

JANUARY 8-14, 2020

25 CENTS NEWSSTAND PRICE

From left, Jeannie Benedetto and Caroline and Carla Nelson prepare to distribute wrapping paper to go with each family's gift packages. On Dec. 15, Our Neighbor's Child delivered Christmas presents to more than 800 local families in need.

Delivering Holiday Joy to Families

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News



The Friends of the Fairfax County Animal Shelter, including (in front row) former shelter Director Karen Diviney, then-county Supervisors Chairman Sharon Bulova, Evelyn Grieve and Michael Frey, break ground for the shelter's tribute garden.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

The weather was below freezing, but spirits were warm and cheerful during the groundbreaking for the Animal Shelter's new, tribute garden.

A Place for People to Honor, Remember their Pets

New tribute garden is built outside the animal shelter.

BY BONNIE HOBBS
THE CONNECTION

Friends of the Fairfax County Animal Shelter (FFCAS) – the shelter's nonprofit, fundraising partner – ensures that animals needing life-saving medical care beyond the shelter's budget limitations, receive it. And with the shelter opening its doors and its heart to more than 5,000 animals a year, that's a tall order.

But by making this money available – as well as funds for animal behavior-training, parasite prevention, dental care and community outreach – the Friends help the shelter in its efforts to offer each animal the best opportunity to find a permanent, loving home. And toward that end, FFCAS recently established a tribute garden at the shelter to help raise money for the animals.

THE NEW GARDEN is at the shelter's front entrance, and shrubs, plants and benches will also be added. But besides being an attractive addition, it's also a special way for people to honor and remember their own pets while helping other animals get adopted.

"For years, we wanted to do something at the entrance and also give people an opportunity to make donations in honor of their pets, friends, family members, etc.," said FFCAS President and co-founder Evelyn Grieve. "We're very excited about this. We thank the Fairfax County Board of Supervisors and the shelter for supporting it. We're hoping this will be a really pretty place for people to come."

The idea is for the garden to serve as a place for visitors to rest and reflect, a thank-you for contributions and a garden for everyone to enjoy. So the community is invited to be part of a limited, commemorative opportunity by purchasing personalized, engraved bricks.



From left, are FFCAS Operations Manager Lindsey Kellogg, Evelyn Grieve, Sharon Bulova, former Shelter Director Karen Diviney and FFCAS Board member Michael Frey.



The bricks in the tribute garden are contained within these images of a dog and a cat – the shelter's logo.

The bricks may be inscribed in honor or in memory of an animal or animal lover, or with the donor's name or the name of a family or business. Each brick is 4x8 inches; cost is \$200/brick, and each has up to three lines – with 12 characters per line – available for inscription. For more information, email the Friends at generalinfo@ffcas.org or go to www.ffcas.org for ordering instructions or to donate to the tribute garden.

The shelter's logo – a dog and a cat – is replicated in bricks in the garden, and these are the bricks that will be engraved. "It brightens up the building and calls more attention to it," said Grieve. "And since it's also a patio with a quiet place to reflect, it'll be a nice place for people to think about their former pets, as well as a spot where others can take photos of their newly adopted animals."

DIGNITARIES at the garden's groundbreaking included then-Fairfax County Board of Supervisors Chairman Sharon Bulova, former Sully District Supervisor Michael Frey and former shelter Director Karen Diviney, plus several FFCAS members and volunteers. And despite below-freezing temperatures, they were all delighted to participate.

"I'm thrilled," said Frey, after whom the shelter is named and who's also on the FFCAS Board. "It's a creative way to try to raise money, and that's our purpose. We do a lot of things that many people assume the county pays for, such as flea-and-tick treatment, dental work, behavioral training and surgeries to make the animals more adoptable."

"And for me, it's a continuation of my life-long cause [to improve animals' lives], but I realize there are limits to what the county can fund," he continued. "So this garden provides an opportunity for us to raise money, while enabling people to have a special place to go and remember the pets and other loved ones in their lives. It's also a nice enhancement for the shelter and a really pretty addition to the front."

Each gift recipient received a box of handmade cookies. Manning the cookie station on delivery day are (from left) the Gunn family: Catie, Charlie, Carole, Sean and Charlie Sr.; plus Megan Girardin and daughter Julia, 7, and Mary Allison.

