

WELLBEING

PAGE 9

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

Sanjana Srikanth
performs a dance
from India.

International Showcase

NEWS, PAGE 3

Helping Immigrants

NEWS, PAGE 4

Sully Police Station Honors Officers

NEWS, PAGE 5

CALENDAR, PAGE 12 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/THE CONNECTION

MAY 3-9, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Triathlon Supports Our Military Kids and LLS

The Westfields Business Owners Association hosted the 5th annual Westfields Triathlon powered by Revolution3 Triathlon on April 30, at the Cub Run RECenter in Chantilly. The sprint triathlon consisted of a 250-meter pool swim, a 12-mile bike ride, and a 3.1-mile run. The beneficiaries of this

year's race will be Our Military Kids and LLS, Team in Training. The Westfields Triathlon marked the kickoff to the triathlon season in the D.C. Metro area.

PHOTOS BY TOM MANNING/
THE CONNECTION



Competitors take to the pool for the first event of the day while others watch while waiting for their turn.



Top overall finishers: Todd Burns #260, first place from Arlington, and Brooke Kessler #44, first place from Harpers Ferry, W.Va..



Priscila Serff from Baltimore rounds the final corner to complete the bike portion of the triathlon.

ROUNDUPS

Learn about Gangs

The next Citizens' Advisory Committee meeting is on Wednesday, May 10 from 7:30-9 p.m. at the Sully District Station, 4900 Stonecroft Blvd., Chantilly. Learn about gangs. All ages are welcome to attend.

Meeting on Dulles Suburban Center

A community meeting with Fairfax County staff will be held on May 11, 7 p.m., at Rocky Run Middle School, to discuss the Dulles Suburban Center (DSC) Study and the work that the DSC Advisory Group has undertaken since September 2016. One purpose of the study is to assess current conditions and update recommendations for future land uses and development for the 5,000 acre study area. Descriptions of the proposed change can be found at www.fairfaxcounty.gov/dpz/dullessuburbancenter.

The DSC Advisory Group and county staff encourage the public's attendance at this meeting and welcome comment at the meeting or by email at DPZDullesSubCenter@Fairfaxcounty.gov.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, May 11, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appoint-

ment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Learn about Disaster Response

Free training in basic disaster response skills is being offered by the Community Emergency Response Team (CERT) through the county fire and rescue department. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations.

The next available CERT Class is scheduled to begin on Monday, May 22 at the Fairfax County Fire and Rescue Academy. There are two sessions each week on Mondays and Wednesdays that run until June 21. The class is 28 hours in length, plus a final practical exercise.

CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or

SEE ROUNDUPS, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM

LEADERSHIP for LIFE

Preparing Young Men for College and Beyond

Boys Grades
7 – 12

10:1
Student-Faculty
Ratio

JROTC
Honor Unit with
Distinction

Small, Structured,
Supportive

Success Since
1879

SUMMER SESSION – JUNE 24 - JULY 29

FISHBURNE MILITARY SCHOOL

Call today to schedule a
visit for your family!

(540) 416-9836



From Peru, Tinkuy Music shares the sounds of the Andes.



Young dancers from Huellas Hondureñas

PHOTOS BY BONNIE HOBBS

Showcase Supports Labor Resource Center

The 7th annual Centreville International Showcase to support the Centreville Labor Resource Center was held April 22 at the Korean Central Presbyterian Church.



The Washington Area Senior Harmonica Group



Precision drummers from the JUB Cultural Center.



Members of The O'Neill-James School of Irish Dancing.

WWW.CONNECTIONNEWSPAPERS.COM



Young Korean dancers from the JUB Cultural Center in Centreville.



Kofi Dennis and Friends illustrate traditional, African rhythms.

Helping Immigrants

Advice about DACA, green cards, work permits and more.

BY SHIRLEY RUHE

The Just Neighbors office on Columbia Pike in Falls Church is bustling. The phone rings with an immigrant inquiry on how to get a green card or apply for a work permit. Phone volunteers ask an initial set of questions. An initial triage of clients for the interview process determines if this is the kind of case Just Neighbors handles, do they have the capacity or does it need to be referred out. Erin McKenney, executive director of Just Neighbors, says they handled 650-700 clients last year and turned away 1,000 due to lack of capacity.

A Deferred Action for Childhood Arrival (DACA) client (sometimes referred to as dreamers) has come into the office to apply for citizenship for the first time.

"We have just started taking applications again," McKenney said. "We were only processing two-year renewals but stopped taking new applications right after the election because we thought there was a good possibility the Administration would vacate Obama's order on dreamers."

She says today they have five or six new DACA cases scheduled and will have five more later in the week, now a routine pattern.

Sarah Milad, one of the three staff immigration attorneys, has just interviewed a DACA renewal client. "It's a great story. He is on his third renewal and about to become married to a U.S. citizen. His mother was here with him today; she was so happy. It will be a normalized status soon."

Maria Maldonado, a volunteer attorney, is photocopying the thick stack of paperwork submitted by a DACA client. McKenney says in the initial screening meetings volunteers collect a wide variety of demographic information on ethnicity, source of income, family composition, plus copies of passports and other official documents and any information such as interactions with police.

Right now "we are taking only squeaky clean clients because anything, even a minor offense, adds an element of risk," McKenney said.

