

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING

PAGE 7

John Bryk thinks this area is needlessly mowed, depriving the Springfield Forest a wildlife area that is home to deer and a large snapping turtle and habitat for bees.

Neighborhood Wildlife Falls Victim to Metro Mowers

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NEWS

Neighborhood Wildlife Falls Victim to Metro Mowers

Milkweed and other butterfly and bee friendly plants cut to ground level.

BY MIKE SALMON
THE CONNECTION

There used to be a time when John Bryk could go for a walk on the bike trail and see all the native plants, butterflies and bees in a natural area near his house. That was until the Metro mowing crews started mowing down everything on the grounds near the trail and water retention ponds off Franconia Road, destroying natural habitats that the insects thrive on. "They're cutting everything that's not a tree," Bryk said, "it's a huge waste of tax dollars and it's ugly."

After the record rainfall this year, a section south of Franconia Road near the Springfield Forest community is laced with tire gouges in the mud where the mowing tractors crossed, and there's not an above-ground plant to be seen.

He's reached out to Metro and Supervisor Jeff McKay's (D-Lee) office about it and although he has not spoken with the supervisor himself, McKay is aware of it.

"I sincerely hope that WMATA is only removing what's absolutely necessary from this impacted area. It is an

important stretch of land to many in our community and a home to nearby wildlife. Although this work did not require Board of Supervisors approval, I've expressed my concerns to WMATA directly," said McKay.

According to Ian Jannetta, media relations manager at the Washington Metropolitan Area Transit Authority (WMATA), "the maintenance of the stormwater ponds is conducted by a licensed contractor that specializes in controlling pollution and runoff. The contractor's practices conform to management standards set by Fairfax County," he said. The contractor is Apex Companies, LLC.

In addition to this area being a few hundred yards from Bryk's front door, he also has interest in it because he is a beekeeper with a couple of hives in his backyard. In the last 20 years, the number of bees out pollinating has decreased and is a concern because the pollinating procedure is necessary for fruits and vegetables to grow.

"A lot of things are working against the bees," Bryk added. This has become a nationwide concern.

Beekeepers in Virginia are making a comeback though. The Virginia Department of Agriculture and Consumer Services (VDACS) announced that honey bee colonies for operations with five or more colonies in Virginia as of Jan. 1, 2017 totaled 8,000. This is 23 percent above the 6,500 colonies on Jan. 1, 2016.

Bryk has spoken with a worker operating a mower before, but wasn't sure if it will make any difference. Only time will tell, but he will be watching this coming spring.

PHOTOS BY MIKE SALMON/THE CONNECTION



The two stormwater retention ponds off Franconia Road, ponds are centerpieces.



Metro's blue line trains rumble by, but the tire ruts in the upper right can be seen from the mowers.

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Lee District: 2018 Paves Way for Successful 2019

BY SUPERVISOR
JEFF MCKAY
(D-LEE DISTRICT)



In 2018, Lee District saw major successes. I am very proud of the things we have accomplished this year, and 2019 will be no exception.

Since January, we have successfully completed additional pedestrian and road improvements in the Route One Corridor, increased our momentum with the Embark Comprehensive Plan Amendment, and continued the revitalization of Springfield. We've made headway for renewable energy, secured funding for many transportation projects throughout our district, and worked towards ensuring that every person in Fairfax County has an equitable opportunity to succeed thanks to an increased presence of One Fairfax and my work on the Successful Children and Youth Policy Team (SCYPT).

During my time as Supervisor, I have always made it my mission to revitalize the Route One Corridor. This year, we passed our years-in-the-making Embark Comprehensive Amendment Plan, a plan to revitalize the Route One Corridor by way of incorporating a Bus Rapid Transit (BRT) System, widening Route One, and attracting businesses in the region. We have approved pole-mounted speed display signs, an effective traffic calming mechanism, and additional "Slow Down, You Live Here, We Live Here" signs across our district to combat speeding.

In addition to the headway we've made with the Embark Plan, we continue making strides in revitalizing Springfield as well. Earlier this year, the Board adopted a Plan Amendment to make it easier to fill vacant retail spaces. This was something I championed because, as the future of retail continues to change, we're going to have to be flexible to fill these empty storefronts. This comes as part of our revitalization work and will provide money for new "Welcome to Springfield" gateway signs.

LEE DISTRICT has also seen the grand re-opening of John-Marshall Library as well as several new businesses in our area. We've seen the addition of the Transportation Security Administration (the second largest office building currently under construction in Fairfax County), and the addition of Lidl Grocery Store. Both are expected to open in 2020. With the Embark plan, Route One saw the groundbreaking for South Alex in recent weeks, a new, vibrant, mixed-use development that will feature a mix of transit-oriented shops and residences near Huntington Metro Station.

This year, we saw huge success for environmental stewardship. The Board approved the first-ever countywide Energy Strategy to protect our environment. My motion at



Annual Bridge Walk 2018: The event brings neighboring communities together.

PHOTOS CONTRIBUTED



Community Schools: Among priorities - advocating for more state K-12 education spending for our students.

the FY 2018 Carryover Package Review on July 31, 2018, began funding the plan, and provided \$4.5 million from the Carryover Budget (to go towards implementing the strategy). I am also proud to have added language to the Virginia Association of Counties (VACo) Legislative Program that called for the reduction of greenhouse gas emissions by using renewable energy and removing the barriers to solar energy.

