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Great Falls CONNECTION

Enjoying First Whiteout Of 2019

Vivienne Bergeron holds a snowball she made in her front yard in Great Falls. The second weekend of the new year brought the largest snowfall this winter to Great Falls and the surrounding area, closing schools, governments and businesses on Monday.

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The Monticelli siblings, Zach, Max and Sofia, from left, show off their sleds and smiles following an afternoon of sledding at Wolf Trap National Park with their dad.



PHOTOS BY JENNIFER FLANAGAN/THE CONNECTION

Difficult Run Stream in Great Falls after the first snowfall of the season.

Enjoying First Whiteout of 2019

The second weekend of the new year brought the largest snow fall this winter to Great Falls and the surrounding area, closing local schools, governments and businesses on Monday. Once the snow stopped falling, many families and children dotted the lo-

cal hills eager to enjoy the first whiteout of the season. The National Weather Service reported 12 inches of snow in Tysons.

The trails of countless sled rides marked the hills of Wolf Trap National Park by sunset. Wolf Trap is a local favorite during the snow season.

The Monticelli siblings, Zach, Max and Sofia (pictured) discussed the hand-built snow ramps as they refreshed with water in between sled rides. Gwendolyn Zorc said she decided to bring her brother and friends to Wolf Trap for an afternoon of snowboarding and sledding once she heard

school was canceled. Just before she raced up the hill for another run, she smiled and said, "Hoping for no school tomorrow too!"

Fairfax County Public Schools opened two hours late on Tuesday.

— JENNIFER FLANAGAN

ERA Clears Senate Committee, Faces Uncertainty in House

BY GEORGIA GEEN
AND ALEXANDRA ZERNIK
CAPITAL NEWS SERVICE

An 8-6 vote by a Senate committee Wednesday, Jan. 9, brought the federal Equal Rights Amendment one step closer to passing the General Assembly — which could make Virginia the 38th and final state necessary to add the ERA to the U.S. Constitution.

The Senate Privileges and Elections Committee voted to approve a resolution that Virginia ratify the ERA, which was proposed by Congress in 1972 and would prevent federal and state governments from passing laws that discriminate on the basis of sex.

The six Democrats on the committee were joined by two Republicans — Sens. William DeSteph of Virginia Beach and Jill Holtzman Vogel of Fauquier — in voting for the resolution. The other six Republicans on the panel voted against it.

The resolution — SJ 284 — was sponsored by a bipartisan group of 15 senators and three House members.

The committee's decision will send the resolution to the Senate floor for a vote. While supporters are optimistic about bipartisan support in the Senate — which has passed similar proposals five times since 2011 — the same isn't true in the House.

A co-sponsor of the resolution, Del. Hala Ayala, D-Prince William, said it will face Republican opposition. If it clears the full Senate, SJ 284 would go to the House Privileges and Elections Committee, where such resolutions have traditionally died.

EVERY DEMOCRAT on the House panel has signaled support for ratifying the ERA, but no Republican has followed suit. The lack of GOP support in the House committee represents the biggest hurdle for the resolution, said Candace Graham, co-founder of Women Matter, a group dedicated to ratifying the ERA.

"We feel very confident that if we can get those couple of votes on the [House] committee that we need for it to go to the floor, then it will pass on the floor," Graham said.

When first introduced in 1923, the ERA did not pass in Congress. Renewed interest in 1972 pushed the amendment through Congress, and it was ratified by 35 states within the 10-year period before the 1982 deadline. An amendment needs approval from three-fourths of the states — or 38 — for ratification.

In recent years, there has been a revived push toward ratification. In 2017, Nevada became the 36th state to ratify the ERA, followed by Illinois the next year.

Sen. Scott Surovell, D-Fairfax, also co-

sponsored SJ 284. He said the recent ratification by Nevada and Illinois has improved the outlook in Virginia and contributed to a new wave within the movement.

"Nevada and Illinois showed us that there are other legislatures in this country that are moving the ball forward," Surovell said. "I think the urgency and the historical importance of being the state that puts us across the top really sort of changes the political and emotional dynamic of the issue." Unlike other recent efforts in Virginia, this year's resolution is supported by several Republicans — including Sens. Sturtevant, DeSteph and Siobhan Dunnivant of Henrico.