In the initial meeting Just Neighbors collects \$100 as a legal fee to cover all future court costs. "For a domestic abuse victim it could be 13 court filings. These can be long, complicated cases. And if they don't have the money, we waive the fees."

The next step is attorney review of all of the materials to determine if there is any legal pathway to citizenship for the immigrant. "We won't file unless we're pretty sure they will get through because it just puts them at more risk since that information would be out there on their illegal status," she said. "We tell them don't give your money to anyone else who tells you that you do have a pathway because there are a lot of unscrupulous people out there who will just take your money. On the other hand



PHOTOS BY SHIRLEY RUHE

Volunteer hours at Just Neighbors in 2016 were valued at \$400,000, almost equaling the entire Just Neighbors budget. Just Neighbors provides services to immigrants with a legal pathway to citizenship. They have served over 10,000 clients from 130 countries over the last 20 years.

Erin McKenney, executive director of Just Neighbors, says in recent months the phones have been ringing off the hook with people volunteering time and money and wanting to sponsor families.



we just did a grant to do screening because it was estimated that 10 percent of undocumented probably had a pathway to citizenship but didn't have the knowledge or money to apply."

After any required medical check-ups, police reports or other documents have been submitted, the case is sent in to USCIS. "In a good case it may take six to eight weeks," McKenney said, "it takes about two years to get provisional approval which allows you to get a work permit. Then it takes another two years or longer to get the U visa. Legal status takes four to six more years."

A DACA applicant on his second renewal says Just Neighbors made this a streamlined, smooth application process for him: "They told me what I needed to bring, helped fill out all of the forms and sent in all documents." He continued that the entire process would be very complicated and "I'd probably not do something correct. There are a lot of people out there who don't know." He says he has been in America since he was 7 years old. "I grew up here. I consider this my country. If the DACA order is repealed and I had to return to Peru, I don't know what I would do over there. I'm not familiar with the culture. I would be lost

Sarah Milad, a staff immigration attorney at Just Neighbors, is working with a client on his third DACA renewal. She says he has a happy story, is about to be married and normalize his status soon.



for a while."

McKenney said, "We have had a rush of volunteers recently, and the phones are ringing off the hook. I probably get five new volunteers a week." The organization's volunteer coordinator sits at a long table working on scheduling and organizing volunteer activities. Behind her a volunteer sits translating a client's story from Spanish into English to add to his stack of papers.

"We always try to have one Spanish-speaking person available to answer the phones," McKenney said. "We had 154 volunteers last year; a number of them are attorneys who are retired and were not originally immigration lawyers. Immigration law competes only with tax law in its complexity." McKenney adds that some of the volunteers work once a month and others may work 8-15 hours a week.

Lisa Trangsrud has been volunteering for Just Neighbors for at least 10 years "since we were in a church basement." She says

Contact

JUST NEIGHBORS MINISTRY INC.

Main Office:
5827 Columbia Pike #320, Falls Church
703-979-1240
Herndon Office
1141 Elden Street, Suite 200
Herndon

she started out interviewing clients but now "I'm not a typical volunteer anymore." Trangsrud serves as treasurer on the Just Neighbors Board of Directors. She says she first got interested because she had taught in a school with a large immigrant population "and I had an investment."

On the other side it's a bad time because of fear. "We have happy, sad and angry — all kinds of stories," Trangsrud said.

McKenney adds that immigrants don't show up in their usual places because they are afraid, even if they are citizens, because they think ICE will arrest them. She explains there is also a fear of separation. Children are afraid they will come home and their parents will be gone. McKenney explains that the attorneys talk to the families about separation and preparation planning so if they are deported someone has the power of attorney for the children's future.

In addition, Just Neighbors holds education sessions titled "Know Your Rights." There has been much demand for these sessions, and they have trained 50 volunteers who can organize and present this information on what is required if a person is stopped by a law enforcement officer. "We've been giving these sessions all over the local area," she said.

Just Neighbors is a non-profit organization providing legal services to low-income immigrants in Northern Virginia focusing on humanitarian cases. The breakdown of services is 18 percent of the cases for DACA, 25 percent for victims of domestic violence, 6 percent employment authorization, 22 percent advice and counsel and 29 percent for refugees and asylees. Fifty-eight percent of their clients live in Fairfax with 16 percent in Arlington and others in Alexandria, Prince William and Loudoun.

Just Neighbors is funded by contributions from government grants and foundations, faith communities and businesses, individuals and client fees. "We are currently trying to raise \$50,000



"We have happy, sad and angry — all kinds of stories."
— Lisa Trangsrud

for another lawyer — we're at \$40,000 right now," McKenney said. But she adds that volunteer hours last year were valued at \$400,000 almost equaling the entire budget of \$439,947.

McKenney says there has been an outpouring of support from people who say, "I've got to do something. There is a gush of people donating money, time, things."

Allen Honored as Officer of Month

BY BONNIE HOBBS

PFC Keith Allen has been chosen as an Officer of the Month for the Sully District Police Station. He was recognized recently during a meeting of the station's Citizens Advisory Committee.

In his writeup nominating him for the award, his supervisor, Lt. Tim Burgess, said Allen continues to display "the same level of professionalism and dedication [he's had] since first being assigned to the Sully District Station. He has a sincere desire to do the best job he can and provide the best service possible to the citizens we serve."

