

# Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

Westfield senior Mary Allison  
hands out the homemade  
cookies that went with every  
gift delivery.

WELLBEING  
PAGE 2

## Fulfilling Christmas Wishes

NEWS, PAGE 3

Richmond Priorities:  
Education and Transit

NEWS, PAGE 8

Making New Year  
Resolutions

WELLBEING, PAGE 2

PHOTO BY BONNIE HOBBS  
CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 6

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JANUARY 2-8, 2019

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## NEWS

# Thinking Outside the Box

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

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 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 dupli-



PHOTO CONTRIBUTED

**Resolving to put an empty bag near your closet and filling it with unwanted clothing items as you come across them is a simple alternative to a complete overhaul all at once, says professional organizer Jodie Jacobs.**

cates 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."





Westfield High lacrosse team members Fernando Ifill (left) and Brennan Dolan just loaded presents into this car.



Joe Clancy (left) and Dylan Gepford, of Westfield's lacrosse team, fill this vehicle's trunk with gifts.

# Our Neighbor's Child Fulfills Christmas Wishes

On Dec. 16, a slew of dedicated volunteers helped Our Neighbor's Child (ONC) deliver Christmas presents to more than 600 local families in need.



Andrew Weber (left) and Sam Acharya, of Westfield's lacrosse team, prepare to load a bike into a car.



Westfield lacrosse players (from left) Luke Shields, Liam Santilli, Michael Hart, Andrew Boyle and Aidan Todd bring a box of toys outside for loading.



ONC volunteers give residents their toy-delivery assignments.



In red vests, Westfield lacrosse players (from left) Elijah Tarlton and Sam Magnusson pose with residents Tina and Chris Zuccolo, who'll deliver the presents the students just packed into their SUV.



Westfield lacrosse players Austin Sydnor (left) and Owen Yoham carry out bags full of presents from ONC's warehouse.

PHOTOS BY  
BONNIE HOBBS

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CHANTILLY CONNECTION ♦ JANUARY 2-8, 2019 ♦ 3



# OPINION

## Looking Ahead in the Sully District

BY KATHY L. SMITH  
SULLY DISTRICT  
SUPERVISOR



I'm excited to ring in 2019 as the Sully District supervisor, and look forward to the year and the work ahead. The I-66 Outside the Beltway Project is underway, and the construction activity is really taking off around the I-66/Route 28 interchange.

During 2019, we'll see even more changes at the interchange, a new entrance to the ballfields at EC Lawrence Park via Stonecroft Boulevard, and the removal of four traffic signals on Route 28 in 2020. This project will help reduce the terrible congestion in this corridor.

All I ask is that the community be patient in 2019 as we see increased construction activity in this corridor.

In the latter part of 2019 the groundbreaking for the Sully Community Center off of Wall Road should take place. The facility approved by the voters as part of the 2016 Human Services Bond will provide space for the Sully Senior Center, space for community meetings, and contain two courts for athletic activities. This facility is a wonderful addition to the Sully District, and I can't wait to see it underway.

As the chair of the Board of Supervisors Development Process Committee, I'm keenly aware of the challenges that we face economically and in 2017 the county began an initiative to modernize the Zoning Ordinance, now known as zMOD. This process will help the county in its efforts to carry out our strategic plan and help diversify our economy. We need

to modernize our ordinance so that we can be flexible and work with the businesses of the future. I look forward to continuing this process as we make changes to the ordinance to put Fairfax County in a better position to address the changing development world.

Every Saturday night in August, the Fairfax County Park Authority partners with private donors to put on the Starlight Cinema. These free outdoor movies are a wonderful way to spend a summer evening with family and friends and meet other members of the community. We're always looking for sponsors and if you are interested you can contact the Fairfax County Park Authority Foundation or my office to find out how to donate.

I want to wish everyone a healthy, happy and prosperous 2019, and please consider signing up for my weekly newsletter at [sully@fairfaxcounty.gov](mailto:sully@fairfaxcounty.gov).