PHOTOS BY BONNIE HOBBS/
THE CONNECTION



ONC Delivers Holiday Joy to Families

Thanks to an army of volunteers, on Dec. 15, Our Neighbor's Child delivered Christmas presents to more than 800 local families in need.



From left, Owen Yoham and Jacob Susko are about to fill up a car with gifts.

Ready to fill a box with gift bags to take outside to waiting vehicles are Westfield High lacrosse team members (from left) Liam Santilli, Michael Hart, Aidan Todd, Thomas Spengler, Andrew Boyle, Andrew Van Lahr and Robert Parker.



Posing with some of the bicycles before delivery are (from left) Cordelia and Gillian Pon.



Bill Hughes is ready to deliver presents to several families.

GreenDrop Donation Site Opens in Centreville

GreenDrop, the organization revolutionizing charitable giving, announced the opening of its Centreville donation center. The second site in Fairfax County will provide residents an easy way to declutter their homes and earn tax deductions early. Conveniently located behind Chipotle and Bonefish Grill, the company began accepting donations on Jan. 1, 2020 at 6317 Multiplex Drive in Centreville.

As local residents resolve to start the new year right, the center will offer another safe and convenient way to organize after the hectic holiday season and recycle gently used items. The donations will provide critical funding for recognized, national charity partners including American Red Cross, Military Order of the Purple Heart and National Federation of the Blind.

This is GreenDrop's second launch in the Fairfax County area in four months as the company opened the doors of its Springfield donation site a few miles away at 8094 Rolling Road in October.

"We're continuing to expand our commitment to providing donation options for northern Virginia residents," said GreenDrop CEO Tony Peressini. "It is our mission to become an integral part of the community and serve for years to come."

GreenDrop makes it easy. Upon arriving to the Centreville location, a friendly uniformed attendant will meet donors at their vehicle to collect gently used items while they select their partner charity of choice. In return, donors will receive tax deductible receipts for the value of the items donated.

With more than 28 charitable donation centers located throughout Pennsylvania, New Jersey, Delaware, Virginia, Maryland and New York, GreenDrop is transforming the way consumers support their favorite charities by donating lightly worn clothing, used electronics and household goods at conveniently-located, free-standing locations throughout the Mid-Atlantic region.

For more information about GreenDrop, visit the web site at www.GoGreenDrop.com.



PHOTO CONTRIBUTED

GreenDrop announced the opening of its Centreville donation center.



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WELLBEING

Giving up alcohol during "Dry January" can have positive health benefits.

PHOTO BY
MARILYN CAMPBELL



Dry January?

The benefits of and strategies for taking a month-long booze break.

BY MARILYN CAMPBELL
THE CONNECTION

After a season filled with Champagne, Whiskey Sours, Gingerbread Martinis and other libations, some might need a break from booze. Dry January, a public health campaign that encourages giving up alcohol until the first of February – can help with that effort. The health benefits of staying dry for a month range from thinner thighs to a fatter wallet.

"It's very common for people to come home after a stressful day and unwind with a glass of wine or two," said Alexandria-based substance abuse counselor Sarah Brewer, Ph.D. "But the reality is that while alcohol does seem to make you more relaxed at first, it can lead to anxiety or a depressed mood."

Weight loss can be a pleasant side effect of abstaining from an evening pour, says nutritionist Kathryn Armstrong, who cites a report by the National Institutes of Health that showed a strong link between weight gain and alcohol. "Basically, the cocktail or wine that you're drinking has empty calories," she said. "Also, many people tend to eat, especially junk food when they drink."

"Another benefit of being alcohol-free for a month is that people often find that they don't need that glass of wine to relax and unwind from a stressful day," added Brewer. "Giving up alcohol for a month might give you an opportunity to find explore other relaxation methods like meditation or going for a walk or some other type of exercise."

For those who regularly attend happy hours with friends or have a glass of wine to relax, abstaining during one of the longest months of the year might seem unpleasant or unappealing, says Bethesda-based therapist Carol Barnaby, LCSW. "You might find things to distract you," she said. "If you're used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you're mind isn't on alcohol. People who enjoy the taste of alcohol might try eating fruit or drinking a fruit flavored sparkling water."