Transportation projects were also a focal point of mine, and Lee District won big this year. Our Lee District projects made up approximately 76 percent of the dollars the entire county received from the Northern Virginia Transportation Authority (NVTA). Out of this came funding for three projects — two on Richmond Highway and one in Springfield; these projects were awarded a combined \$402 million in state funding. The funding was allocated as follows: \$250 million to help fund the Richmond Highway BRT project; \$127 million to assist with

the ongoing Richmond Highway widening and pedestrian improvement project; and \$25 million to go towards the extension of Frontier Drive. These projects will provide better means of travel, and increase connectivity, something I'm always striving for.

As I reflect on our successes of 2018, I am even more excited to build upon them in 2019. The New Year presents a tremendous opportunity for us to continue the great momentum we've got going. As Chairman of the Board of Supervisors' Budget Committee, I am already working on balancing the FY20 budget. I am very mindful of our ability to maintain services, and the ability of our residents to afford them. I am also particularly looking forward to advancements in education, revitalization, and transportation, and already am preparing to work with my colleagues as we continue to bring residents world-class services.

We adopted our 2019 Legislative Program in recent weeks, setting our priorities for



Lee District has seen the addition of the Transportation Security Administration, the second largest office building currently under construction in Fairfax County.

working with the state government for the upcoming 2019 General Assembly session. Included in the package was a request for legislation to allow for increased funding for transportation projects, including restoring dollars taken from the Northern Virginia Transportation Authority (NVTA) to address our gridlock challenges. We also advocated for more state K-12 education spending for our students. While we are a wealthy jurisdiction, we have approximately 55,000 students on free or reduced lunch (FRM). Only four school divisions in the entire Commonwealth have more total students than just that number of free and reduced-price meals. Most of our state delegation get this, but it's something we're committed to magnifying statewide in 2019.

I'm looking forward to continuing to strengthen the relationship between the Fairfax County Police Department and community through the implementation of reforms addressed in the Ad Hoc Police Reform Report, such as increased transparency and body-worn cameras. I'm also excited to see the continued success of One Fairfax and the SCYPT (Successful Children and Youth Policy Team), ensuring everyone in Fairfax County has an equal, equitable opportunity to live, work, learn, and play in Fairfax County.

AS 2019 BEGINS, I will continue our ongoing strategies to revitalize Springfield and Route One including our continued work on the addition of the TSA and Lidl Grocery store as mentioned before. Our work on Embark is also at the forefront of my goals and ensuring that we continue to see that plan come through to fruition is of utmost importance to me. We have come so far over the last decade, and I cannot wait to see how far we'll go in 2019. Our momentum continues!

A Look at Year Ahead: Changes Under Design

BY SUPERVISOR PAT S. HERRITY
SPRINGFIELD DISTRICT

Springfield District has a lot happening in 2019. We have numerous transportation, school and park projects under design and going to construction, and events for citizens to attend from student job fairs to free document shredding, to evening concerts at Burke Lake Park in the summertime.

Transportation Improvements

Since taking office, improving the transportation network for Fairfax County residents has been one of my highest priorities. Reducing traffic congestion significantly enhances residents' quality of life. Many transportation projects — some local and some regional — are moving forward. Many of these projects also include pedestrian and bicycle improvements.

Transportation projects that are progressing through design:

- Widening of the Fairfax County Parkway from four to six lanes from 123 to Route 29 with a grade separated (no light) interchange at Popes Head Road. A public information meeting is set for Jan. 7 at 6:30 p.m. at Robinson Secondary School in Fairfax. A study to look at the future of the entire Fairfax County and Franconia-Springfield Parkways is also underway. I do not see tolls in the future of the Parkway as some have discussed.

- Widening the last four lane section of Route 29 between Union Mill Road and Buckley's Gate Drive to six lanes.

- Widening Route 28 from the Prince William County line to Route 29 from four to six lanes. A public meeting will be held in early 2019; date TBD.

Transportation projects moving towards construction:

- Widening Rolling Road between Viola Street and Old Keene Mill Road from two to four lanes — construction of the first phase of this project, an additional left turn lane and dedicated right turn lane on northbound Rolling Road at Old Keene Mill Road should start this fall.

- Realigning the sharp curve on Burke Road and adding and improving pedestrian and bicycle facilities in the corridor between Parakeet Dr. and Peregrine Dr. will start the land acquisition and utility relocation processes this year.

- Work on the Express Lanes on I-66 outside the Beltway continues this year; this project includes the much-needed interchange improvements at Route 28.

Older Adults in the Community

As Chairman of the Board's 50-plus committee, I am pleased to report that we have



Springfield District Supervisor Pat Herrity (center), with (from left): Sam Donnelly Jonsson, Emily Butters, Connor Brooks, and Laura Moritz at the Teen Job Fair at West Springfield High on April 28, 2018.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



About 400 people attended the Teen Job Fair at West Springfield High School on April 28, 2018.

had made great strides implementing the 50-plus Community Action Plan in response to the unique challenges of the increasing number of older adults in our County. The Plan includes 31 initiatives regarding housing, transportation, community engagement, services, and safety and health in order to make a more vibrant, active, and supporting community for older adults. In 2019, we will begin a review of the plan and assess the emerging needs of our older adults in order to update existing initiatives and implement new strategies. To learn more about the 50+ Community Action Plan visit <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-community-action-plan>.