Burgess said Allen often volunteers for cases that require extra time and effort, and he has "displayed a high level of conscientiousness to ensure quality service. He never complains about his work load and, in fact, seeks out extra assignments — even at the end of his shift — to help reduce the workload of others and be a team player."

As a Crisis Intervention Team-trained officer, Allen handles and assists with cases involving emotionally disturbed people whenever the need arises. Burgess said he's also "diligent" about completing his required paperwork, staying as late as necessary, until he finishes his portion of the cases for which he's often volunteered.

"Allen is a street-smart cop and will always take on extra work to help out his squad mates," wrote Burgess. "He has been credited with closing the gap on numerous cases, in recent months. For example, he resolved two domestic-violence cases where the initial contacts were made with the police department."

Furthermore, continued Burgess, "Allen took ownership of these cases when they might have otherwise fallen through the cracks due to victim reluctance. These victims needed an extra hand and encouragement in order to follow through with proper

Lt. Alan Hanson (left), assistant commander of the Sully District Station, presents the Officer of the Month award to PFC Keith Allen.



PHOTO COURTESY OF TARA GERHARD

reporting, and that is exactly what he provided. He took ownership of these cases and was able to provide fantastic victim assistance and closure."

Burgess also noted that, recently, Allen resolved an incident involving a local school that had a lost child and was able to reunite that child with adult supervision.

"He has also remained highly proactive, creating citizen contacts and thereby successfully removing illegal drugs from the community," added Burgess. "Allen, like every other officer, is assigned a patrol area daily. But he handles anything that comes his way, regardless of where the case originates."

"His supervisors have peace of mind knowing that he will properly investigate and document all aspects of his daily encounters," continued Burgess. "He is extremely reliable and trustworthy and he possesses an impeccable work ethic combined with a great personality — with which he can instantly lower anyone's stress by providing a joke or soliciting a laugh."

"It is a pleasure to have PFC Allen serving in the Sully District. He is a valued individual who reflects the quality and integrity we rely on in order to maintain strong relationships within the community. He is respected by his peers, highly dedicated and is well-deserving of recognition, as Officer of the Month."

Edwards Honored as Officer of Month

BY BONNIE HOBBS

PFC Brandon A. Edwards has been selected as an Officer of the Month for the Sully District Police Station. He was honored at a recent meeting of the station's Citizens Advisory Committee.

He transferred to this station from the Mount Vernon District Station in July 2016 and became a part of the Evenings A squad. His supervisor, Sgt. Brad Metz, nominated him for Officer of the Month.

"PFC Edwards certainly doesn't let the grass grow under his feet, as he averages writing a book of summonses a shift," wrote Metz. "And he's able to maintain this level of productivity all while still handling calls for service in his patrol area."

In January alone, Edwards conducted more than 300 traffic stops. "Because of the large volume of traffic summonses he generates, he's part of a very small group of officers on the department who are assigned three traffic dates a month," wrote Metz. "This is a staggering number if you consider he only works 14 days a month. If you see a cruiser along Route 28, there's a high probability that it's him."

Describing Edwards as an extremely hard worker, Metz said, "His professionalism both shows and is contagious to the other officers. He routinely is the first officer to go in service after roll call and one of the last units to come to the station at the end of the shift. Out of the thousands of citizen contacts he encounters yearly, he does not generate any formal



PHOTO BY BONNIE HOBBS

From left are CAC Chairman Leslie Jenuleson, Capt. Dean Lay and PFC Brandon Edwards.

complaints, which is truly unique."

Metz also noted a routine traffic stop made by Edwards in January that proved to be anything but routine. "The vehicle's license plates turned out to be stolen from Warrenton," wrote Metz. "While doing his investigation, Edwards contacted the detective from Warrenton and learned the subject was involved in a larceny ring that was being investigated where the suspects were unknown. Because of the traffic stop, Edwards was able to provide the detective with pertinent information regarding the persons in the vehicle."

All in all, added Metz, "PFC Edwards is a dedicated employee and is very deserving of the recognition as Officer of the Month."

Mother's Day Gala Brunch Buffet

at the **BACKYARD GRILL**

Brunch Buffet
Sunday, May 14th
10 AM to 3 PM

Special Mother's Day Menu

Carving Station
 Filet Mignon, Virginia Baked Ham
and Featuring
 Seafood Medley,
 Chicken Cordon Bleu

Side Dishes
 Green Beans & Corn

Traditional Breakfast
 Eggs, Eggs Benedict
 Bacon, Sausage, Grits
 Potatoes, Corned Beef Hash
 French Toast, Belgium Waffle

Omelet Station
 Design your own Omelet

Desserts
 Chef's Creations

Treat Your Special Mom to the Best
Call for Reservations Today!

703-802-6400

Adult Buffet \$21.95
 Unlimited Champagne Brunch \$29.95
Children Buffet (10 & under) \$9.95
RESERVATIONS RECOMMENDED

13999 Metrotech Dr. • Chantilly, VA
BackyardGrillRestaurant.com

Turn your House into a Home

How can you help?

Adopt
 one of our lovable cats or dogs.

Volunteer
 your time or services.

Donate
 money or supplies for the Shelter.

FRIENDS OF HOMELESS ANIMALS
www.foha.org

OPINION

Preserving 'America's Best Idea'

BY BILL HAFKER
FAIRFAX COUNTY RESIDENT

As a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic "Bubbles at Jordan Pond," signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just minutes, or a few hours, from our doorsteps in Fairfax County.