"If you're used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you're mind isn't on alcohol."

— Carol Barnaby, LCSW

"By not drinking you might find that you've been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional."

— Sarah Brewer, Ph.D.

Attempting to take a break from alcohol might unmask deeper issues, suggests Brewer.

"If you find that you can't stop drinking, it could mean that you have a problem with alcohol consumption," she said. "By not drinking you might find that you've been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional."

THE CONNECTION

Newspapers & Online

Special Connections Calendar 2020

Advertising Deadlines are the previous Thursdays unless noted.

JANUARY

1/15/2020.....HomeLifeStyle
1/22/2020.....A+ Camps & Schools
1/29/2020Senior Living

FEBRUARY

2/5/2020.....Wellbeing
- National Children's Dental Health Month
2/5/2020.....Valentine's Dining & Gifts
2/12/2020.....HomeLifeStyle
2/19/2020.....A+ Camps & Schools
2/26/2020.....Senior Living /
Connection Families - Pet Connection

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- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

CALENDAR

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

WEDNESDAY/JAN. 8

History Tots-Winter. 10-10:45 a.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Ellanor C. Lawrence Park offers the “History Tots-Winter” program each month through the cold season. Adults are invited to come with their toddlers and explore history through sight, sound, smell and touch. This program is for kids age 1 to 3. It includes indoor and outdoor activities, and topics vary with the season. The topic will be toys. Cost is \$8 per child. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JAN. 12

Catching Soviet Spies. 2-5 p.m. At Old Bust Head Brewing Company, 1734 Farm Station Road, Warrenton. The Cold War Museum, in cooperation with Old Bust Head Brewing Company, invites you to attend a presentation by John Fox, the Historian of the FBI, on U.S. Counterintelligence During the Cold War: Its Origins in WWII and the Cold War CI Successes and Failures of the FBI and Its Partners. Cost is \$35. Event seating at the brewery is limited, and many prior presentations have sold out well in advance, so we suggest that you secure your tickets promptly. Call or email Jason Hall, 703-283-4124 (cell), jason@coldwar.org.

WEDNESDAY/JAN. 15

Free Photography Class. 7-8:30 p.m. At Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn photography basics and tell us what you would like to learn in future photography classes at the library. Teens and adults. Free. Call 703-830-2223.

FRIDAY/JAN. 17

Winter Bird Walk. 11 a.m. to noon. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Take a hike through the woods with a naturalist to listen and look for Ellanor C. Lawrence Park’s winter avian residents and migrants. Find out what birds do to survive the winter weather. It’s designed for participants age 4 to adult, and the cost is \$7 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

JAN. 17-19

Home and Remodeling Show. At Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 300 companies will be on hand at the event offering the latest products and services in home remodeling, renovation, home décor and redesign. Headlining the show is host of PBS’ “This Old House,” Kevin O’Connor. O’Connor has hosted “This Old House” for 17 years as only the third host of the pioneering home improvement show that has been showcasing remodeling on national television since 1979. Hours are Friday, Jan. 17 from 10 a.m. to 9 p.m.; Saturday, Jan. 18 from 10 a.m. to 9 p.m.; Sunday, Jan. 19 from 10 a.m. to 6 p.m. Tickets are \$12 Box Office adult admission; \$9 Adult online; \$3 Children age 6-12, Children 5 & under free. Tickets may be purchased online at <https://homeandremodelingshow.com/show-features>

JAN. 17-26

Joshua’s Hands Quilting Event. Location TBA in Purcellville. Joshua’s Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua’s Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. All materials are provided but donations are appreciated. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location. Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.

THURSDAY/JAN. 23

Centreville Choir Concert. 7-9 p.m. At Centreville High School, 6001 Union Mill Road, Centreville. Centreville High School Choirs



Spy Talk

Historian of the FBI John Fox and the Arrest of Key Soviet Spy Robert Hanssen.

SUNDAY/JAN. 12

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present their annual winter concert. Come enjoy the sounds of the season. Free. Email Jennifer Copeland at jennifercopeland2003@yahoo.com.

