

Centreville * Little Rocky Run ENTRE /EW

Рното

News, Page 3

JANUARY 16-22, 2019 25 CENTS Newsstand Price From left: Carla Perez and daughter Lia, 2, pose with Westfield High junior Sarah Luffy, portraying a princess. Carla is not a Mountain View student, but her mom is Tina Perez, administrative assistant to Mountain View's principal. CALENDAR, PAGE 5 & CLASSIFIEDS, PAGE 6 BONNIE HOBBS/CENTRE VIEW News, Page 6 1-17-19 11 HOWE МАТЕВІАL. Ведиезтер Inside New Sully District Community Center NOITHENTION POSTMATER: ВҮ EASTON, MD PERMIT #322

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Saint Leo the Great Catholic School

Saint Leo the Great Catholic School community leads by the example of Jesus, with respect and compassion for all, to foster faith and academic growth.

Open House

Sunday January 27th, 2019 12:00 pm

Faith

Our community provides a safe, nurturing atmosphere infused with faith, virtues and catholic principles.

Academics

Our curriculum provides the foundation necessary for your child's spiritual and intellectual development.

Technology

Technology is integrated into every aspect of our learning process.



703-359-6645



- . Founded in 1957, we have been instilling values and virtues in our students for over half a century, educating Pre-School 3-Grade 8.
- · St. Leo has implemented a K-8 Lab Learner program to enhance science instruction. We have also purchased Google Chromebooks to increase technology education in the classroom.
- · Active Board technology is present in every classroom for hands on learning, which improves your child's cognitive abilities and critical thinking skills.
- Honors High School Algebra offered to qualified 8th graders and Adv. Math courses gr.5-8 (including Geometry) for those who qualify.
- . Three mobile labs and 15,000 volume media center assists with providing a multi-faceted learning approach to our science and social studies curriculum.
- Spanish is offered in Kindergarten through 8th Grade
- St. Leo the Great offers a myriad of extracurricular activities, such as Robotic, Girls on the Run, Odyssey of the Mind, Art/Math Clubs
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- . We have an award winning Band program and a beginning and advanced Strings program

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Reaching Suburban Washington's Leading Households

Great Falls Connection
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 Mount Vernon Gazette



E-cigarettes come in a variety of forms.

Rechargeable e-cigarette

Image Courtesy of Partnership for Drug-Free

How to Talk About Vaping

"You also want you to

give your child a way to

get out of a risky social

feeling embarrassed."

— Joyce McCarry, M.A.

situation without

Approaching conversation about dangers of e-cigarettes.

BY MARILYN CAMPBELL

essica DeBoer's 13-year-old son just returned to school after a six-day suspension because he was caught vaping in the boys bathroom of his elite private school. Until she received a call from one of the school's administrators, DeBoer was not familiar with the practice and never dreamed her son would partake in it.

"Now I feel like I might have been naive considering how widespread it seems to be," she said. "My son told me that many of the kids in his school have tried vaping and some even do it regularly."

Vaping is the use of e-cigarettes to inhale and exhale an aerosol, often referred to as vapor, which is

produced by an e-cigarette or similar device. The term is used because e-cigarettes produce an aerosol that consists of fine particles, many of which contain varying amounts of toxic chemi-

For parents like Deboer, keeping the line of communication open is a key weapon in keeping kids away from e-cigarettes, says therapist Lisa Baguio, LCSW. "Before talking with your

teen about vaping, or any sensitive issue for that matter, educate yourself and make sure you know what you're talking about," she said. "Kids know more than we give them credit for. Be prepared with unrefutable facts and scientific evidence because you can guarantee yourself that your kids will have their own set of facts, which are often false."

Once you have those facts, be prepared to share them during a conversation with your teen. "It's important that parents are open and honest with their

children," said child psychologist Laurie Jones, Psy.D. "You first have to tell them your expectations. For example, 'In our family, we have zero tolerance for e-cigarette or tobacco use of any kind.' You then should explain the dangers and risks involved and make sure that your teen knows that this is not your just opinion, but

proven hazards." A teen might be less likely to engage in vaping if they can connect it to negative consequences that affect them personally, advised marriage and family counselor Joyce McCarry, M.A. "One thing that teens value is their image among their peer group," she said. "If vaping a substance causes bad breath, that will deter a teen from using it. If getting caught vaping means that they are kicked off a sports team, that will be a deterrent."