"We haven't [previously] had a Republican who's been willing to step up and actually carry this bill," Surovell said.

Advocates also see renewed momentum in the form of 20,000 signatures on a petition and a poll showing that more than 80 percent of Virginians favor ratification.

"So we're hopeful that all those things combined are going to make this year a different year," Surovell said.

Because the deadline has expired, some say the ERA can't be ratified. But other experts disagree. The 27th Amendment, which regulates congressional salaries, was ratified more than 200 years after its 1789 introduction, though it was never given a time

limit, unlike the ERA.

"There are very smart and reasonable people on both sides who disagree over whether Congress has the constitutional authority in the first place to put a time limit on the ratification of a constitutional amendment," said Sen. Glen Sturtevant, R-Richmond, who also is a chief co-sponsor of the resolution.

OPPONENTS of the ERA say they fear it could result in integrated prisons and sports teams and fewer specific protections for women and could threaten female-only universities and organizations.

Colleen Holcomb, a lawyer and lobbyist representing the Family Foundation — which opposes the ERA — referred to it as a "fundraiser cause."

But advocates for the amendment view specific constitutional protections based on sex as necessary for gender equality.

"When you're used to privilege, equality feels like oppression. They say, 'You want special privileges.' We don't want special privileges. We just want what everyone else enjoys," said Eileen Davis, co-founder of Women Matter. "Race, religion, national origin all have strict constitutional scrutiny — sex does not."

Editor's note: On Tuesday, the Virginia Senate voted 26-14 in favor of ratifying the ERA.

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.

A week is already completed in the short (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 committee.

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 Q&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-list-things-session-general/> still omitted many important actions, despite its length. One in particular made it into some editions and not others: To establish equal rights for LGBT Virgin-

ians, especially in housing and public employment.

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 Kory)

- ❖ 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 Ebbin)

- ❖ 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 Stanley)

- ❖ SB 1034 - Prohibits any person who is not a licensed firearms dealer from purchasing more than one handgun in a 30-day period. (Sen Locke)

- ❖ 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)

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 our website 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

General Assembly Agenda

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

In a recent social media post, I indicated that the annual General Assembly session would be underway very soon. AutoCorrect changed the text to be "underwater very soon." My son alerted me to the change, and I made what I thought was a correction. As the General Assembly session has gotten underway I am starting to wonder if AutoCorrect knew something that I am now coming to realize: The General Assembly may well be underwater! The session is scheduled to go until Feb. 22. Meeting five days a week means 38 actual days for work on more than 2,000 bills and resolutions. While I have highlighted big issues like redistricting reform, preventing gun violence and ERA ratification, there are many more issues large and small that make up the agenda for the session.

Virginia has always conformed its income tax policies to the federal system. With the massive changes that have been made in federal tax law, the General Assembly will wrestle with what we will do in Virginia. There will

be an effort to resolve the issue early in the session to accommodate taxpayers who want to file their returns early. Part of the tax policy debate will be making the Earned Income Tax Credit (EITC) refundable as promoted by the Governor in a bill that I have introduced. The purpose would be to allow persons of low income to keep more of the money they earn and be more self-supporting.

As a Dillon Rule State meaning local governments have only the powers granted to them by the state, dozens of bills, called local bills, are introduced to extend powers some of which are very minor to a particular locality. Another group of bills is called housekeeping to make corrections or clarifications to legislation that passed in previous sessions. All these bills are important but add to the workload of a session.

Challenging environmental issues will be coming before the legislature many of which relate to energy. There are proposals to increase

the required uses of alternative and renewable fuels. Cleaning up from the past use of fossils fuels and the resulting growth in coal ash ponds will be taken up.

There is strong need to deal with the degradation of water quality in the Chesapeake Bay area. The Tidewater area is subject to recurrent flooding coming about with climate change that needs addressing now rather than later.

There are many bills dealing with criminal justice reform including bills intended to reduce the school to prison pipeline. The Governor has announced his support of decriminalizing possession of small quantities of marijuana. A bill that has been introduced would allow casino and sports gambling.

