

Everything You Need to **KNOW**

A Public Health Service & Educational Series
Provided by Tall Oaks Assisted Living



FEBRUARY PROGRAM

Stayin' Alive: Surviving Disasters & Emergencies



Kathleen Koch, Former CNN Correspondent, will tell you *Everything You Need to Know* to keep your family safe.

- Active Shooter Situations • Extreme Weather
- Pandemics • Disaster & Evacuation Planning

Wednesday, February 20 • 6:00 - 8:00 pm

Free and open to the public. Chef-prepared appetizers provided.

EVENT LOCATION

Reston Lake House • 11450 Baron Cameron Ave., Reston

RSVP Call 703-834-9800 or email RSVP@talloaksal.com.

Tall Oaks
ASSISTED LIVING
RISING TO NEW HEIGHTS

703.834.9800 • www.TallOaksAL.com
12052 N Shore Drive • Reston, VA

 A Family Company

 Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981 

For media coverage information, contact Gina Damiano:
703-834-9800 or gdamiano@talloaksal.com.

Tell us what you think
submit your Letter to the Editor to editors@connectionnewspapers.com



Join us for a **FREE** Remodeling Educational Seminar



Award-winning remodeler Ted Daniels

Sat., Jan 26, Noon-3pm

NOON Meet & Greet | 1PM Seminar | 2PM Consultations
3930 University Drive, 1st Floor, Fairfax, VA 22030



Join industry professionals for a free Remodeling Educational Seminar that walks you through the remodeling, design and build process. Topics will include:

- Kitchen & Bath Trends
- How to Ensure a Stress-free Remodel

This free 3 hour seminar will be followed by time for a discussion of your own project ideas with our certified remodeling experts. Refreshments will be served.

Space is limited! RSVP today!
Call 703.239.2700 or visit DanielsRemodeling.com/seminar

Consistently recognized for industry excellence



DESIGN/BUILD
ADDITIONS
MASTER SUITES
KITCHENS
BATHROOMS

DANIELS™
DESIGN & REMODELING
DanielsRemodeling.com

MARLO
BUY ONE PIECE GET ONE PIECE FREE

plus
FREE DELIVERY*

BUY THE SOFA, GET THE LOVESEAT FREE*



BUY THE DRESSER, GET THE BED FREE*



WWW.MARLOFURNITURE.COM

MARLO
FURNITURE

ALEXANDRIA, VA
5650 Gen. Washington Dr. • (703) 941-0800
ROCKVILLE | LAUREL | FORESTVILLE

MANY exceptional FINANCING OPTIONS AVAILABLE! SEE STORE FOR DETAILS.

*Second free item must be of equal or lesser value. Free local delivery with \$1799 minimum purchase.

Jim Mullison and his son William, 10, of Lorton, operate the electric trains behind the scenes.



PHOTOS BY LISA FAY/
THE CONNECTION

Model Trains Tell Area History

The Northern Virginia Model Railroaders hold Model Train Open House in Vienna.

BY LISA FAY
THE CONNECTION

The impending snow storm did not keep anyone indoors on a chilly Saturday. The old train depot in Vienna was teeming with families ready to see the Northern Virginia Model Railroaders model train's first open house of the season. Kids pressed their faces up against the glass to see the trains streaming by while Bill Mims, a member of The Northern Virginia Model Railroaders, talked about the Western North Carolina Railroad, a real train that ran about 130 miles from the lake filled town of Salisbury to the mountainous Asheville in the 1950s. The club and its members not only provide information on the North Carolina Railroad but on our beloved Washington and Old Dominion and the train depot which was a real train station.

"The last passenger train was May of 1951. From there it kind of hobbled along until the middle 60s where they last used the rails to haul materials out to Dulles Airport," said Sandy Robeck, the president of NVMR. The Washington and Old Dominion Railroad ran from 1912-1968; Dulles Airport was completed in 1962.

The original intent of the W&OD Railroad was to run all the way to the coal fields of West Virginia but during its construction during the Civil War the railroad ran out of money and had to stop its tracks in Purcellville.

"The first open house was February 1978," said Robeck. "The club signed a lease in 1976." The club has been active for 65 years and has been showing model trains for 40 years at the Vienna Train Depot. In addition to their monthly open houses, the depot



Georgia Mills, 6, Sunrise Valley Elementary School, Reston, waits for the trains to loop around the exhibit.