A parent's best tactic is creating an environment where one's teen feels comfortable sharing information about vaping and working with them

> collaboratively to find ways to avoid it, says McCarry. "You want your child to let you know if they're vaping or have friends who are doing it," she said. "You can also let them know that if they're ever in a situation where they're being offered an e-cigarette, real cigarettes or drugs or anything dangerous, that they can call you and you will pick them up immediately with no questions asked."

out of a risky social situation without feeling embarrassed," continued McCarry. "I have a patient whose parents tell him to text them a numerical code whenever he's in a precarious situation with friends. The parents know to call his cell phone and tell him that there's a family emergency and he needs to come home right away. This gives the child an excuse to leave without feeling embarrassed or like he'll be ridiculed for not engaging in risky behavior."

"You also want you to give your child a way to get

♦ CENTRE VIEW ♦ JANUARY 16-22, 2019

www.ConnectionNewspapers.com

The Been Waiting for This' First glimpse of new Sully District Community Center.

By Bonnie Hobbs

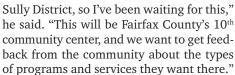
ocal residents recently got their initial glimpse of the new community center planned for the Sully District. And Hana Chang was first to address the nearly 70 people attending an informational meeting in Sully's Governmental Center.

"We've been working on the design of his building, and we're excited to share it with you," said Chang, with Fairfax County's Department of Public Works and Environmental Services. "It's one story, about 30,000 square feet and is on a 5-acre site [bounded by Wall Road and Air and Space Museum Parkway in Chantilly]."

She said a 2017 community survey - to which more than 700 residents responded - guided what elements will go into this

county project that has an estimated \$20 million price tag. And she told residents it's scheduled for completion by summer 2022.

Evan Braff, a regional manager with the county's Neighborhood and Community Services, presented further details. "I live in the



Evan Braff

Braff said three, multipurpose rooms are proposed for a variety of uses, as well as programs both day and evening. Also planned are an arts-and-crafts room, game room, exercise room, offices, kitchen and pantry. And moving there will be Sully District's senior center, which is currently operating in a temporary location in another section of Chantilly.

"Seniors will be able to get a meal and transportation, if necessary," said Braff. "We're partnering with Shepherd's Center.

The floorplan Gymnasium of the new **Sully District** Community Center. Multipurpose



Keith Leonard

and seniors can call them for rides to doctors' appointments and to get groceries."

However, he added, "It'll be intergenerational center with programs for youth in the afternoons [after school] and during the summer. And it will provide a meeting place for

groups and organizations." This space may be used by community associations and clubs and for classes and social gatherings.

The facility will also feature a gym with two basketball courts. "We partnered with the [county] Park Authority, which gave the additional funding for the second court," said Braff. "And the county will use it on Sundays. We're going to have a plethora of activities serving all kinds of people, including people with disabilities."

Since it's geared for all ages, some examples of the programs and services to be offered include: Fitness classes; gym sports such as volleyball, pickleball and badminton; STEAM, technology and computer instruction; therapeutic recreation; and Park Authority specialty camps.

Also speaking at the meeting was Keith Leonard, principal with RRMM Lukmire Architects, which designed the community center. He said it

will be constructed adjacent to the Sully said one side of the double gym would have Highlands Park, with access off Wall Road bleachers and, "In theory, you could have and about 180 parking spaces.

"There'll be a generous, drop-off area for buses and cars, plus access to the park for shared parking," said Leonard. "And there'll be pedestrian connections from the development to the north."

Discussing the building's amenities, he



Photos Courtesy of RRMM Lukmire Architect

The site layout of the community center to be built in Chantilly.

four, different activities going on at the same time."

"The main lobby will have seating areas and a reception desk," continued Leonard. "The building is divided into active and

SEE FIRST GLIMPSE, PAGE 7 CENTRE VIEW * JANUARY 16-22, 2019 * 3



Courtesy of RRMM Lukmire Architects

Artist's rendition of the Sully District Community Center in Chantilly.

OPINION

Pay Attention, State Legislature Not Gridlocked

Thousands of bills considered over 45 days could have a big impact on your life, for better or for worse.

week is already completed in the ticular made it into some editions and not othshort (45-day) session of the Virginia General Assembly, and so many important things are in the works, in danger of happening or not happening, that no one can have a clear view of it all.

An example: The Senate Courts of Justice Committee voted for a bill 8-6 that would bar the execution of people with serious mental illnesses. Possibly you didn't realize that it is legal to execute someone with serious mental illness, because it makes no sense. But this bill failed last year.