There will be a number of dog and cat bills that include high levels of emotion from interested parties. Being able to limit dogs running across the properties of land owners is a big concern in rural areas.

To review all the bills on the agenda of the General Assembly go to <http://lis.virginia.gov>

If you have not done so already, let me know your positions on issues by going to my website (www.kenplum.com). Click on Legislative Session Survey.

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
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Salome Howard-Gaibler
Display Advertising
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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
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SPORTS

Auza, Dufrane Lead McLean to Rivalry Win

Backcourt duo big reason for Highlanders' 10-3 start.

BY JON ROETMAN
THE CONNECTION

McLean senior point guard Mariane Auza cut through a trio of Saxons in the first quarter and dropped in a layup.

Moments later, she blew past a Langley defender and scored, this time drawing a foul in the process.

Early in the fourth quarter, McLean junior Elizabeth Dufrane knocked down her fourth 3-pointer of the evening, giving the Highlanders a 20-point advantage, and had a few things to say to the Saxon who was guarding her.

In recent years, the McLean girls' basketball team has watched rival Langley earn three consecutive state tournament appearances, including trips to the championship game in 2016 and 2018.

In Friday's rivalry matchup at McLean High School, it was the Highlanders, thanks in large part to a confident, experienced and talented backcourt duo, that



VIDEO SCREENSHOT BY JON ROETMAN/THE CONNECTION

Langley fans heckle McLean junior Elizabeth Dufrane, who scored 20 points during Friday's victory over the Saxons.

played like the superior squad.

Dufrane scored game-high 20 points, Auza finished with 14 and McLean defeated Langley 61-49 on Jan. 11.

THE HIGHLANDERS improved to 10-3 overall and 2-0 in the Liberty District. Langley fell to 6-8, including 1-1 in the district.

"The environment is amazing,"

Auza said about playing in front of a pair of spirited student sections. "Langley is a great team ... [and] has been to the state championships. ... [To] show them how good we are now, because we haven't been doing so well in the past [is great]. But this year should be our best year yet and hopefully we gave them a little taste of what is coming."

Auza, who is committed to play for Emory University, is in her fourth varsity season. On Friday, she handled the ball with poise and set up her teammates with nifty passes.

No. 10 also showed off her scoring talents, which have evolved during her high school career.

"You want a point guard that is going to be your voice on the court and she has done such a great job from her freshman year to now," sixth-year McLean head coach Jen Sobota said. "It's pretty much, I can just give her a look when she does something and she's like, 'I know.' ... We are able to communicate in a different kind of way because she has grown throughout the years.

"The team looks to her, too. She

gets beat up a lot and barely comes off the floor. [She] usually guards the other team's best player. Her willingness to do whatever it takes to win and not worry about where she is on the scoresheet says a lot about her character."

Dufrane is one big reason Auza can focus on facilitating. The third-year varsity athlete is a dangerous perimeter shooter who plays with confidence and passion. Along with her 20 points and four 3-pointers on Friday, Dufrane received a technical foul for reacting to a foul call.

"Elizabeth is a great player, one of the best shooters I've ever seen," Auza said. "When she's on, she's unstoppable."

Sobota said Dufrane has grown into a leader and spends "countless hours in the gym."

"It's nice to have somebody like her on the court," Sobota said. "... [W]hen you need some points and she gets a look, it is pretty much two or three, [depending on] where she is shooting from."

THROUGH THREE QUAR-

SEE GIRLS, PAGE 8

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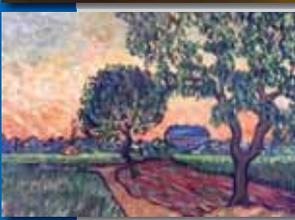
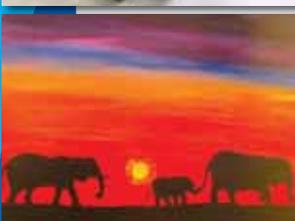


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E-cigarettes come in a variety of forms.

How to Talk About Vaping

Approaching conversation about dangers of e-cigarettes.

BY MARILYN CAMPBELL

Jessica 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 chemicals.

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."

"You also want you to give your child a way to get 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 out of a risky social situation without feeling embarrassed."

— Joyce McCarry, M.A.

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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.