### COMMENTARY

### CRIME REPORT

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

**UNLAWFUL ENTRY:** 6100 block of South Barros Court, Dec. 26, 12:02 p.m. A maintenance worker was cleaning a common area of the complex when he heard noises and smelled marijuana coming from a vacant townhome. Officers checked the townhome and found a 22-year-old man from Fairfax, inside. Officers discovered he had entered through a window and had a handgun in another room. The man was arrested and charged with unlawful entry. Officers are investigating for any potential weapons violations.

**MALICIOUS WOUNDING:** 14124 Lee Highway (Sunoco Gas Station), Dec. 16, 1:40 a.m. (Sunoco Gas Station) Two cars were involved in an accident on Lee Highway. Both drivers pulled into the Sunoco parking lot and began to argue. A 47-year-old Centreville man began punching the other man. The suspect went to his car, pulled out a gun, and

repeatedly hit the victim on the head with the gun. When the victim tried to get away, the suspect grabbed a large stone and continued to strike the victim on his head. A gun was located by officers.

The victim was taken to a local hospital for treatment. The suspect was arrested and charged with malicious wounding and brandishing a weapon.

**BURGLARY:** 14000 block of Grainery Road, Dec. 20, between 4 a.m. and 6:30 a.m. Someone entered an unlocked car in the driveway of a home and stole the garage door opener, which was used to open the garage. A safe was taken from the garage along with several personal items. The safe was later found in the neighborhood.

**DEC. 27 LARCENIES**  
4200 block of Airline Parkway, chain saws from vehicle  
14100 block of Saint Germain Drive, cell phone from location

**DEC. 26 LARCENIES**  
13800 block of Braddock Road, purse from location  
13800 block of Braddock Road, watch from location  
4000 block of Mapleton Drive, property from residence  
5600 block of Stone Road, beer from business

**DEC. 21 LARCENIES**  
5700 block of Newton Patent Drive, documents from residence  
**STOLEN VEHICLES**  
14300 block of Saint Germain Drive, 2008 Nissan XTR  
**DEC. 20 LARCENIES**  
5700 block of Newton Patent Drive, documents from residence  
**STOLEN VEHICLES**  
14300 block of Saint Germain Drive, 2008 Nissan XTR  
**DEC. 19 LARCENIES**

13000 block of Fair Lakes Shopping Center, merchandise from business  
13000 block of Lee Jackson Memorial Highway, purse from vehicle  
7100 block of Merrimac Drive, firearms from residence  
**DEC. 18 LARCENIES**  
15600 block of Braddock Road, merchandise from business  
14100 block of Compton Valley Way, package from residence  
**DEC. 17 LARCENIES**  
6800 block of Cottingham Lane, cash from residence  
13600 block of Lee Highway, merchandise from business  
13900 block of Lee Jackson Memorial Highway, license plate from vehicle  
5600 block of Pickwick Road, merchandise from business  
7100 block of Woodglen Court, gun from residence  
**STOLEN VEHICLES**  
6400 block of Paddington Court, 2006 Kia Optima

### BULLETIN BOARD

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

#### 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](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)

#### 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](http://ARTSFAIRFAX.org).

#### 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).

#### 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.

#### ELECTRONICS RECYCLING

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

## Chantilly CONNECTION

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# Business Women's Giving Circle Supports STEM

**Four organizations receive \$52,000.**

**T**he Community Foundation for Northern Virginia's Business Women's Giving Circle (BWGC) named the winners of its fifth annual grant cycle. A total of \$52,500 has been awarded to four local nonprofit organizations and schools that provide STEM (Science, Technology, Engineering, Math) programs to girls and young women in Northern Virginia. To date, the BWGC has awarded \$230,500 in grants.

"These programs provide innovative and essential opportunities to spark STEM interest and expand the STEM skills of girls and young women in our region, and we are delighted to invest in their work after an evidence-based, deeply thoughtful selection process," said Amy Kay, Principal at C3G3 – Strategies to Grow the Greater Good, and co-chair of the BWGC Grants Committee. "Now in our fifth year, our grantees' work continually inspires our dynamic members to collectively identify and support outstanding programs, propelling our strategic initiatives to prepare girls and young women to achieve their full potential in STEM and advance a thriving community," she added.