Another success for the moment: increasing the minimum wage to \$15 over several years also cleared Senate com-

COMMENTARY

Do you know who your

Virginia delegate and senator are? Every resident of Virginia gets one of each. Enter your address here: https:// whosmy.virginiageneralassembly.gov/ to find out all of your representatives, plus contact information. Call and tell them, or leave a message, about what matters to you. Send an email. Connect to them on Facebook and watch for live O&A sessions.

Here you can search legislation by bill number or keyword, find video and streaming: https://virginiageneralassembly.gov/

Last week's editorial, a long legislative wish list, http://www.connectionnewspapers.com/ news/2019/jan/08/opinion-editorial-wish-listthings-session-general/still omitted many important actions, despite its length. One in par-

science center

ers: To establish equal rights for LGBT Virginians, especially in housing and public employ-

Here are a few more important items:

The Virginia State Conference NAACP Criminal Justice Committee supports the passage of the following bills that are up for debate in this legislative session:

- ❖ HB 1651 Raises grand larceny limit from \$500 to \$750 (Del Hayes)
- ❖ HB 1642 Increases data collection on use of solitary confinement (Del Hope)
- ❖ SB 1013 Repeals suspension of drivers licences for not paying fines (Sen Stanley; Del
- SB 1053 and HB 1745 Makes juvenile offenders sentenced to life automatically eligible for parole after serving 25 years. (Sen Marsden; Del Lindsey)
- ❖ HB 2616 Raises the minimum age a child can be tried as an adult from 14 to 16 (Del Guzman) (And this is still far too low.)
- **SB** 1551, HB 1685, HB 1873 and HB 1688 Limits the scope of what School Resource Officers can get involved, prohibits students from being charged with disorderly conduct, and mandates data collection of use of force against students. (Sen Surovell, Del Schuyler T. VanValkenburg, Del Bourne; Del Mullin)
- SB 997 Decriminalizes simple marijuana possession. (Sen Ebbin)
- SB 1008 Bans mechanical devices designed to increase rate of bullets firing. (Sen

SB 1013 - Repeals the requirement that the driver's license of a person convicted of any violation of the law who fails or refuses to provide payment of fines be suspended. (Sen

- SB 1034 Prohibits any person who is not a licensed firearms dealer from purchasing more than one handgun in a 30-day period.
- ❖ HB 1991 Labels violent hate groups as domestic terrorists (Del Price)
- ❖ HB 2472 Adds gender, disability, gender identity, and sexual orientation to the categories of victims whose intentional selection for a hate crime results in a higher criminal penalty for the offense. (Del. Kenneth R. Plum)

Contact House Courts of Justice members: Robert B. Bell (chairman), Leftwich (vice chair), Kilgore, Gilbert, L.R. Adams, J.L. Campbell, Collins, Miyares, Ransone, R.R. Campbell, Watts, Toscano, Herring, Hope, Mullin, Bourne, Simon, Carroll Foy.

Senate Courts of Justice members: Obenshain (chairman), Saslaw, Norment, Howell, Lucas, Edwards, McDougle, Stuart, Stanley, Reeves, Chafin, Deeds, Sturtevant, Petersen, and Peake. Find contact information https://virginiageneralassembly.gov/

See website our www.ConnectionNewspapers.com for many stories from the General Assembly from the Capital News Service, written by journalism students from VCU.

— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

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.

Prescription Drug Take Back Box

Program. Fairfax County announced the expansion of the Prescription Drug Take Back Box Program Countywide. The boxes are available 24/7/365 at each district police station for any person to anonymously and safely dispose of their prescription medications 24/7 365 - no questions asked. It is important to get unused medicines, especially opioids, out of your medicine cabinets to prevent accidental or illicit use. Several Fairfax County pharmacies also take back unused prescription drugs. For a current list, visit www.fairfaxcounty.gov/news2/4-

ways-to-safely-dispose-of-unused-

VOLUNTEERS WANTED

Interested in local Civil War or

Railroad History? Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email volunteers@fairfax-station.org or call 703-945-7483 for 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. Visit www.fairfaxstation.org, www.facebook.com/ FFXSRR, or call 703-425-9225.

INPUT SOUGHT

Unmanned Aircraft Systems (UAS)

Program. Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to

www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.