JAN. 24-26

Jurassic Quest. At Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Jurassic Quest is America’s largest and most realistic Dinosaur event. It is the only dinosaur event that has true to life size dinosaurs. Guests will walk through the Cretaceous period, the Jurassic Period and The Triassic period and experience for themselves what it was like to be among dinosaurs of all kinds. Hours are Friday 3-8 p.m.; Saturday 9 a.m.-8 p.m.; Sunday 9 a.m.-7 p.m. Tickets: \$22.50 to \$39.50.

SATURDAY/FEB. 1

Groundhog Day History. 1-2 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Punxsutawney Phil may hog all the glory on Groundhog Day, but Fairfax County has burrowing critters of its own. On Groundhog Day eve, come to Ellanor C. Lawrence Park and learn the story behind groundhog weather forecasting and visit the home of the Walney garden groundhog. Learn some interesting facts about groundhogs and play groundhog games. For children age 4 to 12. Cost is \$7 per child. Children must be accompanied by an adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

ONGOING

Diabetes Sisters PODS

Meetup. Meets the first Monday from 7-9 p.m. At Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. An evening of sisterhood, encouragement, and peer support. Opportunities to share experiences, peer support, and lived expertise with others who have been there too. Meet with other women living with diabetes for encouragement, education, and empowerment. Women age 18+ living with any type of diabetes or prediabetes are welcome, regardless of whether they were diagnosed yesterday or 40-plus years ago. They strive to create an open, respectful environment for women with diabetes or prediabetes to truly focus on their health. Free. Visit the website: <https://diabetessisters.org/pods-meetups>

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point



Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

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

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

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

LIBRARY FUN

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

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

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

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

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

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

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

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

IMPROVING ENGLISH

One-on-One English

Conversation. Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

English as Second Language Book Club.

Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

Advanced English Conversation Group.

Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.



Home and Remodeling Show

Kevin O’Connor, host of PBS’ “This Old House,” will be at the Dulles Expo Center in Chantilly from Jan. 17-19.

JAN. 17-19

Home and Remodeling Show. At Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 300 companies will be on hand at the event offering the latest products and services in home remodeling, renovation, home décor and redesign. Headlining the show is host of PBS’ “This Old House,” Kevin O’Connor. O’Connor has hosted “This Old House” for 17 years as only the third host of the pioneering home improvement show that has been showcasing remodeling on national television since 1979. Hours are Friday, Jan. 17 from 10 a.m. to 9 p.m.; Saturday, Jan. 18 from 10 a.m. to 9 p.m.; Sunday, Jan. 19 from 10 a.m. to 6 p.m. Tickets are \$12 Box Office adult admission; \$9 Adult online; \$3 Children age 6-12, Children 5 & under free. Tickets may be purchased online at <https://homeandremodelingshow.com/show-features>

Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

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

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at

Legals

ABC LICENSE

Arham Corporation trading as Centreville Shell, 13401 Lee Highway, Centreville, VA 22101-2404. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Shamim G. Malik, Owner.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

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NEWS

Centreville Man Is Charged with Murder

Fairfax County police have arrested Jeremiah Mouzon, 20, of Centreville, in connection with the Dec. 30 murder of an Alexandria man. Detectives from the Major Crimes Bureau began investigating, early that morning, after receiving a report about two people who were shot in a residential neighborhood in Mount Vernon.

Officers responded to the 7900 block of Sausalito Place around 2:30 a.m. and found Kamren Quick, 18, of Alexandria, outside. Police say he was suffering from an apparent gunshot wound, and officers removed Quick to a safe area nearby for treatment by members of the Fire and Rescue Department. Afterward, he was taken to a local hospital with serious injuries that were later determined to not be life-threatening.

However, inside a home, police discovered the body

of Jayden Quick, 20, of Alexandria, dead from an apparent gunshot wound. According to police, detectives do not believe this crime was a random act of violence; and after the incident, they worked extensively to identify the suspect. Once they did so and determined he was Mouzon, detectives from the Fugitive Unit began tracking his whereabouts.

Through their investigative leads, they received information that he was in Maryland. Detectives coordinated his arrest with the Prince George's County Police Department, and Mouzon was safely taken into custody by police there, pending his extradition back to Fairfax County. He was charged with second-degree murder, malicious shooting and use of a firearm in the commission of a felony.