NPS spent the past 100 years protecting many of America's most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of "America's Best Idea," and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a \$12 billion backlog of necessary infrastructure repairs. These

range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of updating.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I've stood in line to use a Porta Potty next to a shuttered bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America's heritage, and the local economies that they significantly support.

IN VIRGINIA, National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of \$982.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated \$1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering \$816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively, and in some cases permanently, affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park.

If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to \$500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation's most meaningful and special places.

Congress created the Park Service a century ago to protect America's treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep them the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not "America's Best Budget/Funding Idea," at least an awfully good idea that we should all support.

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.

KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2017, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at <http://boundary.fcps.edu/boundary/>. Complete a packet of registration forms found at www.fcps.edu/it/forms/enroll.pdf or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent.

Greenbriar East Elementary School, 13006 Point Pleasant Drive, Fairfax, is now accepting registration for rising Kindergarteners. Visit greenbriareast.fcps.edu to sign up for an appointment or call Melissa Dicker, School Registrar at 703-633-6400.

Greenbriar West Elementary School is now accepting information for next year's Kindergarten classes. Call the school office at 703-633-6700 as soon as possible.

SEE BULLETIN BOARD, PAGE 7



PHOTO CONTRIBUTED

On Duty

Eleven Scouts and five adults from Troop 30 in Centreville supported Westfield High School's Mulch Fundraiser by staying up all night to keep an eye on the pallets of mulch to be delivered the next day. For 11 consecutive years the Scouts and adults of Troop 30 have supported WHS with this critical fundraising effort. See www.troopwebhost.org/Troop30Centreville/Index.htm

Chantilly CONNECTION

www.ConnectionNewspapers.com

@ChantillyConnec

Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

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:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Mike Salmon
Assistant Editor
msalmon@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

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

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.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

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

A Connection Newspaper

April Showers, and Immigrant Labor, Bring May Flowers

A group of researchers from George Mason University have carried out research at the Centreville Labor Resource Center. This article is based on their findings.

BY LOUISE M. PUCK,
LUCY Y. TWIMASI,
AND SHANNON N. DAVIS

Spring is the season of flowers, some that grow naturally, some that are the result of our love and attention in our own yards, and some that are tended by contractors. Contractors, as well as homeowners, sometimes need an extra pair of hands to tend to those beautiful flowers, and often those extra hands belong to an immigrant.

Immigrant labor is a key contribution to the U.S. economy in all sectors. Research from the Institute for Immigration Research (IIR) at George Mason University has documented that in 2012, foreign-born households contributed approximately \$106 billion to state and federal income tax. Subsequent research has noted that immigrants added \$1.6 trillion to the gross domestic product in 2013. Immigrants make up 13 percent of the U.S. population but are, for example, 28 percent of physicians and surgeons, 40 percent of medical scientists in manufacturing research and development, 22 percent of nursing, psychiatric and home health aides, and 15 percent of registered

nurses.

While immigrants may be present across all economic sectors, we tend to notice them when in public spaces. There is no more public space in the spring than in flower beds and gardens. Many immigrants working in these public spaces are day laborers, individuals who are temporary workers for a specific job and contractor. A team of researchers from the IIR interviewed Guatemalan and Salvadoran day laborers at the Centreville Labor Resource Center (CLRC). The center is one out of many nationwide organizations supporting a fair market for day laborers. The initial planning of CLRC started in 2007 and was led by an outreach committee of the United Church of Christ, who also initiated a series of open community dialogues discussing the effects of immigration.

Today the center acts as an employment facilitator by providing a platform for employers and day laborers to connect. Small contractors come to hire temporary workers with skills needed from a safe location, while day laborers receive protection with employer-signed contracts guaranteeing fair working conditions and pay. The day laborers can be seen replacing roofs on humid Virginia days or sweating under the hot sun while mowing lawns or planting flowers. They undertake temporary or seasonal jobs with no real career advancement. These jobs

often require great physical resilience, a feature the workers possess from starting work at an early age. Poor economic conditions, violent civil wars, coupled with military dictatorships and repression in Guatemala and El Salvador, destroyed economic opportunities and led to chronic underemployment.

Most day laborers immigrate to the U.S. as unskilled workers. There are two temporary visa types available to unskilled workers: H-2A and H-2B visas. The H-2B visa covers temporary unskilled labor for non-agricultural jobs. According to U.S. Citizenship and Immigration Services, the top industries utilizing the H-2B visa are the retail, food service, construction, landscaping, and hospitality industries. Therefore, day laborers would benefit from having immigrated under this visa category. The U.S. government allocates only 66,000 H-2B visas per fiscal year for these high demand industries.

As a result, the H-2B visa category acknowledges a need for unskilled labor, but does not necessarily provide access to workers to fulfill the demand. Unskilled foreign workers who seek to immigrate to the U.S. permanently may apply for the EB-3 Immigrant Visa under the "Other Workers" subcategory. This visa is available to foreign nationals to immigrate and become employed through a country of origin quota system. The Immigrant Visa application

must also show that there are no U.S. workers available to fill the specific position the applicant is seeking. The EB-3 "Other Workers" subcategory is known to experience significant backlog as compared to other employment-based immigrant visa categories, communicating a solid demand for unskilled workers in the U.S.