Bill Mims talks to the crowd viewing the model railroad, explaining its route through North Carolina.

is open during popular Vienna festivities such as Viva! Vienna and the Holiday Stroll. The complete schedule can be seen at nvmr.org.

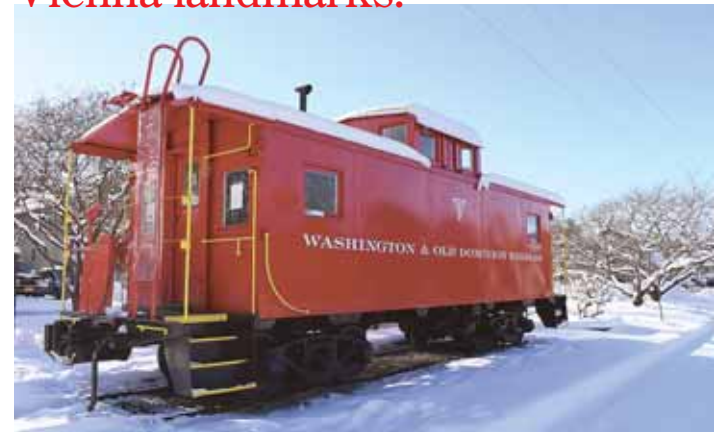


PHOTOS BY LISA FAY/THE CONNECTION

Icicles hang off of the roof of the Freeman Store & Museum.

Vienna Snow Day Postcards

A foot of snow decorates Vienna landmarks.



The bright red of the caboose stands out in the fresh coating of snow after the foot of snow that fell in the Northern Virginia region.



Piles of snow sit on the benches on the Town Green.



The Virginia flag waves in the sunlight as the Town Green remains largely untouched after Vienna received a foot of snow.

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection
and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**



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.



IMAGE COURTESY OF PARTNERSHIP FOR DRUG-FREE KIDS

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.

ENTERTAINMENT

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

ONGOING

Photo Exhibit. Through Jan. 31 at Oak Marr RECcenter, 3200 Jermantown Road, Oakton. See how exercise pays off as the RECcenter honors senior athletes with a photo exhibit. The framed photographs were selected by OLLI, the Osher Lifelong Learning Institute at George Mason University, and feature subjects connected to Senior Olympics. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/recenter/oak-marr.

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.

FRIDAY/JAN. 18

"Dining With Dorothy." 12:30 p.m. At Westwood Country Club, 800 Maple Ave., E, Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space, contact event chair, Dorothy Flood at dflood1706@gmail.com.

FRIDAY-SATURDAY/JAN. 18-19

"Peter Pan." 8 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at www.viennatheatrecompany.com/ordering-tickets-online/, in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if seats are still available). Visit www.viennatheatrecompany.com.

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.

SEE ENTERTAINMENT, PAGE 6



RELAPSING MS IS A JOURNEY. HAVE YOUR NEEDS CHANGED ALONG THE WAY?

Join us for a live event, "Knowledge is Power", and learn from an MS expert how to reevaluate your treatment needs. You'll also hear about an oral treatment option.

Date and Time:
January 22nd, 2019, 12:00pm

Location:
Wildfire
2001 International Dr
McLean, VA 22102

Speaker:
Heidi Crayton, MD
Vienna, VA

Event Code:
PEP-10941

Reserve your seat today: 1-877-895-1136 • rmsEducation.com

Registration is limited. Photo ID may be requested at event entrance. © 2019 Genzyme Corporation, a Sanofi company. All rights reserved. SAUS. MS.18.03.1386 April 2018



BUY ONE PIECE GET ONE PIECE FREE



BUY THE SOFA, GET THE LOVESEAT FREE*



BUY THE DRESSER, GET THE BED FREE*



WWW.MARLOFURNITURE.COM



ALEXANDRIA, VA
5650 Gen. Washington Dr. • (703) 941-0800
ROCKVILLE | LAUREL | FORESTVILLE

MANY exceptional FINANCING OPTIONS AVAILABLE! SEE STORE FOR DETAILS.

*Second free item must be of equal or lesser value. Free local delivery with \$1799 minimum purchase.

