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PHOTO BY STEVE HIBBARD/THE CONNECTION



Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Rece Page, 10, of Springfield on his bicycle before the Orange Hunt community Independence Day parade.

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JULY 6-12, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Thank you to the 2017 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2017 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 19th, 2017, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

Friends of the Class (\$1-49)

Andy Porth
Ashley Bustamante
Ashely Thompson
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Sara Bryant
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Five Guys
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Northern Virginia
KC Automotive
Susan Jaskot
The 2nd Cherry Run Homeowners Assoc.
Vicki Duong

Bruin Level (\$250-499)

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Jeffrey Klioze, DDS
Linda Wiwa
Marc Hausman of Hypnotic Experience
Nail Ala Mode
Northern Virginia Dental Associates
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Zbynek Krobot

Corporate Level

Austin Grill
Burke Volunteer Fire Department
Burke Veterinary Clinic
Fairfax County Park Authority
Fairfax County Police Department
Mark Allen Flickinger
South Run Regency
Village Vet
Wegmans

We'd like to thank the faculty and staff of LBSS and especially the LBSS PTSA for supporting the All Night Graduation Celebration.

A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2017, 2018, 2019 and 2020.

We would also like to extend a special thank you to the Burke Volunteer Fire and Rescue Department and the Fairfax County Police for their vital presence at our party. Finally, we'd like to thank the staff of the Audrey Moore RECenter for all their help in making the night run smoothly.

Make plans now to support our 2018 party on June 12th, 2018.



A float filled with children in the Orange Hunt Fourth of July Parade.



Brownie Troop 575 of Orange Hunt Elementary School.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Orange Hunt Holds 4th of July Parade

The Orange Hunt community in Springfield showed its patriotic side on the Fourth of July by holding its annual Independence Day Parade on Sydenstricker Road from Hunt Valley Elementary and ending at Orange Hunt Elementary. More than 100 people participated, mostly children from local Boy Scouts, Cub Scouts, Brownies, and Girl Scouts troops, and the parade participants far outnumbered the spectators. There were a few local politicians scattered in between, including Board of Supervisors Chairman Sharon Bulova, Springfield District Supervisor Pat Herrity, State Sen. Dave Marsden (D-37), Del. Eileen Filler-Corn (D-41), and Lolita Mancheno-Smoak, who is running for delegate of the 42nd District.

"This is a great community event. We partner with the Winston Knolls community. We come out with our red, white, and blue. Everybody wants to celebrate the birthday of our country," said Patty Kimmel, President of the Orange Hunt Estates Civic Association.

— STEVE HIBBARD



The Fourth of July Parade in the Orange Hunt community on Sydenstricker Road in Springfield, which started at Hunt Valley Elementary and ended at Orange Hunt Elementary School.



Members of Girl Scout Troop 2406 from Orange Hunt Elementary with their siblings on scooters.



Supporters of Lolita Mancheno-Smoak, who is running as a Republican candidate for the 42nd District.



Board of Supervisors Chairman Sharon Bulova greets parade spectators along the parade route.



Grayson Nye, 6, and sister Abrielle, 2, of Orange Hunt Estates get ready for the Independence Day Parade through Orange Hunt in Springfield on Tuesday, July 4th.



Participants march in the Fourth of July Parade in the Orange Hunt community on Sydenstricker Road in Springfield, which started at Hunt Valley Elementary and ended at Orange Hunt Elementary School.



Zoe Gibney left, Nikki Gordon and Samantha Day focus on new styles at the Top Shop, a first-to-market retailer Springfield Town Center.



PHOTOS BY MIKE SALMON/CONNECTION

Sharon Donel and Shri Jana from Specs New York with their upscale sunglasses, which top off at \$4,000 a pair.

Springfield Town Center Promotes Fashion Trends

Upscale food and fashion.

The Specs of New York sunglasses boutique in the Springfield Town Center has an upscale selection that are far from the sun-glass rack at the corner drug store. They are just one of the new stores in the town center that are part of a new trend to corner the fashion industry in the Springfield part of Fairfax County, and capitalize on a fashion sense that is becoming a trend in the metro area.

Shri Jana at Specs noted the type of clientele they are catering to.

“Trying to cover all of the spectrum of the customers up to \$4,000 pair of glasses,” he said, “very high end stuff.” Their town center location is one of four Specs in the metro area, but they still are part of the destination shopping equation that is taking shape in Springfield Town Center.

TOP SHOP, another New York City-based store, is looking to deliver upscale shopping experiences as well. “Our customers are looking for something different,” Zoe Gibney, assistant manager, said. A “first-to-market retailer,” will create a buzz amongst fashionistas in this area spurring a destination shopping trip, Gibney added. “Customers spend quite a bit because they want to make a day of it,” she said.

At Artistic Aveda, it was a little more about Zen than destination shopping. As Emily Villalva dabbed on a cream, spritzed the air with a Zen-like scent, and talked about their spa resort in Antigua, there was a sense of the sun salutations of yoga in the air. “This helps to balance your chakras,” she said.