Rather than taking jobs away from local job seekers, day laborers fill specific labor market needs within a given community. Back at the CLRC, day laborers are landscapers, painters, and cleaners, but also find additional opportunities in the restaurant, construction, and retail industries. These immigrants are visible, working long hours, contributing to the economic and social fabric of everyday life.

As you stop to smell the roses, view the cherry blossoms, or behold the irises and tiger lilies, you would be right to presume that immigrant labor made your spring olfactory experience more pleasant.

To learn more about the Institute for Immigration Research and our CLRC Study (and other recent work), visit iir.gmu.edu.

The writers are: Louise M. Puck, social science researcher, Institute for Immigration Research, George Mason University; Lucy Y. Twimasi, legal contributor, Institute for Immigration Research, George Mason University; and Shannon N. Davis, Ph.D., associate professor of Sociology, George Mason University.

BULLETIN BOARD

FROM PAGE 6

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

- ❖ **The Little River Glen Senior Center** in Fairfax needs instructors for the following classes: Qigong, Art, Basic Language, Group Fitness, Computer Lab Assistant and ASL. They also need volunteers willing to become Certified Stay Active & Independent for Life (SAIL) Fitness Instructors. Free training provided.
- ❖ **The Sully Senior Center in Centreville** is looking for the following instructors: Knitting/Crochet, Charcoal Drawing, Zumba Gold, Yoga, Silver Sneakers, Chair Aerobics, and a Personal Trainer.
- ❖ **The Mott Community Center Senior Program** in Fairfax is looking for a volunteer Tai Chi Instructor.

SATURDAY/MAY 6

Annual Plant Sale. 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station. Perennials, annuals and herbs for sale by

SEE BULLETIN BOARD, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

CENTREVILLE COMMUNITIES OF WORSHIP

The Church of the Ascension
Traditional Anglican Catholic Services
1928 Book of Common Prayer, 1940 Hymnal,
and the King James Bible with Apocrypha
Holy Communion 10 a.m. Sundays
(with Church School and Nursery)



www.ascension-acc.org

13941 Braddock Road
Centreville VA 20120
in the "Old Stone Church"
of Historic Centreville

(703) 830-3176

CENTREVILLE BAPTIST CHURCH

Life is better connected

WORSHIP SERVICES
Sundays at 9:15 am & 10:45 am

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 10:45 am

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org



To highlight
your faith
community,
call
Karen
at
703-778-9422

Centreville United Methodist Church
*Making Disciples of Jesus Christ,
We Worship, Grow and Serve Together*

Sunday Worship Services
Traditional:
8:15 AM
9:30 AM
11:00 AM
Contemporary:
11:02 AM
Nursery, Children, Youth
and Adult Sunday School
at 9:30 and 11:00 AM

Worshiping God - Serving Others
6400 Old Centreville Road, Centreville VA 20121
www.Centreville-UMC.org ~ 703-830-2684
Corner of New Braddock and Route 28
Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875

The Church of the Ascension
(703) 830-3176 www.ascension-acc.org

Centreville Baptist Church
(703) 830-3333 www.cbcva.org

Centreville United Methodist Church
(703) 830-2684 www.Centreville-UMC.org

SPORTS

SYA Babe Ruth Opening Day

First day of the house regular season is now in the books with a win.

On what would have been an otherwise dismal day because of the rain, Southwest Youth Association Babe Ruth held its Opening Day on Saturday, April 22 at the LLV baseball diamond. Volunteers and players attended Opening Day ceremonies to the fanfare of the National Anthem, salutes to the American flag, and Krispy Kreme donut fundraising as part of the festivities.

As a stage setter for All Star play later this year, the House League teams began season play with the Red Sox outscoring the Northern Fairfax Babe Ruth Nationals opponent. This year's SYA Babe Ruth Opening Day begins another quest for teams eventually competing in All Star play. Prior years have seen three different SYA Babe Ruth age group teams winning post-season tournaments to qualify and win Virginia State Championships by one of the many All Star teams the league forms. Prior State Championships include: 13-15 year olds in 2016, 14 year olds in 2017, and 16-18 in 2017. In 2015, the 16-18 team also advanced to the Babe Ruth World Series in Oregon, placing third overall.

The day began early for Jenny Hughes who oversaw sales of Krispy Kreme donuts, distributing them to players and customers as part of fundraising activities. After presentation of the American Flag by the Chantilly Academy Air Force Junior ROTC Color Guard, Unit VA-20012, Yasmine Akl of Westfields High School sang the National Anthem. The Pledge of Allegiance followed, presented by the Boy Scouts' Jaidey Mehta. SYA President Brian Seeley made opening remarks, thanking the players, parents, umpires, volunteers and sponsors. Fifteen-year old Hunter Donati cited the Babe Ruth pledge, and SYA Vice President John Pyzdrowski read the League Mission Statement.

Sponsors in attendance included Cheers Sports, Joe Donatella; Summit Commercial Real Estate, Rick Henneberg; Elizabeth Sullivan Financial, Elizabeth Sullivan; and Kye Dowd and Bill Dowd, the Jimmy Fund. SYA appreciates the support of Sully District Supervisor Kathy Smith who was also in attendance.



SYA Babe Ruth Sponsor Elizabeth Sullivan Financial. From left are John Pyzdrowski, SYA BR Vice President; Brian Seeley, SYA BR President; Elizabeth Sullivan; and Deborah Pyzdrowski, SYA BR Treasurer.



