a lesson reminded.

My oncologist has frequently advised me that should a new symptom appear and persist for two to three weeks, I should email him and alert him to my status/situation. I might have been a week or so late this time, but fortunately not too many dollars short.

My oncologist responded immediately as did my primary care physician. Each doctor making arrangements for me within a matter of hours: a face-to-face appointment with my internal medicine doctor – which led to the referral for the otolaryngologist (who called to schedule an appointment before I even got a chance to); and a referral as well by my oncologist for a CT scan of my neck.

Having now been examined and results interpreted, I am glad to report that as scared as I have been for the past two columns, my symptoms were not indicative of my lung cancer progressing. Rather it was more indicative of a cancer patient being stupid and stubborn.

Not wanting to ever believe that my life hangs in the balance and could be severely endangered by my neglect, I tend to go about my health-related business as I would guess the rest of you who are healthy and not cancer-diagnosed: I wait out the symptoms and try not to go negative.

As has been said recently – to me, nothing could be less appropriate given my stage IV, lung cancer. Being negative might actually save my life.

The reality is: I am compromised and subject to risks and complications many of you are not. My immune system has likely been weakened by this most recent every-three-week infusion interval recommended to shrink a relatively new tumor – and in so treating, hopefully will not have allowed any existing cancer cells to trigger and mutate and cause even more trouble.

After all, cancer is likely in control here and giving them an inch, so to speak, has never been part of our plan.

Even though my cancer had already metastasized in 2009, its movement seems to have been confined to my lungs and amazingly has remained there ever since. Still, if I've finally learned anything with this most recent scare, it is that I can't turn a blind eye or a deaf ear, metaphorically writing, to common sense or doctor's orders.

I'm not supposed to wait for the ambulance, if you know what I mean? I'm supposed to be smarter than that and act like my life matters: making arrangements much sooner rather than way later. Denying, pretending and hoping that new symptoms are benign because many other people experience them is, for a cancer patient, as foolish as it gets.

The last, and I mean the absolute last thing a cancer patient should think is that they are like everybody else. They are not. We are not. I am not.

You get it, Kenny?

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





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