Currently with 58 members, the Business Women's Giving Circle brings together engaged women who want to support positive change for girls and young women in the community.

Launched in 2014 by the Community Foundation for Northern Virginia, it invests in innovative programs and inspires others to join the power of collective philanthropy. Annual membership in the Business Women's Giving Circle is \$1,100 and includes a vote in the annual competitive grant cycle. All contributions are pooled for a greater collective impact.

"As leaders in our communities and in-



The four grantees include RESET, above, which received \$12,500.

dustries, BWGC members know how important positive experiences with science, technology, engineering and/or math are to this next generation of young women," said Tanya La Force, founder of Mission Focused Consulting, and chair of the BWGC. "Careers in these fields offer greater financial and job security. With women still underrepresented in most STEM professions, our focus is to give more girls opportunities to grow their confidence in these subjects. As we celebrate 5 Years of Empowering Young Women, we look forward to growing our membership to have an even greater impact in the years ahead."

The winning organizations are:

❖ **RESET** - \$12,500

Serving all of Northern Virginia

The grant will help to provide computer science, coding, physical science, and other STEM programs to Girl Scouts in Northern Virginia. Programs will enable Girl Scouts to achieve their STEM merit and leadership badges.

"This generous level of support from the Business Women's Giving Circle will enable RESET to reach hundreds of Girl Scouts," said John Meagher, RESET executive director. "We are gratified by the trust that BWGC

has placed in our model of training older Scouts in computer science, who then lead hands-on learning sessions for younger Scouts. We also welcome the opportunity to provide these Scouts the opportunity to work with women RESET volunteers from STEM professions, who provide them with examples of education and career pathways that they may want to consider for themselves."

❖ **Space of Her Own, Inc. (SOHO)**: \$10,000

Serving Alexandria

The purpose of this grant is to provide fun and engaging STEM projects to vulnerable 5th grade girls in Alexandria, serving 12 girls with the SOHO-Del Ray program, and 12 with SOHO-West End. This grant will also provide STEM-related activities for up to 90 girls during grades 6-8 with the SOHO Club.

"As founder and director of the Space of Her Own, I have been incredibly inspired by the enthusiasm, expertise and support provided by Business Women's Giving Circle members," said Linda Odell, executive director. "You are a wonderful group of women and are very much appreciated. BWGC is a breath of fresh air."

❖ **TrailsforYouth** - \$15,000

Serving Fairfax County  
Funding will support the Girls Rolling and Learning STEM (GRLS) program.

This weekly club will use bicycles and physical activity to introduce and educate STEM principles to primarily at-risk girls in grades 5-8.

While working on and riding bikes, girls will learn concepts such as hydraulics, ratios, resistance, balance, energy and movement all while getting exercise.

"Throughout history the bicycle has enabled women to experience freedoms they have never known before," said Julie Childers, executive director of TrailsforYouth.Org. "With this generous grant from the Business Women's Giving Circle, TYO will provide girls with opportunities to experience STEM principles and concepts while receiving much-needed physical activity in nature."

❖ **Wesley Housing Development Corporation**: \$15,000

Serving Fairfax County

Funding will provide a creative outlet for low-income minority middle and high school girls to express themselves while learning advanced technological skills through filmmaking.

"As a result of the Business Women's Giving Circle's generous support, Wesley Housing can expand the FILES program to more young girls from low-income households throughout Northern Virginia," said Director of Resident Services Darryl Leedom. "The program provides an innovative outlet for our youth residents to explore STEM learning and gain the technical skills needed for the 21st century workforce in a new, fun, and engaging way," added Leedom.

To learn more about the Business Women's Giving Circle, visit the Community Foundation for Northern Virginia's website [www.cfnova.org/bwgc](http://www.cfnova.org/bwgc), or contact Sari Raskin, Director of Grants and Community Leadership, at 703-879-7641 or [sari.raskin@cfnova.org](mailto:sari.raskin@cfnova.org).