— BONNIE HOBBS

ROUNDUPS

Sully CAC Meeting Jan. 8

The Citizens Advisory Committee of the Sully District Police Station will meet this Wednesday, Jan. 8, at 7 p.m., at the station at 4900 Stonecroft Blvd. in Chantilly. MPO Sabrina Ruck will discuss responding to an active-violence situation.

Paint Rocks with Cops

The Kindness Rocks Project encourages people to "leave rocks painted with inspiring messages along the path of life." People are playing hide-and-seek with painted rocks in hopes of spreading kindness and joy to those discovering them. So police officers at the Sully District Station invite the community to join them Saturday, Jan. 18, anytime between 10 a.m. and 12 noon, to Paint Rocks with Cops. The address is 4900 Stonecroft Blvd. in Chantilly.

Supplies will be provided, but people may also bring their own. RSVP to <http://bit.ly/rockswithcops2> to ensure there'll be enough rocks

for everyone.

For any questions, email Community Outreach Officer Meg Hawkins at Megan.Hawkins@fairfaxcounty.gov. One message at just the right moment can make someone happy and change their entire outlook on life.

WFCM's Stuff the Bus Food Drive

Western Fairfax Christian Ministries (WFCM) will hold a Stuff the Bus food drive on Saturday, Jan. 18, from 10:30 a.m.-3 p.m., at the Walmart at 4368 Chantilly Shopping Center in Chantilly. This event is in partnership with Fairfax County's Department of Neighborhood and Community Services and MV Transportation. Incoming customers will receive lists of the most-needed food items and may purchase and donate any of them while shopping at the store. All the food collected will go to local families in need.



Area Scouts Join Wreaths Across America Ceremonies

On Saturday, Dec. 14, 2019, Boy Scout Troop 1995, Venture Crew 5, Troop 2 and Troop 893G from the Chantilly/Centreville area headed out to Cheltenham Veterans Cemetery in Maryland to participate in the Wreaths Across America event.

BULLETIN

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

GREENDROP DONATION CENTER OPENS

GreenDrop, the organization revolutionizing charitable giving, has opened its Centreville donation center. The second site in Fairfax County will provide residents an easy way to declutter their homes and earn tax deductions early. Located behind Chipotle and Bonefish Grill, the company began accepting donations on Jan. 1, at 6317 Multiplex Drive in Centreville. The donations will provide critical funding for recognized, national charity partners including American Red Cross, Military Order of the Purple Heart and National Federation of the Blind.

NOW THROUGH JAN. 13

Evergreen Christmas Tree Disposal. The Northern Virginia Electric Cooperative will accept evergreen Christmas trees and greens at its technical center at 5399 Wellington Branch Road in Gainesville, near I-66. Trees and greens — free of all decorations, ornament hooks, wire, and light strings — may be left in the parking lot in the area designated by orange safety cones. By recycling greens into woodchips and mulch, NOVEC's tree crews will reduce the amount of debris added to landfills after the holidays. Contact NOVEC's Vegetation Management department at 703-335-0500 or 1-888-335-0500, extension 1600, or VegetationMgmt@novec.com.

WEDNESDAY/JAN. 8

New Volunteer Orientation. 7:30-9 p.m. At Providence Community Center, 3001 Vaden Drive, Fairfax. You and your dog, cat or bunny are needed to join other Fairfax Pets on Wheels volunteers who make a difference in the community by visiting residents of long term care facilities. Visit the website, fpow.org.

TUESDAY/JAN. 14

American Legion Meeting. 7:30-9 p.m. at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. American Legion Post 1995 Centreville and its Auxiliary Unit meet separately the second Tuesday of each month.. All veterans and spouses interested learning more about how the Legion supports veterans and impacts the Centreville-Chantilly communities are welcome to attend. Free. Contact Steve Hunter at geoshunter@aol.com or 703-314-3795.

THURSDAY/JAN. 16

Car Seat Safety Check. 5-8:30 p.m. at the Sully District Police Station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

PICKLEBALL FACILITY COMING

Locally-owned-and-operated Pickleballerz signed a lease on Dec. 17 to become the Washington, D.C. region's first-ever dedicated indoor pickleball facility. The company will open its almost 20,000 square-foot facility located at 14424 Albemarle Point Place, Chantilly, VA. in the Spring, 2020. Pickleballerz will feature a state-of-the-art six-court facility for players of all abilities to hone their skills, socialize, and be a part of an inclusive community within the fastest-growing sport in America.