Schools

Several schools are receiving much-needed renovations districtwide. West Springfield High School and White Oaks and Cherry Run Elementary Schools are wrapping up renovation work, while Silverbrook Elementary is just getting underway.

Teen Job Fairs

Four years ago, I started hosting teen job fairs at local high schools. These well-attended job fairs are co-hosted with the Connection Newspapers, local Chambers of Commerce, and some of my colleagues on the Board. In 2019, we plan to host job fairs at West Springfield, South County, Mount Vernon, Chantilly, Oakton, and South Lakes High Schools.

Parks

Last summer, I hosted a Springfield Nights Summer Concert Series at Burke Lake Park and am happy to share that I will be doing the same in 2019. Springfield Nights not only showcases great performers from the region but also provides an opportunity to highlight some of our local high school musicians as opening acts for each evening's program. Attendees also have the opportunity to visit the recently-completed new driving range and clubhouse at the park.

This spring, the Park Authority and the Board of Supervisors will be making an important decision regarding the future of Lake Accotink. It is highly likely that voters countywide will have the ability to weigh in at the ballot box this November on the roughly \$50 million in bond funding that will be required to save the lake. Currently, the Park Authority is updating the options for the lake based on valuable feedback and suggestions it received from citizens. Lake Accotink has been an integral part of our community for decades, and I hope the community and the Board of Supervisors will support keeping the lake intact.

Public Safety

While the DEA and Fairfax County Police Department hold very successful semiannual drug take back events, twice a year has proven to not be enough. After pushing for a successful pilot program establishing a permanent prescription drug collection box at the West Springfield District Police Station, the County will be expanding this program to additional police stations early this year. This expansion will allow more members of the public to easily rid their medicine cabinets of unused medication, no questions asked, and is another step in addressing the prescription drug public health crisis.

Document Shredding

The County's Department of Public Works (DPW) hosts a free document shredding event in each magisterial district annually. The event hosted at the West Springfield Government Center has become so popular that DPW has moved this year's event to the Rolling Valley Park and Ride lot in Burke. It is set for Saturday, April 13 from 7-11 a.m. For the other locations (events are held throughout the year), visit <https://www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding>.

This is by no means a comprehensive list of what is happening in Springfield District in 2019, but some examples of the good things underway in our community. I sincerely appreciate citizens for allowing me to represent them in the Springfield District and wish readers and their families a happy and healthy new year!



NEWS

Greater Springfield Chamber of Commerce Names Kimberly Clarke Next President, CEO

Kimberly Clarke has been named president and CEO of the Greater Springfield Chamber of Commerce effective Jan. 1, 2019, announced Chamber board chair Kathleen McDermott.

Clarke will succeed Nancy-jo Manney, who joined the organization as president and CEO in 1998.

Clarke comes to the Greater Springfield Chamber of Commerce with more than a decade of experience in the financial, restaurant and retail industries. She managed Springfield Town Center's mall amenities, along with guest and merchant relations, and was instrumental in the growth of the Town Center's guest loyalty program. Her professional background includes specializing in sales, marketing, event planning and developing client relationships.

A native of Boston, Clarke earned a BS in Marketing from Johnson & Wales University and later an MBA from Bowie State University. She is a member of the National Association of Professional Woman, American Marketing Association and participates in the Young Adult Ministry at her church.

"We are confident Kim will help us focus on continuing to grow the Chamber and enhancing its role in our community," said McDermott. "Her knowledge of the area with her work at Springfield Town Center will bring immediate benefits to the organization."



PHOTO CONTRIBUTED
Kimberly Clarke

"We are very grateful to Nancy-jo for her 20 years of service to our business community," McDermott added. "She has led our organization smoothly through a period of rapid change here in Northern Virginia – change in transportation, culture and diversity as well as in business growth."

Manney is a member of the Virginia Association of Chamber of Commerce Executives, the Coalition of Northern Virginia Chambers, Virginia Chamber of Commerce and US Chamber of Commerce. She served as vice president of the Transportation Association of Greater Springfield, treasurer of the Springfield Days Festival board and chaired the festival's planning committee.

A lifetime resident of the Baltimore-Washington metro area, Manney and her husband Dave Manney are relocating to the Gulf Coast of Florida.

For more information about the Chamber visit springfieldchamber.org.

Bank Robberies in Lorton and Springfield Investigated

Detectives from Major Crimes Bureau are investigating two bank robberies that occurred shortly after 2 p.m. on Thursday, Dec. 20. The first bank robbery occurred at the Bank of America located at 8096 Rolling Road in Springfield. The second bank robbery occurred at the Suntrust Bank located at 9400 Richmond Highway. During both robberies, the suspect implied a gun, demanded cash, and left the bank on foot. He was only able to obtain cash from the second bank. The suspect appeared to be the same in both robberies. The suspect is described as a black man in his 20s, 5'10", thin to medium build, wearing a grey zip-up hoodie and dark pants.



PHOTO COURTESY OF FCPD

If you recognize the suspect, or if you have any information about this crime, contact Major Crimes Bureau at 703-246-7800

If you recognize the suspect, or if you have any information about this crime, contact Major Crimes Bureau at 703-246-7800. Tips can be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or calling 1-866-411-TIPS. They can also

be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Message and data rates may apply. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.

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Richmond Priorities: Education and Transit

Supervisors host session with Fairfax General Assembly delegation.