## Man Arrested for Unlawful Filming of Minor

**A** 39-year-old man is facing a felony charge after he was caught filming a minor in a Fair Oaks Mall dressing room. Mumtaz Rauf, of Alexandria, was arrested for unlawful filming of a minor Monday, Dec. 24, around 4 p.m. Officers were called to the Forever 21 clothing store based on a complaint by a customer.

A teenage girl saw a black device such as camera or cell phone pointing down from the wall of her dressing room, and she believed photographs were possibly being taken.

A man was then seen exiting the



Rauf

room of the H&M clothing store and identified him as Rauf.

He was wearing a black jacket, red knit beanie, khaki pants and red shoes, which matched the description provided by the store employee.

He had a pinhole camera, black

store headed into the mall by an employee of the store. Officers ultimately located the man the employee described in the fitting

tape, and a battery powered Bluetooth transmitter that officers believe he was using to remotely gather video and pictures from various fitting rooms. Rauf was charged with unlawful filming of a minor, which is a felony due to the victim being under 18 years of age.

Officers believe there may be additional victims. Anyone who believes they may have been filmed by Rauf, or has information is asked to contact Officer Musser at 703-591-0966.

## CRIME REPORT

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

**ROBBERY:** 13059 Fair Lakes Shopping Center (Walmart), Dec. 27, 2:15 a.m. A store employee reported three men entered the store and filled two shopping carts with electronics. When questioned by an employee, two suspects hurried toward the main exit while the third suspect separated from the others. When an employee tried to prevent the two from leaving with the unpaid items, one of the suspects shoved the employee to the ground. The employee was unharmed. The third suspect left the store with a cart full of merchandise through a different exit. The suspects were described as black men, all of whom escaped in a light colored, four door pickup truck.

**BOMB THREAT:** 9500 block of Blake Lane, Dec. 21, 11:40 a.m. A 35-year-old Fairfax man called Merrifield Crisis Response Center and threatened to shoot up the building with an AK-47 and use explo-

sives if he did not talk to someone. Officers went to his residence and saw a man walk out of the house and sit on the front steps; he was immediately detained. The man smelled of alcohol. A BB gun was found in his home. He was charged with threats to bomb and drunk in public.

**BURGLARY:** 8600 block of Nanlee Drive, Dec. 15 between 4:20 p.m. and 10 p.m. Someone broke into the residence, and stole electronics, cash, and miscellaneous items.

**BURGLARY:** 11750 Fair Oaks Shopping Center (Hot Topic), Dec. 15, 8:15 a.m. As employees reported to work they observed a black man, wearing a dark jacket, and dark pants in the back of the store. The man exited the store when the employees saw him. The employees noticed cash registers pried open, and money missing from each.

**BURGLARY:** 11750 Fair Oaks Shopping Center (Cinnabon), Dec. 15, 11:00 a.m. An employee reported someone entered the business and took money.



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

### ONGOING

**Fitness for 50+.** Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email [lynne.lott@fairfaxcounty.gov](mailto:lynne.lott@fairfaxcounty.gov) or call 703-322-4475.

**History Volunteers Needed.** Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

**Art Guild of Clifton Exhibit.** 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919.

**Carolina Shag Dance.** 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 at 6:45 p.m. Tickets are \$8. Visit [www.nvshag.org](http://www.nvshag.org).

**Open Rehearsal.** Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit [www.fairfaxjubilairs.org](http://www.fairfaxjubilairs.org).

**Mondays are Family Night.** 5-7 p.m. at Villaggio, 7145 Main St. \$45 for a family of four. Call 703-543-2030.

### PET ADOPTIONS

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

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

**Adopt a Dog.** Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org).

### LIBRARY FUN

**Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

**Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

**Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

**Lego Block Party.** Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

**Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000



PHOTO COURTESY OF THE 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](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.**

Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to register.