Southwest Youth Association Nationals, Orioles, and Red Sox Line-Up for Opening Day, April 22. The Red Sox won their home opener while other games were postponed due to rain.

PHOTOS BY DONNA PRESKI/SYA



Yasmine Akl of Westfields High School sang the National Anthem, and Jaidey Mehta led the fans in the Pledge of Allegiance.



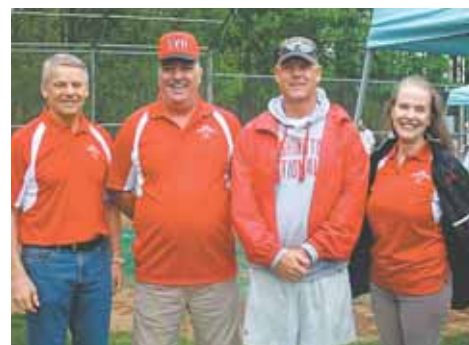
Fifteen-year old Hunter Donati representing SYA ball players and cites the Babe Ruth pledge advocating teamwork, sportsmanship and fair play.



Presentation of American Flag by Chantilly Academy Air Force Junior ROTC Color Guard, Unit VA-20012, at Southwest Youth Association (SYA) Babe Ruth Opening Day Ceremonies.



SYA Babe Ruth 2017 Sponsor, Kye Dowd, of The Jimmy Fund. From left are John Pyzdrowski, SYA BR Vice President; Brian Seeley, SYA BR President; Kye Dowd; and Deborah Pyzdrowski, SYA BR Treasurer. Kye's husband Bill (not pictured) coaches the Red Sox team.



Rick Henneberg of Summit Commercial Real Estate remains an avid SYA Babe Ruth sponsor and supporter. From left are John Pyzdrowski SYA BR Vice President; Brian Seeley, SYA BR President; Rick Henneberg; Deborah Pyzdrowski, SYA BR Treasurer.



Sponsor Cheers Sports, Joe Donatella. Cheers Sports has continuously supported SYA Babe Ruth with uniforms and baseball equipment. From left are John Pyzdrowski SYA BR Vice President; Brian Seeley, SYA BR President; Joe Donatella; Deborah Pyzdrowski, SYA BR Treasurer.



Sully District Supervisor Kathy Smith has been a long-standing supporter of all SYA activities. From left are John Pyzdrowski SYA BR Vice President; Brian Seeley, SYA BR President; Supervisor Kathy Smith; Deborah Pyzdrowski, SYA BR Treasurer.

Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

"One reason maintenance is so difficult is that your body isn't seeing that weight loss as a good thing," said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. "It's not just will power, it's biology. It's your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger."

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

"The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them," said Sanders. "Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight."

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

"Consistency is [necessary] and a better approach is going to include multiple strategies," he said. "One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-



PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

tivity or 75-minutes of high intensity activity each week."

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. "This is probably the most difficult thing to change, he said. "... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy."

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. "... [W]e need to eat and drink less sugar," said Sborz. "Sugar is a big reason why people don't see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight."

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. "People have to understand that obesity is a chronic disease," she said. "You can't just take medicine and not exercise and eat whatever you want. The medicines help, but you're not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there's no magic."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org

THE CONNECTION Newspapers & Online

UPCOMING ADVERTISING OPPORTUNITIES

MAY

5/10/2017.....HomeLifeStyle
5/17/2017.....McLean Day Pullout
5/17/2017.....A+ Camps & Schools
5/24/2017.....Summer Fun, Food, Arts
5/31/2017.....Connection Families

JUNE

6/7/2017.....Wellbeing
6/14/2017.....HomeLifeStyle
6/14/2017.....Father's Day Dining & Gifts
6/21/2017...A+ Graduations & Summer Education

Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.

Have The Connection emailed directly to you every week!
www.connectionnewspapers.com/subscribe

LOCAL MEDIA
CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Hemdon Connection
• Arlington Connection • Fairfax Station/Oldtown/Lorton Connection • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centre View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Verano/Dakota Connection



See how we compare at
CHECKBOOK.ORG
Independent • Nonprofit

Eye Street Optical

Fine Eyewear in Chantilly Since 1986

Experienced Licensed Opticians
Professional advice with a focus on your individual style and visual needs.

We have a full-service optical lab on the premises.

- Repairs
- Same-day service on most single vision lenses
- Fashionable eyeglasses

- Designer frames
- Sunglasses
- Children frames
- Digitally engineered progressive lenses to provide superior vision
- Contact lenses
- Difficult prescriptions filled accurately
- Eye exams...and much more!

\$75 OFF
1 Complete Pair Of Prescription Eyeglasses.
Offer not valid on Costa del Mar RX sunglasses, Oakley RX sunglasses, Maui Jim RX sunglasses, Wiley X, RS swim and sport goggles, non prescription sunglasses, or previous orders. Offer also not valid with other discounts or insurance. Expires June 30, 2017

703-830-6377
EyeStreetOptical.com
Independently owned and operated.

Chantilly Professional Building
3910 Centreville Road, Suite 100, Chantilly VA

Announcements

**Donate A Boat
or Car Today!**

BoatAngel

"2-Night Free Vacation!"