BY ANDREA WORKER
THE CONNECTION

The 2019 session of the Commonwealth of Virginia's General Assembly will begin at noon on Jan. 9. That's still weeks away, but the county has been preparing its "ask list" even before the second special session adjourned on Aug. 30.

That preparation takes into account the achievements and the disappointments that resulted from the 2018 session along with analysis of the current political situation, changes in federal rules, regulations and laws that may affect the state, and a review of the county's financial status and forecast of future needs before the budget is advertised in February 2019.

On Dec. 11, the Board of Supervisors invited the delegation representing Fairfax County to participate in a work session at the Government Center and to be formally presented with the county's legislative program which was adopted on Dec. 4. Most of those delegates were in attendance, and those unable to attend sent representatives.

"Securing K-12 funding is a top priority," said Board Chairman Sharon Bulova in her opening remarks. A joint position with the Fairfax County School Board on "Funding Core Services" for those grades was the very first item in the legislative program packet distributed to the delegation.

Bulova said some progress has been made, but the statistics continue to show an inequality when educational funds are apportioned, leaving local jurisdictions to fill in the gaps to maintain a quality system.

Only four other school system divisions in the state serve as many or more students receiving free or assisted school lunches. The county also has one of the largest shares of students with special education needs, or who are learning English as a second language to be properly educated, yet the county contends that the formulas for funding distribution contain structural features that leave "statewide funding far behind the inflation-adjusted FY 2009 level." As of 2013, the Joint Legislative Audit and Review Commission ranked Virginia 23rd nationwide in total per-student spending, but 11th in the local share of this spending."

THE COUNTY says this trend reflects "Virginia's reliance on local effort and a growing imbalance in this partnership."

Together, the Board of Supervisors and the School Board strongly support a number of elements for their K-12 funding request:

- ❖ Restoration of full funding for Cost of Competing Adjustment for support personnel;
- ❖ Increased state funding for school divisions with high numbers of English learners, students living in economically disadvantaged households, students with special needs, and/or requiring mental health services;



State delegates and senators joined the Fairfax County Board of Supervisors, other county staff, and representatives from a number of civic groups for a legislative work session prior to the start of the 2019 General Assembly in January.

- ❖ Elimination of the support positions ratio cap "which has artificially lowered state funding contributions ... by hundreds of millions of dollars;"

- ❖ Appropriately funded Standards of Quality consistent with local staffing costs;

- ❖ Use of "true weighted averages" when calculating average teachers' salaries and other education costs;

- ❖ Recognition of cost of living variations throughout the Commonwealth in the funding formulas;

- ❖ Increased state resources for early childhood education programs to give all students the same opportunities for success when they enter the K-12 system.

The boards jointly oppose:

- ❖ State budgets that target or disproportionately affect Northern Virginia;

- ❖ State policies which direct funds away from local public schools and toward non-public options;

- ❖ Cuts or formula/policy changes which impose unfunded mandates.

Supervisor Jeff McKay (D-Lee District) chairs the board's Budget and Legislative Committees and spoke to the next issues on the county's "top priorities list," starting with "Transit." He urged the delegation and the audience members to review the "Transportation Fact Sheet" included in the Legislative Program, and maybe even "dig deeper" for background information and a clear understanding of the current situation.

Of particular concern, and so noted in the "Priorities" of the Legislative Program, is the fact that legislation enacted in the 2018 General Assembly addresses the needs of the Washington Metropolitan Area Transit Authority (WMATA) in part by diverting funds from the Northern Virginia Transportation Authority (NVTA).

This diversion reduces funds for other critical transportation needs in Northern Virginia by \$102 million per year. Projects that could be negatively affected or placed on hold for the foreseeable future include widening of several sections of Route 28 and

PHOTOS BY ANDREA WORKER/THE CONNECTION



Lee District Supervisor Jeff McKay chairs the Board of Supervisors' Legislative Committee. McKay gave an overview of the county's legislative priorities to the Fairfax Delegation to the General Assembly, his colleagues, and a roomful of staff and interested parties at the Government Center on Dec. 11.

the Soapstone Drive extension in Reston, among others. Such impacts will continue if the funding diversion continues.

McKay also made note of funding formulas which seem to "be a way to take money out of Northern Virginia and put it somewhere else." The Department of Rail and Public Transportation's policy change to allocate state funds based on project cost versus non-federal share could also impair the county's heavily-subsidized Connector bus system — which receives no federal funds and is a key element in the overall transportation network. In FY 2019 the localities within Northern Virginia will be footing over 19 percent of the bill for transit capital purchases, while outside Northern Virginia, jurisdictions will only be called upon to fund less than 5 percent of these goods and services.

The county also asks the Fairfax Delegation to protect Northern Virginia's fair share of statewide revenues for general maintenance. In FY 2019 the area is expected to only receive 6.9 percent of the state's Good Repair funds, even though the county's secondary roads, with only 39 percent rated as being in Fair or Better Condition, fall far below the Commonwealth's 60 percent av-

erage, or its 65 percent target.

THE ECONOMIC SUCCESS of the county and Northern Virginia are crucial to the economic health of the Commonwealth as a whole, the supervisors and staff argue, and that health and continued growth are dependent on a modern, efficient, multimodal transportation system that is safe and in good repair.

McKay shared the podium with County Executive Bryan Hill, Deputy Director, Department of Management and Budget, Christina Jackson, and James Regimbal of Fiscal Analytics to discuss the county's third — but equally important — Legislative Program priority; the State Budget.