**Legos Kids Club.** Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

**Starlight Storytime.** Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

### WEDNESDAY/JAN. 2

**First Hike Fairfax 2019.** Visit any Fairfax County Park Authority trail on Jan. 1, 2019. Take lots of photos. Pick a favorite photo to enter into the Fairfax County Park Authority's First Hike Photo Contest by Jan. 2. The contest is open to amateur and professional photographers. Limit one photo entry per person. Visit the First Hike Fairfax at [fairfaxcounty.gov/parks/first-hike](http://fairfaxcounty.gov/parks/first-hike).

### 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. Call 703-222-4664 or visit [fairfaxcounty.gov/parks/recenter/swimming](http://fairfaxcounty.gov/parks/recenter/swimming).

### SUNDAY/JAN. 6

**"Hands-on History: Working with Wool."** 1 and 2 p.m. at Sully Historic Site is located at 3650 Historic Sully Way, Chantilly. Journey back into America's past with the Hands-on History program at Sully Historic Site. Get a feel for the kinds of work that was done by four African-American enslaved women who once lived at Sully and were skilled in spinning and sewing. Try carding wool using a drop spindle and hand loom. Listen to a textile story. Learn how challenging it was to keep warm in the early 1800s. \$5 per person. Designed for participants age 5-adult. Add a guided tour of Sully Historic Site for \$5 per person. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/)

sully-historic-site.

**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) or call 703-425-9225.

### 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) or call 703-425-9225.

**Winter Fun Days.** 2-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Register children for "Winter Fun Days" at Sully Historic Site and find ways to keep everyone entertained when going outside isn't a great option. During the program, children age 6-12 will discover fun games and learning activities they can do at home the next time everyone is snowed in. Participants will make a historic craft to take with them and warm up with hot cider. \$8 per child. Children must be accompanied by an adult. Call 703-437-1794 or visit [fairfaxcounty.gov/parks/sully-historic-site](http://fairfaxcounty.gov/parks/sully-historic-site).

### FRIDAY-SUNDAY/JAN. 18-20

**Home + Remodeling Show.** Friday-Saturday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. TLC's Trading Spaces' John Gidding and HGTV Design Star's Tyler Wisler will headline the event. \$12 at box office; \$9 online, \$3 children 6-12, free for 5 and younger at [homeandremodelingshow.com/show-features](http://homeandremodelingshow.com/show-features).

### 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. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.



## ROUNDUPS

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, Jan. 8, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected.

That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

### Learn about Police Helicopters

Residents will learn about Fairfax County Police Department's Helicopter Division at the next meeting of the Sully District Station's Citizens Advisory Committee. It's set for Wednesday, Jan. 9, at 7:30 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly.

Topics will include: The division's overall mission (medevac and police), information about the helicopters and their equipment, operating in the most restricted airspace in the U.S., pilot and tactical flight officer requirements and training, costs, drones and lasers, and hangar renovation.

### Meals on Wheels Drivers Sought

Meals on Wheels Drivers pick up meals and deliver them to individuals on a specific route. Routes take a maximum of two hours to deliver all meals. Deliveries are made midday Monday, Wednesday, and Fridays.

Deliveries can be made by an individual or as part of a volunteer group. Email [volunteersolutions@fairfaxcounty.gov](mailto:volunteersolutions@fairfaxcounty.gov).

### Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM's food pantry's location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays.

Contact Terri Kelly at [tkelly@wfcma.org](mailto:tkelly@wfcma.org) if willing to coordinate a food drive.

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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-infusion 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.



# Richmond Priorities: Education and Transit

Supervisors host session with Fairfax General Assembly delegation.

By ANDREA WORKER

**T**he 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 23<sup>rd</sup> nationwide in total per-student spending, but 11<sup>th</sup> 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;



**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.**

- ❖ 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 the Soapstone Drive extension in Reston, among others. Such impacts will continue



**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.**

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 average, 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](http://www.fairfaxcounty.gov) along with archived information from many of the board's Legislative Committee meetings.

PHOTOS BY ANDREA WORKER/THE CONNECTION