- ❖ Wednesday, Jan. 16, 6:30-8:30 p.m. at South County Governmental Center (Room 221C), 8350 Richmond Highway, Alexandria.
- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
- * Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.

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CIRCULATION

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of Wells Fargo, and Jenn Brunner (CSC).

Cultural Excellence Winner

The Children's Science Center (CSC), a nonprofit organization whose

mission is to inspire a love of learning Science, Technology, Engineering and

Math (STEM) by providing opportunities to explore and create, recently was

awarded a \$15,000 Cultural Excellence grant from the Wells Fargo Foun-

dation. This award was given to support the youth outreach and education

programs, including the Family Science Night Program, that the Children's

Science Center facilitates during each school year. Each year, 50,000 visi-

tors explore the Children's Science Center Lab located at Fair Oaks Mall in

Fairfax, and another 20,000 visitors experience its programs delivered at

schools, libraries and other venues throughout the region. Above are, from

left, Nene Spivy (CSC), Preeti Sarnik, Rebecca Ray and Michael Butterfield

Entertainment

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

PET ADOPTIONS

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome ore for more.

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

FRIDAY-SUNDAY/JAN. 18-20

Home + Remodeling Show. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. 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. Purchase tickets at homeandremodelingshow.com/show-features.

FRIDAY/JAN. 18

Family Movie: Disney's "Frozen."

2-3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. It's an early release day from school. The whole family is welcome to this PG favorite. Bring a blanket and/or pillow to sit on. Light snacks and drinks provided or feel

free to bring something from home. All ages. Call 703-830-2223, TTY 711 or email libCE@fairfaxcounty.gov.

SATURDAY/JAN. 19

Word Sculpting Fundamentals.

1:30-2:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn from expert Carla Bass how to write to grab and maintain the reader's attention. Grades: 9 to adult. Call 703-830-2223, TTY 711 or email libCE@fairfaxcounty.gov.

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 or call 703-425-9225.

FRIDAY/JAN. 25

historic-site.

Journey to the Past. 9-11 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Treat a favorite doll to a visit to the past. Bring the doll to the "All-American Girl: Living Dolls" program at Sully Historic Site and explore the life of an American girl from an era in history through fun activities, costumes, crafts and themed games in a beautiful historic setting. For children age 5-9. \$30 per child. Bring a snack and drink. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-

Animal Tricks for Staying Warm.

4:30-5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bundle up in winter wear and learn animal strategies for making it through the winter at the "Winter Wonder Campfire." Meet some exhibit animals at the park and see first-hand how they beat the cold. Warm up by the campfire and enjoy s'mores, too. Designed for participants age 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/JAN. 26

"Making Stone Soup." 10-11:30 a.m. in the historic Floris Schoolhouse kitchen at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Discover how easy and satisfying it is to prepare home-cooked soups in winter. Learn the history and origins of several different ethnic soup styles and sample each style featured. Create a new soup with members of the group based on the story of "Stone Soup." Participants will get to take home a serving of "Stone Soup" to enjoy. \$10 per person, designed for participants age 7-adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpan-park.

SUNDAY/JAN. 27

Reading Circle and Craft Day. 1-4

p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. "My Little Book of Trains" will be featured in a reading circle. Train locomotives and tenders will be explored during the activities that day. Participants may make their own ongoing journal for the year's reading circles and information learned about trains and railroading. 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.

Live Music: Only Lonesome. 7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

SUNDAY/FEB. 3

Make a Valentine Card Craft. 1-4

p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a Valentine's Day Make and Take event. Visitors will create their own Valentine's cards to take home with them. The cost of supplies is included with admission. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/FEB. 4

Journey to the Past. 9-11 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Treat a favorite doll to a visit to the past. Bring the doll to the "All-American Girl: Living Dolls" program at Sully Historic Site and explore the life of an American girl from an era in history through fun activities, costumes, crafts and themed games in a beautiful historic setting. For children age 5-9. \$30 per child. Bring a snack and drink. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/FEB. 10

T-TRAK Scale Model Train Show.

1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold a N gauge Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Live Music: Laurie Lewis & the

Right Hands. 7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

THURSDAY/FEB. 14

Make Art Inspired by History. 10

a.m. or 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. This Valentine's Day, gather friends and family together at the park to create art inspired by history. The artwork created will reflect the season or month, and the projects are designed for artists age 6-adult. The park will be offering two, one-hour sessions. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

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News

Children and parents enjoying The Great Zucchini's (Eric Knaus, on right, in blue T-shirt) magic tricks.