Several pages of examples, statistics and concerns boil down to the county's position that the State "should rebalance its resources and responsibilities."

According to the report, State aid to localities has decreased by almost \$1 billion between FY 2009 and FY 2016. The inclusion of a 5-year period during that time when localities were required to return funds in order to help balance the state's budget basically created a "reverse concept of local aid to the Commonwealth" and equated to more than \$20 million in state funding cuts to Fairfax County which was further affected by cuts to the K-12 funds and the implementation of the cap on funding education support positions.

Since 2016, the General Assembly has made progress in increasing the state's commitment to education in the county, but the formulas and the allocation of resources for education and other services and activities in Northern Virginia continue to fall way short of the needs and out of balance with the rest of the Commonwealth's shares and responsibilities.

Governance and Local Authority rounded out the county's Top Priority list. There was no one in the room not aware that Fairfax County relies primarily on residential and property tax for its revenues. The county continues to call for diversification of tax revenue streams and the ability for local authorities to have more control over those methods of revenue generation.

McKay also expressed the board's strong opposition to the "Proffer Bill" as enacted by the General Assembly in 2016 which "severely limits proffer authority" and has the effect of "distancing communities and neighborhoods from decisions about development in their area."

"This needs to be fixed," said McKay.

The Legislative Program Priorities were accompanied by numerous position statements on issues regarding the environment, health, public safety, general laws, human services and more that the board asks the Fairfax Delegation to consider and address in the upcoming session.

The entirety of the 2019 Fairfax County Legislative Program is available on the county's website at www.fairfaxcounty.gov along with archived information from many of the board's Legislative Committee meetings.

Thinking Outside the Box

BY MARILYN CAMPBELL

With a new year often come new resolutions, be they six-pack abs by spring or giving up carnivore's diet and going vegan, but setting drastic or unrealistic goals can lead to failure. For New Years resolutions that can bring change in overall wellbeing, whether physical, emotional or financial, local innovators say think outside the box and they offer unorthodox resolutions and minor actions that can have a major impact.

While spending a week or even a day without one's smartphone or tablet might be unrealistic given the constantly connected world in which we live, a digital dial-down might be more attainable. "How about spending five minutes each morning meditating or reading or doing stretches?" said Jen Pape, yoga iRest Level II teacher and studio manager at Circle Yoga.

"One simple and realistic thing to try in the New Year is right when you wake up, instead of ... reaching for your phone to scroll for the news of the day or checking how many likes to your Instagram, take a moment to identify something you are grateful for and a one word intention for the day," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "A word such as peace,

centered, integrity or abundance can be returned to throughout the day. The research on gratitude and intention is strong and doing it just as you start your day can set the tone for the rest of the day."

Whether beginning or completing an undergraduate or graduate degree for professional advancement or simply taking a class that piques one's interest, consider education-centered goals.

"I'm sure others can relate to this one," said Jacqueline W. Lee, director of the Inventive Awards Program at the University of Maryland. "Make a timeline and then set weekly or monthly goals."

Examples of those goals might be resolving to complete and submit applications or scheduling informational interviews with three people in an area of one's interest.

From rough, dry hands to unsightly acne, skincare is important to one's overall wellbeing says Jaclyn Madden of Rodan + Fields who suggests resolving to take care of one's outer layer. "For a resolution that might be manageable ... I would suggest trying to commit to exfoliating your skin

Ideas for original and attainable goals for New Year's resolutions.

two to three times a week with a facial scrub to rid it of the old, dead skin and bring up the new skin and see a healthy glow," she said. "It also allows your skincare products to work deeper and more effectively."

A scroll through the pictures on most smartphones might reveal that many people have more snapshots than they'll ever be able to use. Resolve to organize those photos by taking small actions, suggests professional photo organizer Jody Al-Saigh of Picture Perfect Organizing.

"Five minutes in a doctor's waiting room or in line at the grocery store is enough time to delete a few unwanted photos and duplicates from your phone," she said. "Try to remember to do this during your idle moments instead of scrolling social media or news sites."

"Resolve to plan a weekly or monthly time on your calendar to organize photos and backup your collection," added Al-Saigh. "Set reminder alarms to jog your memory. Always set a time after a big vacation or important event to offload photos as well."

While bringing order to chaos is a goal that many hope to achieve, getting to the bottom of the mound of paper on one's desk or cleaning out an overstuffed closet can feel insurmountable. "Resolve to put an empty bag in the bottom of every closet in your home and fill it with unwanted clothing as you come across them instead of waiting until you find time to go through your entire closet," said professional organizer Jodie Jacobs, of SOUPerior Organizing. "Set a date and actually go to a charity to drop off the bags of clothing you already decided to donate."

"Resolve to start shredding your unwanted or sensitive papers once a week instead of waiting and creating an overwhelming amount that you then have to take somewhere and pay to shred," continued Jacobs. "Recycle your junk mail every evening so that it doesn't pile up."

Finding ways to add joy to one's life is a suggestion from therapist Carol Barnaby, MSW, LCSW-C. "I tell people to think not about giving things up, but about what would bring happiness to them in the New Year," she said. "For example, dating, taking up a new hobby, cultivating more friendships or creating less stress. Then set up actionable ideas to achieve those goals. Be kind to yourself and remind yourself that you are human and expected to make mistakes."

"I tell people to think not about giving things up, but about what would bring happiness to them in the New Year."