1-800-CAR-ANGEL

www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN



Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques

703-241-0790

theschefers@cox.net

Announcements

Legals

ABC LICENSE

Alf Layla LLC trading as Alf Laylah Wa Laylah, 13975 Metrotech Dr, Chantilly, Fairfax Co, VA 20151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Najlah Ayesh, Member. 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.

Announcements

Announcements

If you've quit reading due to

MACULAR DEGENERATION

Special low vision glasses
may help you enjoy
reading again.

Call for a **FREE** phone consultation

with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at: www.VirginiaLowVision.com

Dr. David L. Armstrong (866) 321-2030



Announcements

Announcements

**Storm Proof
Metal Roofing**

Will your roof
withstand another
storm season?

Call us today for a
free roof inspection!

WE FINANCE!

CALL 800-893-1242

WWW.METALROOFOVER.COM

SINGLE WIDES
DOUBLE WIDES
HOUSES

by VA CAROLINA BUILDINGS, INC

Announcements

Announcements

WET BASEMENT???
CRACKED WALLS???

We Fix: Basements, Crawlspace,
Cracked/Settling Foundations, Bowing Walls

800-772-0704



FREE ESTIMATES

Serving you since 1972 **Call Now! 10% Limited Time Coupon**

Some Restrictions Apply

ROUNDUPS

FROM PAGE 2

older, and either be a Fairfax County resident, or work in the county. To learn more about CERT, see www.fairfaxcounty.gov/fr/cert/cert.htm.

To sign up, go to <https://volunteer.fairfaxcounty.gov/recruiter/index.php?recruiterID=1380&class=OppDetails&oppGuid=7D82617D-1474-4D20-AD47-FA0306D2FD42>.

Bunco Night with WFCWC

Bunco Night will help raise money for GFWC Western Fairfax County Woman's Club's (WFCWC) Chantilly High School scholarship fund. WFCWC has awarded \$52,000 in scholarships to CHS senior girls since 1995. Enjoy an evening of merriment, prizes, refreshments, and a raffle for a \$175 gift card to The Red Door spa and help to raise funds for our 2017 scholarship winners. Tickets are \$20 per person. Bunco Night will be Tuesday, May 23 at 7:30 p.m. at the Cale Community Center, 4615 Stringfellow Road, Chantilly. Space is limited. Tickets must be purchased in advance. Call Barbara at 703-631-7830.

In affiliation with the General Federation of Women's Clubs and GFWC Virginia, WFCWC is dedicated to promoting the civic, cultural, domestic and educational betterment of the community through volunteer service. See www.wfcwc.org.

Several Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 a.m.

❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements: Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.

❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See <http://wfcma.org/how-you-can-help/volunteer-program/>

Food Donations for WFCM

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

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

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

Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

At Home To Open in Chantilly

At Home Group Inc. will open its new Chantilly location on Wednesday, May 10 at 13910 Metrotech Drive.

The home décor superstore will be more than 100,000 square-feet and is Virginia's seventh location, offering more than 50,000 home items from furniture, rugs, art and housewares to tabletop, patio and seasonal items.

Shoppers will find room vignettes that are continually updated to showcase new trends and seasonal items. More than 400 new products are brought in each week to provide fresh inspiration.

Grand opening events include a ribbon-cutting at 9 a.m. Friday, June 2 with the Dulles Regional Chamber of Commerce, followed by mystery gift card giveaways to the first 50 people in line during the grand opening celebration on Saturday, June 3 before the store opens.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews.com/papers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

**THE CONNECTION
NEWSPAPERS**

BULLETIN BOARD

FROM PAGE 7

Centreville Garden Club. Email centrevillegardenclub@gmail.com or call 703-830-3271 for more.

WEDNESDAY/MAY 10

Care Plan for Life. 7-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Learn what to consider before creating an advance directive. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2017 Caregiver Seminars.

TUESDAY/MAY 11

Community Meeting. 7 p.m. at Sully District Community Room, Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Learn about the Dulles Suburban Center (DSC) Study. One purpose of the study is to assess current conditions and update recommendations for future land uses and development for the 5,000 acre study area. Descriptions of the proposed change can be found on the study website: www.fairfaxcounty.gov/dpz/dullessuburbancenter. The DSC Advisory Group and County staff encourage your attendance at this meeting and welcome comments at the meeting or by email at DPZDullesSubCenter@Fairfaxcounty.gov.

MONDAY/MAY 15

Centreville Day Planning Session. 7-9 p.m. at the Sully District Government Center, 4900 Stonecroft Blvd. Volunteers needed for the Planning Committee to plan the 25th anniversary of Centreville Day on Saturday, Oct. 21, in Centreville's Historic Park. Visit www.historiccentrevilleva.org for more.

TUESDAY/MAY 16

Medicare 101. 7-8:30 p.m. at Centreville Regional Library, 14200 Saint Germain Drive, Centreville. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5851, TTY 711.

MONDAY/MAY 22

Community Emergency Response Team. Various times at 4600 West Ox Road, Fairfax. There are two sessions each week on Mondays and Wednesdays that run until June 21. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Ages 16 and older. Visit www.fairfaxcounty.gov/fr/cert for more.

MONDAY/MAY 23

Free Financial Counseling. 6-7:15 p.m. at Chantilly Computer Learning Center, 4101 Elmwood St., Chantilly. Certified financial planners will provide 45-60 minutes of free confidential financial counseling. Email Ldiaz@wfcma.org or call 703-988-9656.