Mountain View senior Julia Henriquez with son Jacob, 3, playing with a toy at the party.

Photos by Bonnie Hobbs

A Princess, Magic Tricks and Fun

ountain View High held a holiday party, Dec. 19, for its pregnant and parenting students in the school's Project Opportunity program. Centreville Presbyterian Church provided a magician, The Great Zucchini, a princess and snacks. And The Life Church provided gifts for the parents to give their children at Christmas.



Jojo Woolard, 4, daughter of math teacher Emily Woolard, helps The Great Zucchini do a magic trick.



Children reach for a banana that was transformed from soap bubbles by magician Eric Knaus.



www.ConnectionNewspapers.com/PDFs



Matthew Martinez, 2, is excited to see a Great Zucchini magic trick up close. His mom, Ashley, is a Mountain View senior.



Magician Eric Knaus explains one of his tricks to Jimena Chavez, 6.

News



A ground-level view of what the community center will look like.

First Glimpse

From Page 3

quiet areas - for things like arts and crafts. The game room could have video games, table tennis, pool, etc. And the exercise room will have, for example, treadmills and free weights - but on a small scale, so as not to compete with the Cub Run Rec Center in Chantilly, 10 minutes away."

He said the three, multipurpose rooms will each be 1,600 square feet. One will have a wood, sprung floor conducive to yoga and aerobics. It'll have plenty of storage for equipment, but may also be used at night for meetings. Leonard said it's an example of how important "efficiency and flexibility" are in this facility. He also noted that the building will be "mainly brick, plus some metal, with lots of glass in the lobby."

Resident Mark Hall asked what would be offered for people with disabilities. "My background is in therapeutic recreation, so the atmosphere will be welcoming and inclusive for people with disabilities," replied Braff. "And activities will be adapted so they can participate, too."

Hours of operation will be Monday through Saturday, from 9 a.m.-10 p.m. Sundays will be for Park Authority rentals only. And there'll be bike racks and WiFi.

Braff said the programs already in operation at the current senior center will be moved to the new one "pretty much intact" and at the same cost. "There's a fee for the senior center, but there's not a generalmembership fee to join the community center," he said. "However, classes might range, for example, from \$5 for an 8-week, tai chi class to as high as \$70/week for something

He said the building's entrance will be "zero incline," so people may enter easily. And, added Braff, "We'll have a meal program, not just for seniors, but for kids on free-and-reduced-price lunches. We have scholarships for those who want to participate, but need some financial help. And we'll have buses go into neighborhoods to pick up kids and bring them to the center so they can be in a safe place after school."

A woman asked if there could be an educational component, too, such as lectures by guest speakers. "A lot of our programming is driven by what the community wants," answered Braff. "So we could partner with someone to do this."

He said the county is also exploring the possibility of having a community garden there. And when a man asked about walking trails on the grounds, Leonard said, "It's something we're designing in the next phase."

For more information, go to www.fairfaxcounty.gov/neighborhood-community-services/sully-community-center. www.ConnectionNewspapers.com



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What To Right About



By KENNETH B. LOURIE

Today, Jan. 12, 2019 is National Glazed Donut Day and the day after my most recent post-scan appointment with my oncologist. A day when, if I'm lucky - as I have been for the past 10 years - my world will change for the better (donut consumption notwithstanding). However, the 'world' to which I refer is one fraught with danger and offers no more guarantees than I've been accustomed to.

To invoke the late, great Rod Serling: I am now entering "The Immunotherapy Zone."

Yes, a brand new - for me - treatment protocol: new drug, new side effects, new frequency, new lifestyle/fewer hassles (potentially), and most importantly: shrinkage (possibly), of my tumors, especially my "Adams Apple" tumor, as I've come to nickname the mass just below my Adams Apple (which is sort of bothering me, if you want to know the truth).

The nature of cancer treatment as I've experienced it – and learned from my oncologist is – if the drug is working, you continue it until it isn't (sounds simple I know). When it stops working, you change as the cancer has figured out the drug's intent. (Cancer cells are smart that way.)

Generally speaking, the cancer drug doesn't start working (shrinking, stabilizing) after it has stopped working (growth). Over my nearly 10 years, I have switched drugs upwards of a dozen times.