— Carol Barnaby, MSW, LCSW-C

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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Date: Saturday, January 12, 2019
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Time: 9:00-9:30a.m.-Registration
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Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

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.

Founding Artists Exhibition.

Through Feb. 3 at The Workhouse Arts Center, Vulcan Muse Gallery, 9518 Workhouse Way, Lorton. 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.

FRIDAY/JAN. 4

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/JAN. 5

RECenter Swim Classes Start. The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. For more information about the Park Authority's swim programs, call 703-222-4664 or visit fairfaxcounty.gov/parks/recenter/swimming.

JAN. 5-FEB. 28

Exhibit: Purchased Lives. 9 a.m.-5 p.m. daily (except major holidays) at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Purchased Lives is a traveling exhibition about the domestic slave trade from the Historic New Orleans Collection. The exhibit examines a complex and divisive period of American history and educating about the far-reaching economic and heartbreaking personal impact of the domestic slave trade. Look for The Washington Home of the Philippine Suffrage Movement March 3-31. Call 703-385-8414.

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 or call 703-425-9225.

MONDAYS/JAN. 7

Try Girl Scouts. 6-7 p.m. at Abiding Presence Church, 6304 Lee Chapel



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Fairfax Station Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Road, Burke. Girls grades kindergarten to fifth grades are welcome to try four weeks (Mondays/Jan. 7, 14, 28, Feb. 4) of Girl Scout meetings on cybersecurity. They will meet the requirements for two new Girl Scout cybersecurity badges. Parent help will make it possible to start a new troop or girls may be matched with existing troops. \$25 for four weeks. Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

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.

Try Girl Scouts. 6-7 p.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. First grade girls from Orange Hunt, Hunt Valley, and Sangster Elementary Schools are invited to participate in four Girl Scout Cybersecurity meetings (Jan. 8, 15, 22, 29). They will meet the requirements of two new Girl Scout cybersecurity badges. Parent help will make it possible to start a new troop. \$25 for four weeks. Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

FRIDAY/JAN. 11

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com

or call 703-273-3638.

Bonita Lestina Performance

Series. 8 p.m. in Old Town Hall, 3999 University Drive. Performer to be announced. Doors open 7:30 p.m. Free. Visit fairfaxva.gov/culturalarts or call 703-352-ARTS.

FRIDAY/JAN. 18

Family Movie Night: "Paddington 2." 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.

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, www.facebook.com/FFXSRR, or call 703-425-9225.

Learn from History Lectures. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Freedom is Not Enough: African Americans in Antebellum Fairfax County. Call 703-385-8414.

FRIDAY/JAN. 18

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/JAN. 19

Pet Adoption Event. 11 a.m.-2 p.m.

at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

Country-Western Dance. 6-9:30 p.m. at Accotink Universalist Unitarian Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance with lessons, 6-7 p.m. and open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org.

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, www.facebook.com/FFXSRR, or call 703-425-9225.

FRIDAY/JAN. 25

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

Bonita Lestina Performance

Series. 8 p.m. in Old Town Hall, 3999 University Drive. With IONA Celtic Fusion. Doors open 7:30 p.m. Free. Visit fairfaxva.gov/culturalarts or call 703-352-ARTS.



COURTESY OF EC PHOTOGRAPHY

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

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 for more.

SATURDAY/JAN. 26

Learn from History Lectures. 2 p.m. at Historic Blenheim, 3610 Old Lee Highway. The War Outside My Window: The Civil War Journals of LeRoy Wiley Gresham, 1860-1865. Call 703-591-0560.

Reminiscences. 7-8 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. After winning first prize at the Golden Classical Music Awards International Music Competition and making his debut performance at Carnegie Hall, concert pianist Mark Irchai returns to the DC-metro area. He will offer "Reminiscences" – a solo piano recital of music written by composers in reflection on their pasts. Free. Visit markirchai.com.

THURSDAY/JAN. 31

Adults' BYOG Night. 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. BYOG = Bring your Own Game – come to the library with your favorite board game or card game to share. Adults only. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4741919.

FRIDAY/FEB. 1

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/FEB. 2

Dog Park Grand Opening. 9 a.m. at the Fairfax City Dog Park, 11000 Berry St., Fairfax. City residents, both two-legged and four-legged, are invited to the grand opening ceremony for the Fairfax City dog park on the former Westmore Elementary School site. Call 703-385-7858.

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COMMENTARY

Short Session, Many Bills

BY SCOTT SUROVELL
STATE SENATOR (D-36)

The General Assembly Session gavels in on Jan. 9 and we have a full agenda awaiting us for our 45-day or "short" session.

First, the budget will probably take center stage this year even though we adopted a two-year budget last year. As I mentioned in my previous column, between federal tax reform, rising revenues, and the Supreme Court's Wayfair decision that allows states to tax internet sales, the Commonwealth has over \$1 billion of excess revenue to appropriate. Governor Northam has proposed a targeted tax cut to working Virginians, investments in K-12, and investments in higher education.

I will be carrying at least 25 bills which is the limit in the Senate. First, I will be carrying Governor Northam's coal ash bill. We propose to ban leaving ash in place and to incentivize coal ash recycling and moving ash away to landfills. The bill requires locally-sourced jobs that pay decent benefits, local government input and prioritizing rail transport. The program is expected to cost between \$2 and \$5 billion although experience in other states has cost much less.