SPORTS

Stout, Prock Lead McLean Boys Past Langley

Senior duo combines for 47 points in victory.

BY JON ROETMAN
THE CONNECTION

McLean guard Matias Prock dribbled the ball between a defender's legs to the delight of the Highlander student section in the closing seconds of the opening quarter of Friday's rivalry game against Langley.

Prock then passed to senior Evan Stout, who knocked down a 3-pointer, giving McLean a 17-point lead as the Highlander crowd erupted.

For Prock and Stout, this was the opening act on a night when the duo would combine for 47 points. After a Langley comeback, the McLean seniors finished the show by putting the game away in the fourth quarter.

Stout and Prock combined for 14 points in the final period and the Highlanders held on for a 67-58 victory over Langley on Jan. 11 at McLean High School.

After the game, Prock downplayed his between-the-legs dribble, saying he "probably just got lucky." McLean head coach Mike O'Brien countered by saying Prock uses the move "a lot."

Either way, it was the play of the night.



VIDEO SCREENSHOT BY JON ROETMAN/THE CONNECTION

McLean's Brian Aka (11) and Matias Prock (10) battle with Langley's Jack Hoeymans for rebound positioning during Friday's game at McLean High School.

"I think Evan finishing the [3-pointer]," Prock said, "was better."

Stout scored 12 points, including a pair of 3-pointers, during the first quarter as McLean built a 26-9 advantage. Langley chipped away at the lead and pulled to within two, 47-45, by the end of the third quarter. The Highlanders responded by opening the final period on an 8-0 run — including six points from Stout — to put the game away.

"At the end of the third quarter, I chal-

lenged them as far as, we're a senior-laden team," O'Brien said. "We can't all of the sudden be nervous and tight because we're in a tight game and [Langley] made a comeback. Evan Stout ended up being the one who got the benefit of the open shots and he knocked them in and he knocked free throws in at the end, as well."

Stout finished with 26 points.

"I just wanted to attack the rim," Stout said, "... just do anything to win."

Prock added 21 points for the Highlanders.

"I described Matias as crafty for years, but he's really taken a step up this year," O'Brien said. "He has sort of taken the role of when we need a bucket, he kind of steps up and knows that he needs to make that bucket to break the streak that [the opponent is] on."

McLean senior Brian Aka added nine points.

Sophomore guard Jiaan Sehhat led Langley with 14 points, including four 3-pointers. Aryaman Suri and Nick Gasparis each knocked down a trio of 3-points and scored nine points for the Saxons.

Langley made 11 3-points as a team.

The Saxons trailed 39-26 at halftime but outscored the Highlanders 19-8 in the third quarter to pull within two.

Langley would get no closer, however, and the McLean student section waved at Saxon fans as they headed to the exits late in the fourth quarter.

"I give [the Saxons] credit for making adjustments at halftime," O'Brien said, "and coming back the way they did in that third quarter."

McLean improved its record to 7-4, including 2-0 in the Liberty District. The Highlanders were scheduled to face Washington-Lee on Tuesday, after The Connection's deadline. McLean will travel to face Yorktown at 7:30 p.m. on Friday, Jan. 18.

Langley will host South Lakes at 7:30 p.m. on Friday.

Girls

FROM PAGE 5

TERS on Friday, Auza and Dufrane combined for nearly as many points (27) as the Langley team (31).

"The 1-2 punch is huge," Sobota said. "They feed off of each other very well and that had been a growing relationship, as well. ... they have grown to trust each other a lot more. They realize that without the other, the other one usually struggles. I would venture to say they might be the best 1-2 punch in our conference."

The Highlanders led 15-8 at the end of the first quarter and 33-16 at halftime. Senior forward Natalie Hedrick scored a pair of buckets late in the second quarter, giving McLean a 17-point lead at the half.

Hedrick finished with 11 points.

McLean was scheduled to face Lee on Monday and Washington-Lee on Tuesday, both games coming after The Connection's deadline. The Highlanders will host Yorktown at 7:30 p.m. on Friday, Jan. 18.

"I feel like this definitely is another step up to moving on to being a great team in our conference," Dufrane said about beating Langley. "... McLean ... is not who you think of when you think of the Liberty Conference. We want to be like, that is us. We are the Liberty Conference. We want to be No. 1 and we want to show everybody we are No. 1."