Now, I am switching again: to Opdivo, an immunotherapy drug, a class of drugs that didn't even exist a decade or so ago when I was first diagnosed, and one that has only been approved for the treatment of lung cancer since 2015. A drug that, to quote the television advertisement: "offers a chance at longer life."

And so, Team Lourie, two-thirds of it anyway, made the decision to switch and fight. Starting this Friday, I will be infused into the great unknown.

From what my oncologist explained yesterday, aside from the possible benefits, Opdivo has some potentially unpleasant side effects. However, continuing with my present infusion drug, Alimta, now that there's been some growth, is also likely to produce some unpleasant side effects: growth and

And more growth/movement is the worst side effect, relatively and comparatively speaking. So we chose a definite over a maybe. If we continue with Alimta, there will be growth – definitely (that's how cancer works). If we opt for Opdivo, maybe there won't be growth, and maybe there might even be some shrinkage (the good kind).

As for lifestyle changes, there are, according to my oncologist, some quality of life improvements as well, or at least, more weeks in the month when potentially I'll be less impacted by my disease/ treatment. Which along with my quality of life has always been a concern of my oncologist.

And, without getting into the details, I'm ready for a change

Combined with the possibility of tumor shrinkage and fewer/different side effects (some patients report few side effects from Opdivo), I wouldn't say switching to an immunotherapy drug was enticing/a "no-brainer," but it does offer an alternative of sorts. And given where I've been treated from and where I'll be treated now, I am ready for something

Changing drugs is always a risk though; it could improve my life or it could make matters worse, a 'worse' from which quite frankly I might not recover (do you remember my yo-yo down-the-stairs visual from a few columns ago?). And I am familiar, unfortunately, with some less-than-encouraging accounts of patients not faring so well.

I just hope there's not a hole in my thinking. Oh wait. That's a hole in my donut. No worries. I'm happy to buy the donut and I never complain about the hole. That's the trade-off. I'm hoping, given the potential benefit of Opdivo, I can likewise live/ rade-off with side effects

My philosophy has always been to take the good with the bad – and vice versa, and after almost 10 years of rolling with the punches, I see no reason to

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

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Public Hearing Scheduled on E-Bike Use on Park Trails

A public hearing will be held in Lorton, Va., on Thursday, February 7, 2019, on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks.

The hearing will cover proposed changes to Park Authority Regulation §1.14 Motor Vehicles and Traffic. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. E-bikes would be allowed anywhere traditional pedal-powered bikes are allowed. Mopeds would be allowed only where motor vehicles are permitted.

As part of the proposed change in regulation, draft guidelines for the use of e-bikes within Fairfax and NOVA Parks' will be presented. These guidelines outline the type and level of performance for e-bikes that are suitable for use within Fairfax and NOVA Parks. Draft guidelines define e-bikes as a "wheeled vehicle equipped with (i) pedals that allow propulsion by human power and ii) an electric motor with an input of no more than 750 watts that reduces the pedal effort required of the rider. This applies to both road and mountain style (e/MTB) e-bikes." These use guidelines will be recommendations only and will not be enforceable by law.

The guidelines for e-bike riders would call for them to yield to pedestrians and equestrians and keep e-bike speeds below 20 miles per hour. In addition, e-bike riders would be strongly encouraged to operate only in areas where traditional bicycles are allowed and to not disturb wildlife, livestock or domesticated animals on park property. E-bike riders would be expected to follow the same regulations and rules regarding access to the parks as other visitors. Riders would assume responsibility for the safe and respectful operation of their e-bike. For more information, visit online at https://www.fairfaxcounty.gov/parks/e-bikes

The joint hearing to be held by the Northern Virginia Regional Park Authority Board and the Fairfax County Park Authority Board will begin at 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, located at 9751 Ox Road, Lorton, VA.

Please contact the NOVA Parks Operations office at 703-359-4612 or NOVAParks@nvrpa.org to sign up to speak at the public hearing, or the Fairfax County Park Authority Public Information Office at 703-324-8662 or via email at Parkmail@fairfaxcounty.gov All speakers are welcome; it is not necessary to sign up in advance.

Written comments must be received by March 11, 2019 to be included in the official public record. Please send your feedback to either the Fairfax County Park Authority or NOVA Parks: Email (preferred): Parkmail@fairfaxcounty.gov or NOVAParks@nvrpa.org



To request reasonable ADA accommodations, call 703-324-8727, TTY 711, at least 10 working days in advance of the registration deadline or event.