Ratification of the Equal Rights Amendment will also be a big focus. I have been Chief Patron for six years, but I am deferring to my Republican colleague Sen. Glen Sturtevant from Powhatan and Dumfries Del. Jennifer

Carroll Foy to lead the charge this year. We are one state away from 38 states needed to ratify and equal rights for all people should be in the U.S. Constitution.

I am also carrying a bill for the Administration to require annual sign inspections for tall signs near interstates. Last year, a wind-damaged Potomac Mills sign shut down I-95 for three days in March after a wind storm tore through our area shutting down interstate carrying 100,000 vehicles per day. That situation should never happen.

I am proposing several bills to reform homeowners' association rules. One clarifies the rules on when associations can regulate home based childcare. Affordable childcare is very difficult to find in the Washington, D.C. Metropolitan Area and many conflicts have arisen over interpreting association rules on home businesses. I am also carrying a bill that provides better annual transparency in association reserves and more importantly – reserve shortages.

With the advent of the new "gig economy," more people are employed as independent contractors and one of my bills will allow Virginia's Department of Child Support Enforcement to start garnishing employees paid by 1099 working for entities like Uber or Airbnb.

The NAACP Criminal Justice Committee asked me to carry a bill to reform School Resource Policy (SRO) statewide. Virginia has been ranked #1 in the United States on putting children into the School to Prison Pipeline. My bill

makes clear that SRO's are not involved in school discipline but only actual crime and requires parental notification when criminal investigations commence to ensure a fair process.

Once again, I will carry a bill to re-regulate consumer finance lending to protect against internet lenders using 400 percent interest rates from exploiting a license used by lenders who historically make loans at only 36 percent or less. I am also supporting other bills to close other loopholes.

I am working with the American Association of Retired Persons (AARP) to press legislation to allow localities to provide mobile voting locations – e.g. voting equipment that can be moved around to retirement homes, transit stations or used in emergencies on election day.

I am working with a group to clean up the Code of Virginia's provisions for same sex couples who use assisted conception. Also, I will once again attempt to provide temporary driving permits to all Virginians regardless of immigration status.

The Department of Veterans Affairs has asked me to carry legislation streamlining the commercial driver's license process for veterans certified to drive heavy trucks during active duty. I will also be carrying several other bills that I will write about in coming columns.

Please come visit my office in Richmond and provide me your input throughout the session at scott@scottsuovell.org! It is an honor to serve as your state senator.

WEEK IN FAIRFAX

Shutdown Special at Tandoori Nights

During the current shutdown, Tandoori Nights in Fairfax is offering free, dine-in, buffet lunches to federal-government employees. This event runs from now until Jan. 11, Monday-Friday, from 11 a.m.-1 p.m., and is open to those showing their employee ID. (Soft drinks and alcoholic beverages aren't included).

According to owners Shyam Lama and Raj Tamang, "We are immigrants to this great nation. We went to school, started families and businesses here. To us, the United States is sanctuary, a land of opportunity and, most importantly, our home. By offering the Tandoori Nights Shutdown Special, we want to recognize the important work our public servants do every day and give appreciation for their dedication."

Tandoori Nights Fairfax is a family-owned, Indian and Nepalese restaurant at 10312 Willard Way in Courthouse Plaza.

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NEWS

From left: Steven Davis, President and CEO, DGSC Group; Rocky Mitchell, Executive Vice President, Global Fixed Assets, PenFed Credit Union; Gerald L. Gordon, Ph.D. President and CEO, Fairfax County Economic Development Authority; Darrell Green, Associate Athletic Director, George Mason Athletics.



PHOTO CONTRIBUTED

PenFed Credit Union Donates \$50,000 Challenge Grant to GMU Scholarship Fund

On Dec. 5, PenFed Credit Union made a challenge grant of \$50,000 to start the Dr. Gerald Gordon Scholarship Fund at George Mason University. The donation was presented by Rocky Mitchell, PenFed Executive Vice President of Global Fixed Assets, during a celebration hosted by the Fairfax County Economic Development Authority (FCEDA) Commission in honor of Dr. Gerald Gordon's 35 years of service to Fairfax County.

The evening event honored Dr. Gordon who is retiring after serving as president and CEO of the FCEDA in Fairfax County. PenFed's Mitchell is a member of the FCEDA Commission, the Authority's governing body, and served with Dr. Gordon for the past three years.

"Jerry is an asset to Fairfax County and indeed all of Virginia," said Mitchell. "He was instrumental in PenFed's acquisition of our new Tysons headquarters and has supported many of our key initiatives.

PenFed's President and CEO, James Schenck, and our entire Executive Team feel this challenge grant is a most appropriate way to celebrate Jerry's legacy."

Dr. Gordon taught at George Mason University, Catholic University, the University of Maryland, and Virginia Commonwealth University. In the last decade Dr. Gordon has chaired the boards of the Fairfax Symphony, the Arts Council of Fairfax County, the Foundation for Fairfax County Public Schools and the George Mason University Honors College. He also has served on the board of the International Economic Development Council and is a Fellow Member and Honorary Life Member of the organization.

The event was held at the Tower Club, Tysons Corner in Tysons, Virginia. Attendees included many from the Fairfax County business community and Fairfax County government.

To learn more about PenFed Credit Union, visit PenFed.org

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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 or call 703-323-4788.