Eagle Scout Project Completed at Riverbend Park

Boy Scout Cameron Snyder (pictured third from the left) from Arlington Troop 162, completed his Eagle Scout Project in Riverbend Park in October 2018. With the help of fellow scouts and friends, he built a paddle board rack to provide easier access for park patrons. Despite construction delays caused by poor weather and Potomac River flooding, the completed project improves visitors' ability to enjoy water-sports at this scenic park.

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.

NEW

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-medications/.

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.
- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAYS THROUGH 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. Register for one or all of the workshops and do not need to attend the previous class. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 22 – Communicating (part 3)
- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

SEE BULLETIN, PAGE 11

CALENDAR

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Obituary

Obituary



Alice Riccadonna Dunkle, of Great Falls, VA, passed away at home on Monday, January 14, 2019 at the age of 78 after a 30-year struggle with Parkinson's Disease. She resided in Great Falls for 42 years.

Alice was born to parents Carlo and Mable Riccadonna on August 22, 1940 in Penfield, PA. She grew up as the eldest of three and attended Huston Township High School. She went on to receive a Bachelor of Science degree in Biology from Penn State University in 1961. In 1963, Alice married her college sweetheart, John Edwin Dunkle. She received a Master's of Science in Botany from Penn State University in 1964, and

a PhD in Curriculum and Instruction from Cornell University in 1978. She taught biology at Flint Hill High School in Fairfax, VA, then Anatomy and Physiology at George Mason University in Fairfax, VA. She also worked as an editor for scientific journals with Editorial Experts Inc.

Alice was passionate about her Italian heritage (and was a member of the National Italian-American Foundation), gourmet cooking, ballroom dancing, environmental conservation, and her family.

Alice is survived by her husband, John Dunkle; her daughters, Wendy Dunkle Dziurzynski (married to Richard Stanislaw Dziurzynski) and Stephanie Dunkle Shapiro (married to Allen Marc Shapiro); and her four grandchildren, Alex Nathaniel Shapiro, Andrew Julian Shapiro, Angelica Marie Dziurzynski, and Andre Laurence Dziurzynski.

The Mass of Christian Burial will take place at Holy Rosary Church in Washington, D.C. on Friday, January 18, 2019 at 1:00 pm. The family is grateful for donations to the Michael J. Fox Foundation for Parkinson's Research (<https://www.michaeljfox.org/get-involved/donation2.php>) or The Nature Conservancy (<https://www.nature.org/en-us/membership-and-giving/donate-to-our-mission/>).



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An expert is someone who knows some of the worst mistakes
that can be made in his subject and how to avoid them.

-Werner Heisenberg

ENTERTAINMENT

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

Rescheduled - Salzman Lecture

This year's speaker will be Susan Wharton Gates, PhD, author of "Days of Slaughter: Inside the Fall of Freddie Mac - and Why It Could Happen Again." She will share experiences and insights as a former vice president of public policy at Freddie Mac in the lead up to the 30-percent collapse of house prices and subsequent government takeover of her company in 2008. The Salzman lecture series was established in 1998 to honor the memory of Lewinsville elder and outstanding Presbyterian layman, Howard Salzman. Sunday, Feb. 10, 6 p.m. in the Sanctuary at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Visit lewinsville.org.



Susan Wharton Gates

at Turner Farm, 925 Springvale Road, Great Falls. Experience this total lunar eclipse as you enjoy a campfire, marshmallow roasting and constellation viewings. Get close-up views of the moon, Mars and the stars from the roll-top observatory. The park will stay open until the end of the eclipse. Designed for participants age 6-adult. \$10 per person. For more information visit www.analemma.org. Subject to cancellation based on weather and cloud conditions. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

Old Firehouse to York, Pa., for a day of fun. Admission to all activities and lunch are included. Call the Center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org.

McLean Art Society Meeting. 10 a.m.-noon at the McLean Community Center, 1234 Ingleside Ave., McLean. Carol Waite a Sumi-Ye or Oriental Brush Artist will be the featured presenter. Waite specializes in nature paintings including flowers, plants and birds. Guests are welcome. Visit www.mcleanartsociety.org/.