SUNDAY/MAY 28

Memorial Day Service at Church of the Ascension. 5:30 p.m. at Church of the Ascension, 13941 Braddock Road, Centreville. Visit www.ascension-acc.org/ for more.

ELECTRONICS RECYCLING

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

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL	ELECTRICAL	LANDSCAPING	<p>Good is not good, where better is expected.</p> <p>-Thomas Fuller</p>
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc.... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465	
GUTTER	GUTTER	LANDSCAPING	LANDSCAPING
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!		Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured • 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 <i>All work Guaranteed</i>	
IMPROVEMENTS	IMPROVEMENTS	LANDSCAPING	LANDSCAPING
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
A&S Landscaping • 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		TILE / MARBLE	TILE / MARBLE
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		BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	
Alfredo's Construction Company, Inc. • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		TILE / MARBLE	TILE / MARBLE
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		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer 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	
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			

Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier – without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at www.ConnectionNewspapers.com.

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

ENTERTAINMENT

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

ONGOING

Baby Toddler Sign Classes. 10-11:30 a.m. Fridays in May at the NOVA Natural Birth Center, 4200 Technology Court, Suite A, Chantilly. Lisa Carlson of Toddler Signs has ways to teach a baby or toddler to how to express themselves with signing months before they can in words. Cost is \$60 for all four classes or \$20 each. Classes will be taught again in June. Visit www.novabirthcenter.com for more.

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

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.

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group. Selected Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for a list of dates.

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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.

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.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.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



Art by Anne Heising is on display at the Centreville Library, 14200 St. Germain Drive.

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.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. 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.

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.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders -played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

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

Adopt a Dog. Sundays, 1-4 p.m. at

Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

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

MAY 4-7

Spring Book Sale. Various times at the Centreville Regional Library, 14200 St. Germain Drive. Proceeds benefit the library and its patrons. For more information call the library at 703-830-2223 or visit friendsofcentrevillelibrary.blogspot.com.

FRIDAY/MAY 5

Tree Tour and Campfire. 7-8:30 p.m. in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Start with a short hike to learn why "Trees are Terrific," and then enjoy s'mores by the campfire. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

Swing Dance Music. 8:30-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Rock and romance of the 1950s with Natty Beaux. \$15. Call 703-478-2900 for more.

SATURDAY/MAY 6

Centreville Garden Club Fundraiser. 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station, Centreville. This annual fundraiser will help beautify public areas around Centreville. Visit centrevillegardenclub.blogspot.com or email: centrevillegardenclub@gmail.com for more.

VE Day Celebration. 1-4 p.m. in Historic Centreville Park, 5714 Mt. Gilead Road. Learn about the many



On Saturday, May 6, the Centreville Garden Club will be conducting their annual fundraiser. 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station, Centreville. This annual fundraiser will help beautify public areas around Centreville. Visit centrevillegardenclub.blogspot.com or email centrevillegardenclub@gmail.com for more.

ways county residents supported the war effort for World War II. Call 703-631-0013 for more.

Live Music by Jerry Irwin. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 for more.

SATURDAY/MAY 13

Flea Market. 8 a.m. to 1 p.m. in the church parking lot, Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. There will be a lot of new items as well as used. Rain date is Saturday, May 20. Call 703-631-1799 for more.

THURSDAY/MAY 18

Clifton Homes Tour. 9:30 a.m.-4 p.m. at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Protective booties will be provided and must be worn in all homes. Heels are discouraged. No smoking, cameras, food or drink permitted inside the homes. No children under 12, including infants, on the homes tour. Visit cliftoncwc.org for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwco.org, or call 202-962-3209 for more.

MAY 20-21

"The Doll Shop." Saturday, 7:30 p.m. and Sunday, 4 p.m. The Fairfax Ballet Company's presentation of "The Doll Shop," May 20 and May 21 at Centreville High School, 6001 Union Mill Road. Call 703-327-1757 for more.

SUNDAY/MAY 21

N-Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Northern

Virginia NTRAK members will hold an N gauge T-TRAK model train show. Museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Benefit hosted by Friends of the Fairfax County Animal Shelter. Wine tasting, food, a Silent Auction, raffle and much more. Well-behaved children and dogs welcome. Admission is \$40/person in advance and \$45 at the door. Visit ffcas.org for more.

SUNDAY/MAY 28

Memorial Day Service. 5:30 p.m. at Church of the Ascension, 13941 Braddock Road. Visit www.ascension-acc.org/ for more.

JUNE 3-4

Civil War Living History weekend. Various times at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Demonstrations of camp life, musket firings, candle making, Civil War re-enactors from the Victorian Dance Ensemble of the Civil War Dance Foundation in formal ball dress of the time dancing and teaching authentic dance steps of that period. Museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org, or call 703-425-9225 for more.

SATURDAY/JUNE 10

Festival to Fight Cancer. 7:30-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. A 2-mile run with all of the funds will be donated to Special Love, a non profit organization that provides camps, programs, and financial aid for families affected by childhood cancer. Visit wildcatsvscancer.wixsite.com for more.

Musical Production. 8-10 p.m. at Richard J. Ernst Theatre, Annandale NOVA Campus, 8333 Little River Turnpike. Encore Theatrical Arts Project presents their 21st original Broadway-style spring musical "That's Life." A song and dance musical about life, love and the journeys we take along the way. \$19-\$26. Visit www.Encore-tap.org for more.