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER. CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefer@cox.net

Find us on Facebook
and become a fan!
[www.Facebook.com/](http://www.Facebook.com/connectionnewspapers)
connectionnewspapers.com
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

Forget Daily Commuting
Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities



You can read any
of this week's
15 papers digital
editions here:
www.ConnectionNewspapers.com/PDFs



Sign up for
**FREE DIGITAL
SUBSCRIPTION**
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

ENTERTAINMENT

FROM PAGE 5

Plunges 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

Breakfast Buffet. 8 a.m.-noon. at Vienna American Legion Post 180, 330 Center St., N., Vienna. A Breakfast Buffet will be offered by the Vienna American Legion. Adults \$10, children 12 and under \$4. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Call 703-938-9535.

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. 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.

MONDAY/JAN. 21

Live Music: Danny Burns. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Irish Americana songwriter Danny Burns is playing for his record release party. The guest list on the album includes Tift Merritt, Holly Williams, Mindy Smith, Cara Dillon, Sam Bush, Jerry Douglas, Tim O'Brien, Dan Tyminski, Critter Fuqua. \$15. Call 703-255-1566 or visit www.jamminjava.com.

TUESDAY/JAN. 22

Live Music: Tyrone Cotton. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Tyrone Cotton's earliest musical revelation was listening to the raspy, inspirational voice of his grandfather, the Reverend Cleveland Roosevelt Williams, at his childhood home in Louisville, KY. \$12. Call 703-255-1566 or visit www.jamminjava.com.

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.

THURSDAY/JAN. 24

Liz Longley Performs. 7:30 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. Longley has built a reputation as an accomplished songwriter, crafting intimately personal portraits through her music. Visit www.jamminjava.com.

FRIDAY-SUNDAY/JAN. 25-27

"Peter Pan." Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Presented by the Vienna Theatre Company and Vienna Department of Parks and Recreation. In this adaptation, based on the original J.M. Barrie script, Peter will be

portrayed as a girl by a female actress. The dynamics change, but the story remains the same. General admission is \$14. Tickets may be purchased online at www.viennatheatrecompany.com/ordering-tickets-online/, in advance at the Vienna Community Center or at the door by cash, credit card or check prior to each to each performance (if available). Visit www.viennatheatrecompany.com.

SATURDAY/JAN. 26

Genealogy Education Program. 10 a.m.-noon at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Carol Kostakos Petranek, Co-Director of the Washington, D.C. Family History Center, will present on "The Family Tree: Crowdsourcing and Collaborating to Memorialize Your Ancestors". This session will explore the Family Tree in detail and demonstrate how to utilize its components and provide instructions on adding digital media to enrich your family's history. Free. Call 703-644-8185 or visit www.fxgs.org.

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.

Author Event: Katherine Reynolds Lewis. 2 p.m. at Bards Alley Bookstore, 110 Church St NW, Vienna. Katherine Reynolds Lewis will speak about her book, *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever-And What to Do About It*. She will be in conversation with Kristy Rodriguez. At the end of the talk, Katherine will sign copies of her book. Free to attend with no registration required. Seating is available on a first come, first served basis. Visit www.fcps.edu/resources/family-engagement or call 703-204-3941.

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.mcleancva.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. Open to the public. Visit mcleancva.org/event/military-care-packages-intergenerational-event/.

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

10% down
nothing until the job
is complete for the
past 17 years

TWO POOR TEACHERS
Kitchen and Bathroom Remodeling



**Free Estimates
703-214-8384**



Visit our website: www.twopoorteachers.com

Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



BULLETIN

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

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

WEDNESDAY/JAN. 16

Public Comment Meeting. 7 p.m. in Room 106 of the Herrity Building, 12055 Government Center Parkway, Fairfax. The Fairfax County Park Authority has scheduled its annual public comment meeting on the agency's proposed fee adjustments. The public is invited to share their perspectives on the proposals with the Park Authority Board either at the meeting, via correspondence or by email. The public meeting agenda includes a brief presentation on the fee process followed by an opportunity for public comment. Information outlining all proposed fee changes is available online at www.fairfaxcounty.gov/parks/feemeeting, at the Park Authority's main office in the Herrity Building and at staffed park facilities, including RECenters, golf courses, nature centers and historic sites.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM
CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia	
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500		LANDSCAPING J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service			
Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE			
ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL <ul style="list-style-type: none"> ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING			
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online www.connectionnewspapers.com			

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 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 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.

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.

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
vienna@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
703-778-9431

Don Park
Display Advertising
703-778-9431
donpark@connectionnewspapers.com

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:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