THURSDAY/JAN. 17

Celebrate Betty White's 97th Birthday. 6-10 p.m. at Vinson Hall Retirement Community, Kathy Martin Community Building Ballroom, 1735 Kirby Road, McLean. Celebrate Betty White's 97th birthday with music, dancing, a silent auction, and more, supporting Virginia Hospital Center's Lifeline Assistance Fund. \$35 online, \$45 at the Door. Visit www.virginiahospitalcenter.com/supportthehospital/white_hot.aspx.

Author Event: Judith Mudd-Krijgelmans. 7-8:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet the author of "Flowers for Brother Mudd: One Woman's Path from Jim Crow to Career Diplomat." Learn how a girl from Louisville's Smoke Town survived a segregated society and what propelled her to jet across the world for decades in a career chosen at age 16. Books available for sale and signing. Free. Visit librarycalendar.fairfaxcounty.gov/event/4534636.

SATURDAY/JAN. 19

Nova Polar Plunge. Noon at the Mosaic District in Fairfax. Get set to get wet at the NOVA Polar Plunge Festival benefiting Special Olympics Virginia. Costume contest for the fanciest plungers, free hot drinks to warm everyone up and tons of shops and restaurants to visit nearby. Plungers will take place into icy above ground pools on the corner of District Avenue and Penny Lane starting at 1 p.m. It's \$100 to Plunge and those who raise \$300 will get a nice warm towel to dry off with. The 2019 NOVA Polar Plunge is presented by the Fairfax County Police. Register to plunge right up until plunging starts. Visit www.polarplunge.com/mosaic-district/ or call Ellen Head at 703-359-4301, ext. 1. Visit www.specialolympicsva.org.

Better Angels Workshop. 1:30-4 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. How to Talk Across the Political Divide: Learn tips on how to listen to and respectfully talk with people you disagree with on political issues. It's not about persuading, it's about hearing each other. This workshop involves roleplaying with someone of the same political persuasion; independents choose a side for the sake of practice. Registration requested. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4543251.

SUNDAY/JAN. 20

Martin Luther King Jr. Day Celebration: "Liner Notes." 2 p.m. at The Alden 1234 Ingleside Ave., McLean. For all ages. Collide with music's past and present through jazz standards, hip-hop samples and actual liner notes from musicians of the civil rights movement in this multimedia concert experience (video). \$25/\$15 MCC district residents. Visit www.mcleancenter.org.

Hot Cocoa Party. 3-5 p.m. At Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a walk through the winter wonderland with a naturalist and then slip inside to warm up with a hot cocoa party. Listen to some heartwarming winter stories and make a wintry craft to take home. This program is designed for participants age 4-adult. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

Lunar Eclipse. 9:30 p.m.-12:30 a.m.

TUESDAY/JAN. 22

MCC Governing Board Election. Residents of the center's tax district, Small District 1A-Dranesville, who want to run for a seat on the McLean Community Center's Governing Board can pick up petition forms beginning on Tuesday, Jan. 22. To have their names placed on election ballots, candidates are required to obtain the signatures of 10 McLean tax district residents in their respective categories (either adult or youth). Visit www.mcleancenter.org.

WEDNESDAY/JAN. 23

Foreign-Language Film. 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden's green room. All movies are shown in the original language with English subtitles. Foreign-language films will be shown at 1 p.m. on the 4th Wednesday of the month through May. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit www.mcleancenter.org.

FRIDAY/JAN. 25

Fine Arts Competition. High school students, grades 9-12, are invited to showcase their artistic achievements in the 2019 James C. Macdonald Performing Arts Scholarship Competition. Open to students who reside or attend school in Dranesville Small Tax District 1A. Finalists must be present and prepared to perform in the preliminary round of the competition the week of Feb. 3, and at the final competition on Wednesday, March 27. Apply at bit.ly/2RAG3z2. Visit mcleancenter.org/performing-arts/community-arts-2 or contact Alden Youth Theatre Programs Director Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov or 703-790-0123.