TUESDAY/JAN. 8

Research Discussion and Q&A. 3:15-4:15 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. There's so much information available online that it's hard to know where to even begin. Join us for a discussion with Brigid Reynolds, a Research Investigator with the Memory Disorders Program at Georgetown University, to learn more about current research and the latest clinical updates. Those living with MCI or early stage dementia and their care partners are welcome to bring their questions. Respite will be available. Contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

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/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)

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 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 for more or to register.

GrandInvolve Community

Meeting. 1-3 p.m. at the Richard Byrd Library, 7250 Commerce St., Springfield. Learn what a typical day in Lee District Title 1 Elementary Schools looks like. GrandInvolve volunteers will be present to talk about their experiences and share heartwarming stories of their time with Fairfax County's youngest

SEE BULLETIN, PAGE 11

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BULLETIN BOARD

FROM PAGE 10

students. If FCPS schools are closed or delayed this event will be canceled. Contact info@grandinvolve.org or visit www.grandinvolve.org.

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.

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 for more.

SATURDAY/JAN. 19

Town Hall Meeting. Noon at Hayfield Elementary School, 7633 Telegraph Road, Alexandria. State Senators Scott Surovell, Adam Ebbin and George Barker with Delegates Paul Krizek and Mark Sickles will host a town hall. Individuals will have the opportunity to hear about progress in Richmond and ask questions about legislation as the legislative process happens.

WEDNESDAY/JAN. 23

Remove Sentimental Items. Friends and family members who have placed items on grave sites in the City of Fairfax Cemetery are asked to remove items with sentimental value by Jan. 23, before city staff launch cemetery maintenance the following day. Placement of decorative objects and floral decorations on city cemetery graves will again be permitted beginning Jan. 26. Call 703-385-7997.

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 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 for more.

SATURDAY/JAN. 26

Workshop: "Journey through Grief." 2-4 p.m. at Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Winter Workshop, "Journey through Grief." Snow date is Feb. 9. Free. Registration is requested. Call 703 941-7000, email Haven at havenofnova@verizon.net or visit www.havenofnova.org.

SATURDAY/FEB. 2

Town Hall Meeting. 1 p.m. at South County High School, 8501 Silverbrook Road, Lorton. State Sen. Scott Surovell and Del. Kathy Tran will host a town hall meeting. Individuals will have the opportunity to hear about progress in Richmond and ask questions about legislation as the legislative process happens.

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You're In My Thoughts



By KENNETH B. LOURIE

Though this column will have been written before Christmas, its content will be about Christmas (as you'll soon read), and because of early deadlines as well for our Jan. 2 edition, it needs to be submitted sooner rather than later anyway.

As you regular readers may remember the timing conflict – and concern – I had involving my pre-Thanksgiving infusion in addition to the impact of this last quarter's every-three-week-in-fusion schedule would have on the holiday season, fortunately, Christmas was not to be affected.

As scheduled, my last chemotherapy infused on Dec. 7 so by the time Dec. 24/25 arrives, there will be no side or straight-on effects. No problem sleeping. No problem getting up. No problem eating. And no problem driving the two-plus hours up and back to our holiday destination.

However, this column wouldn't be written if there weren't a situation of some substance I felt worthy of 600 words or so.

Because my last infusion occurred when it did, the next infusion is scheduled for Dec. 28. That Friday date means I'll have to contribute blood (lab work) and a collection of the previous 24 hours of urine on Wednesday, Dec. 26 (I'll be back home so that's not the problem). The problem is that I will have had to collect and keep cold urine beginning first thing-ish on Tuesday, Christmas day, a day when for the next 8+ hours I will be in someone else's house eating, drinking and making merry – and more importantly, be away from the privacy of my own bathroom and the at-home convenience of collecting urine in a bottle and keeping it cold.

Not that I intend on making a big production of it on Christmas Day, but I will be bringing a cooler with me and likely needing to place it in a very public bathroom in the house or another less obvious place that I'll be visiting half a dozen times throughout the day.

Moreover, to make sure I can provide a sufficient volume, I'll need to bring along a gallon of Turkey Hill Diet Green Tea because it goes through me – unlike water and enables me to fill the specimen bottle to the top.

Which if my last few creatinine levels are any indication, and I want those levels to measure within an acceptable-for-infusion range, I need to drink as much of the tea as possible and visit that hopefully inconspicuous place as much as possible as well.

However, as I think about the transportation/storage of the urine and tea situation, I'm thinking I'm going to need two coolers; one for the urine bottle and one for my tea. Because I certainly don't want the two bottles in the same cooler or God forbid, touching one another. I may not be a germaphobe, but I really don't think I'll be able to drink my tea if it's stored in the same cooler.

And I certainly don't want to impose on my host's hospitality by asking her to store either of these bottles in her refrigerator likely already packed-to-the-gills with dinner prep.

As much as I can, somehow, I want to keep a low profile and not be interjected into any of the proceedings/conversation. (Not that I'd be embarrassed since everyone in the house is family and familiar with my diagnosis/general circumstances.)

When the dinner/visit is over, we'll be driving home, coolers in trunk. If I need a rest stop, I'll have to pull over to use my bottle since I'm contributing until Wednesday morning, Dec. 26, after I'll have spent the night back at home. So Christmas won't be a total loss, as Thanksgiving nearly was, but it will be impacted nonetheless.

Still, if my creatinine level is low enough to once again enable me to be infused on Friday, Dec. 28, the awkwardness of the occasion/task will have been worth the trouble. (Besides, it was fodder for a column.)

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

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