News

Strategic Priority: Recruiting Great Teachers

Superintendent presents public schools' budget for FY 2020.

Scott S. Brabrand

Schools (FCPS) Superintendent Scott S. Brabrand presented a \$3.0 billion Fiscal Year (FY) 2020 Proposed Budget, with a focus on employee compensation, to the Fairfax County School Board at its business meeting on Jan. 10. The FY 2020 Proposed Budget represents an increase of \$117.4 million, or 4.1 percent, over the FY 2019 Approved Budget.

airfax County Public

"Student success begins and ends with a highly qualified teacher in every classroom, which is why the FY 2020 Proposed Budget continues to focus on our strategic priority of recruiting and retaining great teachers through market competitive compensation," said Brabrand. "The proposed budget includes a \$55.2 million investment in the teacher salary scales which is the final phase of a multi-year plan to bring teacher salaries to the market average and includes a 1.0 percent market scale adjustment. Our goal is to ensure that every student—by name and by need—receives an excellent and equitable education in a 21st- century learning environment with the very best teachers."

"The FY 2020 Proposed Budget takes us closer to aligning with the four key priorities in our strategic plan – Student Success, Caring Culture, Premier Workforce, and Resource Stewardship," said Brabrand. "Resources are allocated to maximize student achievement and support classroom efforts to achieve Portrait of a Graduate outcomes for every FCPS student. We are reaffirming our commitment to keep the focus on students, teachers, and classroom instruction."

THE PROPOSED BUDGET includes \$46.8 million for a step increase for eligible employees, and \$8.2 million for a 1.0 percent market scale adjustment for employees who are not teachers. An additional \$12.0 million is provided for instructional programs, which includes funding to distribute a laptop to every high school student as part of the FCPSOn 1-to-1 initiative to prepare students for college and careers.

The budget also realigns the elementary staffing standard which will result in an overall average class size reduction of 1.4 students at elementary schools during the primary hiring season.

"Since becoming superintendent, I have made it a priority to establish and maintain a cooperative and collaborative relationship with our county funding partners - the Board of Supervisors and the County Executive," Brabrand continued. "In FY 2019, we received full funding for the first time in more than 20 years and we will continue to work in tandem with the County to address the investment needs of our school division." The budget assumes a slight decrease in student enrollment which will result in savings of \$6.3 million. Overall, the FY 2020 budget allocates 86 percent of available funding to instructional programs with more than 93 percent of employees school-based. When aligned to the FCPS Strategic Plan, Ignite, 53 percent of FCPS programs have been identified as supporting Student Success.

The presentation of the FY 2020 Proposed Budget is the starting point of the budget process, which ends in May with the School Board's adoption of the Approved Budget. The 2020 fiscal year begins July 1, 2010

The Fairfax County School Board will hold work sessions on the FY 2020 budget on Tuesday, Jan. 22, and Thursday, Jan. 31, along with a public hearing on Monday, Jan, 28 (and Jan. 29 and 30, if needed).

The School Board will adopt its Advertised Budget on Feb. 7 and present the budget to the Board of Supervisors on April 9.

Toll Freeze for Federal Workers

During federal government shutdown.

By Kaytlin Nickens Capital News Service

el. Karrie Delaney (D-67) and 14 other members of the Virginia General Assembly sent a letter Friday, Jan. 11, to state Transportation Secretary Shannon Valentine and other officials requesting toll relief for



Del. Karrie Delaney

federal workers commuting without pay during the federal government's shutdown.

"These residents are still going to work every day to ensure our nation's operations continue, but they are not receiving a paycheck," Delaney said. "They are trying to figure out how they are going to make ends meet, and here we have an opportunity to provide some relief from the tolls they incur during their commute."

More than 34,000 workers in the commonwealth

are affected by the three-week federal shutdown, caused by an impasse between Democrats and President Donald Trump over funding for a wall along the U.S.-Mexico border.

In terms of federal workers, Virginia is the sixthmost affected state.

The letter requests that furloughed workers who can prove their employment status have their E-ZPass deactivated temporarily. It also seeks refunds for workers who pay highway tolls while working without pay during the shutdown.

"Those who are traveling the Greenway, I-66 and other tolled roads in Virginia to get to a job where they are not receiving a paycheck should not be further financially strained for simply fulfilling their duty as a public servant," the letter says

"We cannot undo the financial burdens and hardships this federal shutdown has brought to the homes of thousands of Virginians, but we can help alleviate it."