The Old Firehouse Teacher Work Day Trip. 8 a.m.-7 p.m. A Day in York, Pa. Cost is \$60/\$50 MCC district residents. Fifth through ninth grade students can journey with The

SUNDAY/JAN. 27

McLean Chocolate Festival. 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Wide variety of chocolate vendors. Demonstration of pre-revolutionary chocolate-making. Children's game room with chocolate-themed games and live performances. Plenty of free parking. Admission, \$2; under 3, free. McLean Rotary uses proceeds to fund local charitable organizations. Visit mcleanchocolatefestival.org.

Care Package Assembly. 2-4 p.m. at Vinson Hall Kathy Martin Community Building Ballroom, 6251 Old Dominion Drive, McLean. The McLean Community Village Association (www.mcleanva.org) and The Potomac School are bringing students and seniors in the community together to assemble care packages, which will then be delivered to wounded vets at Walter Reed. The event will also feature active/retired veterans who will share stories as well as musical performances by the students. Open to the public. Visit www.mcleanva.org/event/military-care-packages-intergenerational-event/.

SATURDAY/FEB. 2

"The Wizard of Oz." 1 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through the eclectic world of Oz. \$15/\$10 MCC tax district residents; family friendly; 60 minutes. Visit mcleancenter.org/alden-theatre.

SATURDAY/FEB. 9

Tea Seminar - The Sweet Side of Tea. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive focused tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black, and herbal teas. Taste some treats made with these three straight from nature ingredients. A take home tea sampler included. \$35 per person. Visit www.fairfaxcounty.gov/parks/colvin-run-mill to register.

BULLETIN BOARD

FROM PAGE 9

THURSDAY/JAN. 17

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

MONDAY/JAN. 21

MLK Jr. "Morning of Service." 10:30 a.m.-12:30 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna, VA. Includes a variety of hands-on service projects for all ages that will assist local families and schools. Visit www.GoodShepherdVA.com for more.

WEDNESDAY/JAN. 23

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

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm.

FRIDAY/JAN. 25

DemBiz Breakfast. 7:30-9 a.m. at Valo Park, 7950 Jones Branch Drive, Tysons. As part of its Signature Breakfast Series, DemBiz welcomes Founder of Bloomberg LP, Bloomberg Philanthropies, and the 108th Mayor of New York City Michael R. Bloomberg. Bloomberg also leads a number of bi-partisan coalitions that are taking action on urgent national and international issues, including climate change, gun safety, immigration reform, and infrastructure investment. Includes professional networking, breakfast, conversation, and Q&A. \$40-\$120. Visit www.dembiz.org for more.

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.

TUESDAY/JAN. 29

Just Ask Prevention Project. 7-8:30 p.m. at McLean Presbyterian Church Fellowship Hall, 1020 Balls Hill Road, McLean. Woman's Club of McLean, Safe Community Coalition and New Dominion Women's Club commemorate National Human Trafficking Prevention Month with a panel presentation featuring Just Ask Prevention Project. Trafficking and exploitation of teens is appallingly prevalent and underreported in Fairfax County. Free. RSVP at www.eventbrite.com/e/not-just-someone-elses-problem-teen-trafficking-tickets-54719200602. Visit justaskprevention.org for more.

FRIDAY/FEB. 1

Public Comment Deadline. The Fairfax County Park Authority seeks public comment on the agency's proposed fee adjustments. Share perspective via correspondence or by email. Information online at www.fairfaxcounty.gov/parks/feemeeting. Feedback will be accepted via email at Parkmail@fairfaxcounty.gov, or send written comments to: Attention Public Information Office/Fee Comments, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, Va 22035.

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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 (growing). 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 movement.

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 a 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 different.

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/trade-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 change now.

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

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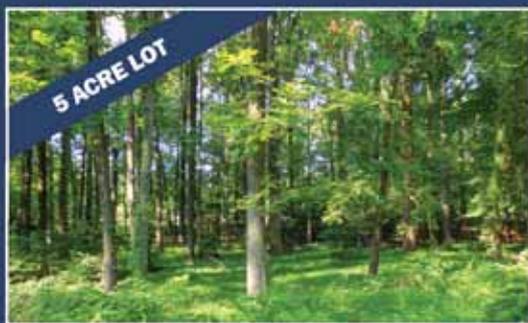
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