ELECTRONICS RECYCLING

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

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OMG



By KENNETH B. LOURIE

Are you sitting down? I wasn't when I got the call from my oncologist after hours this past Thursday. He was calling me with the results from the previous week's biopsy. He said he had "exciting news." He said the biopsy was not only "typed" (genetic mutation/biomarker) but, as he continued to bury the lead using medical jargon about the slide and stain, finally got around to it: I may not have (or have had, still to be discussed/possibly determined) non-small cell lung cancer, stage IV. Instead, I may have (always had) thyroid cancer, specifically, papillary thyroid cancer, referred to as "the friendly cancer," by my oncology nurse the following infusion when I shared with her these preliminary findings. 'Friendly' referring to one's survival/life expectancy after diagnosis.

Moving forward to begin/confirm this new working diagnosis, I had an ultrasound of my thyroid the next day and Friday the following week, Team Lourie will be meeting with an endocrinologist. She (I saw her picture on the wall outside her office) presumably will have had a discussion, or at the very least, received an email/referral from my oncologist citing chapter and a few verses about who I am, how I've been treated, what scan/results I've had and of course, the news of this most recent biopsy, explaining why he reached out. I really don't expect, given my oncologist's excitement, and the fact that he called me (only the second time in nearly 11 years) that the endocrinologist will be likewise informed and possibly even excited to share a similar diagnosis with a previously-characterized as "terminal" patient who (yours truly) might not be "terminal" after all. 'Might not' being the operative phrase I'm still having difficulty grasping.

Somehow, I have to slow my roll and pull back on the reins. We're still early days here. Right now, I don't know anything definitive, so I'm not quite ready to call this a "Festivus miracle." Though at present it all sounds fairly promising, it's not exactly cast in stone. and neither has a revised Thyroid-cancer-treatment plan been put in place. I'm still a lung cancer "diagnossee" and one still waiting for the other shoe to drop. Therefore, until I'm told otherwise, as of now, I'm scheduled for my bi-weekly opdivo immunotherapy infusion on Jan. 3, 2020.

Now, why all of this is worth writing about, prematurely as it is, is that oncologists, almost by definition, are typically not the bearer of "exciting news." Generally speaking, they are giving bad news and saying it very directly at that. As was said to me in late February 2009: "Why not take that vacation you've always dreamed of while you're still feeling good?" The implication being quite clear that it's likely to get worse from here. To receive a call like I did Thursday from my oncologist now implying that it might get better from here is completely out of the ordinary. Moreover, if he initiated such a communication, I should probably take him at his words and take him very seriously.

Right now, I am possibly elated to be over the moon. However, it's not as if I've been given a clean bill of health. Cleaner, yes, but one still with a significant balance. And until I look the endocrinologist in her stethoscope and hear some magic words, I am keeping my powder dry and not shouting off my mouth - too much.

Cancer is a funny business. There are twists and turns and unexpected results, much of it not controlled by the doctors. And though I may be on the precipice of being blessed with some amazing, life-altering news, this time for the unbelievably good, I am still a week, maybe even weeks away from knowing with any certainty. In the interim, however, I am certain of one thing. If this change in my status does occur and I'm given back my life expectancy, somehow, I will try and return the favor.

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

OPINION

2019 By the Numbers

BY PAT HERRITY
SPRINGFIELD DISTRICT SUPERVISOR



The past year was a great year here, and as a numbers guy, here are a few of the many highlights I would like to share with you:

- ❖ In 2019, Fairfax County recycled over 3 million pounds of clean glass with the new Purple Bin Program with plans in place to start true glass to glass recycling in 2020.

- ❖ We started a pilot program with two non-profit partners modeled after the “There’s a Better Way” program to provide the dignity of work for people who are unemployed and between housing to clean up our streams.

- ❖ Our police department collected over 4,694 pounds of unused prescription drugs in the fight to prevent and end opioid addiction, with many police stations participating in two Drug Take Back Days.

- ❖ We had over 1,500 students engage with over 100 businesses to find their first job at

our annual Fairfax County Teen Job and Opportunity Fairs.

- ❖ In the summer, over 2,500 people enjoyed the Free Concert in the Park Series at one of the state’s premiere parks, Burke Lake Park, with shows by local artists and opening acts by local high school students.

- ❖ Members of the West Springfield community celebrated the completed renovation of West Springfield High School with over 2,000 students benefiting from better lighting, improved science classrooms, learning labs, and better gymnasium space.

- ❖ The Board adopted the plan for the SHAPE the Future of Aging plan which will update the award winning 50+ Community Action Plan to address the challenges of growing older adult population that now makes up over 25% of the County including initiatives to address isolation, dementia and mobility.

- ❖ We are moving forward on over \$460M worth of transportation improvement projects in Springfield District, including:

- ❖ Fairfax County Parkway Widening Project including a grade separated interchange at the Popes Head intersection,

- ❖ Widening Route 29 between Union Mill Road & Buckleys Gate

- ❖ Widening Route 28 between Prince William County & Lee Highway

- ❖ Widening Rolling Road between Old Keene Mill Road & Hunter Village Dr.

- ❖ Eliminating the dangerous curve on Burke Road

- ❖ Numerous bicycle and pedestrian projects

- ❖ I was honored to be reelected as Springfield District Supervisor and to be named Sun Gazette’s Best Public Servant in Fairfax County for the third year in a row.

As we welcome in 2020, we have a lot to be proud of, a lot of challenges to address and a lot of work to be done to make Fairfax County a better place for all our residents. I look forward to working with you in the new year. Please don’t hesitate to contact my office at 703-451-8873 or Springfield@fairfaxcounty.gov if I can be of service to you.

General Assembly Session 2020 Underway

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



Last Sunday I made my annual winter trek south to Richmond for the General Assembly session. My two-hour trip is not far enough to get me to sunny weather, but it is far enough for me to be in some hot debates. I stay in a hotel with such proximity to my office that my daily commute is just a walk of a couple of minutes. Going south in the winter may be a vacation for some but for the next 60 days, it is the most intense period of work that one can imagine. Fortunately, I get home most weekends for a brief reprieve.

This trip south has been one filled with great anticipation. For the first time in two decades I am not in the minority! I chair a committee now, the Agriculture, Chesapeake and Natural Resources Committee, that will be acting on many environmental bills. I can expect that bills I introduce will get a fair hearing and most of them will pass. My colleagues and I reflect the population of the Commonwealth more than any previous General Assembly session ever. Not only do we have more women in the legislature, but we have the first ever woman Speaker of the House!

Being a member of the majority party brings enormous responsibility. As the party “in power,” we must exercise our duties in ways that are judicious and fair. There is no time for political pay-back. We must shift from campaigning mode to governing mode. Although it may be tempting to do otherwise, we must conduct ourselves in ways towards the minority party members that would be the way we want to be treated in the distant future when we may find ourselves the minority again. Yes, the golden rule should ap-

COMMENTARY

ply even in the legislature.

How exciting it is to realize that in a few short months we will be able to add Virginia to the list of states that have ratified the Equal Rights Amendment even if we are the last needed for ratification. We will strengthen our existing antidiscrimination laws and add to them. We will make our communities safer from gun violence. We will add essential funding increases to our educational and human service programs. We will make critical decisions on protecting our environment and responding to climate change. And more. When all this work is done we have a governor who has pledged to sign our bills into law!

Last Saturday’s public hearing by the Fairfax General Assembly delegation reminded us that

there is not total accord on what we will be doing. About half the audience of around 300 people in attendance seemed to be there to shout down those with whom they disagreed. Their efforts to show support for what they define as their second amendment rights was to violate the first amendment rights of others. The lack of civility in public discourse across the country has found its way to Virginia. What a shame.

I am honored to be here, and I am going to do my best to fairly represent your interests. Make a trip south to see me and the legislative process over the next couple of months. To live-stream the legislative sessions, go to <https://viriniageneralassembly.gov/house/chamber/chamberstream.php> for the House and to http://virginia-senate.granicus.com/ViewPublisher.php?view_id=3 for the Senate sessions. To follow the progress of bills, visit <http://lis.virginia.gov/>.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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By email: editor@connectionnewspapers.com

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