Specs, Top Shop, Artistic Aveda and Sephora were all part of the town center’s



The fashion panel of Meaghan Mooney, left, Diego Gonzalez-Zuniga, Lauren Staehle and Kimberly Baldy, the town center marketing executive, discuss new fashion traits featured at the Springfield Town Center.

Summer Soiree on June 29 at the Zinburger restaurant.

Gone are the days when the town center was just Springfield Mall, and the roster of stores included Montgomery Ward, Korvettes, Orange Bowl Pizza and Farrells Ice Cream Parlor. The locals watched the

construction drag on for years, but the grand entrance, the food availability and variety of fashions seem to be working.

“We are thrilled with the performance of the property since its reopening, but are certain we can continue to improve it as well. The mall is over 90 percent occupied,

so there’s room to grow with a nice, stable base,” said Kimberly Baldy, the marketing director. “Sales are over \$500 per square foot which is a great, high-quality watermark. We have a great mix of high quality tenants, mixed with high-performing destination dining, luxury off-price and lifestyle offerings – diversity in offerings is key in today’s retail environments,” she added, via email.

FOOD, FASHIONS and a picture booth were part of the summer soiree, and a panel of fashion experts who reinforced the notion that the Washington, D.C. area is expanding past the suit and tie mentality. “It’s a look good, feel good mentality,” said Diego Gonzalez-Zuniga, Men’s Fashion & Lifestyle Influencer, and creator of “Diego Downtown,” a men’s fashion and lifestyle blog based in Washington, D.C. He was on the fashion panel with Meaghan Mooney, a Lifestyle Correspondent and host of “Great Day Washington,” on WUSA9 and Lauren Staehle, a fashion writer for DC Magazine.

Baldy posed a few questions, starting with the state of fashion in the metro area.

“You see a lot more creative businesses in D.C., it’s not just politics and business anymore,” said Staehle. Mooney, who likes the high top sneakers look and feel, “still sees a lot of conservatism,” she said. All agreed that accessories are big now. Bold shoes, corkscrew hair fasteners and one-piece bathing suits are all “in.”

“Bold shoes say a lot about who they are,” said Gonzalez-Zuniga, “the people that stand out are the people that aren’t afraid to take risks.”

Baldy did mention their open attitude towards modernization.

“As we look further into the future, we’ll look to capitalize on the stellar location by adding density and other uses to the site, completing the transformation into a town center in its truest sense,” she said.

Retiring Flags

Cub Scout Pack 1683, chartered by the Newington Forest Community Association, conducted a flag retirement ceremony at the annual Pack Crossover Campout, June 3-4, 2017 at TISCOM. This solemn ceremony retired flags that belonged to the Newington Forest Community Association.



Rotary Club of Springfield Hears About Urban League Activities

James Hedrick, Rotary Club of Springfield, gives Christine B. 'Chrissy' McCurdy a certificate for a book donated in her name to Garfield Elementary School's Library. McCurdy is Executive Director for Northern Virginia of the Urban League for Youth Development and informed the Rotary Club of Urban League's activities and history.



PHOTO COURTESY OF G.C. 'GARY' BLACK III



Graduating from Citadel with Honors

Cadet Martin C. Krawczak, a graduate of West Springfield High School in 2013, was among more than 550 in the South Carolina Corps of Cadets at The Citadel to receive degrees May 6 at The Citadel, Military College of South Carolina in Charleston, S. C.. Krawczak graduated with a bachelor's degree in business administration and a minor in German. He was recognized for several honors that included Presidents List which is one of the most distinguished cadet awards presented by The Citadel.

WEEK IN SPRINGFIELD

Man Killed After Late Night Argument, Suspect Caught During Nearby Burglary

A man is facing murder charges after an argument early morning June 30 in an alley in Springfield Plaza Shopping Center.

Around 2:09 a.m., officers were called for a report of a man lying on the ground outside in the 7200 block of Commerce Street in Springfield. An investigation shows the victim, Kieron Hart, 29, of Springfield, had severe injuries to the upper body. He was taken to the hospital and pronounced dead shortly before 3 a.m. Further investigation has determined Hart was stabbed. Detectives continue to investigate what led to the incident. While investigating this incident, officers were notified of a commercial burglary occurring at a nearby pet store in the 6400 block of Springfield Plaza. They responded to that location around 2:30 a.m. and found a man inside the business.

Jay Fasick, 30, of Springfield, was taken into custody, and driven to the hospital with non-life-threatening injuries.

Detectives believe the two incidents are connected and are looking into the circumstances surrounding the dispute. Preliminarily, the investigation shows after the argument in the alley, Fasick broke into the store. It is unknown at this point if or how the men know one another, and whether Fasick was injured during the argument or the burglary - according to FCPD.

Springfield Man Killed in a Crash

Virginia State Police investigated a fatal crash that occurred on July 3, at approx 6:15 p.m. in the 14000 Block of Cox Mill Road in Orange County (Cox Mill Rd - 1/2 Mile North of Drive).

The single vehicle crash involved a 2001 Honda motorcycle. The motorcycle was traveling northbound on Cox Mill Road when the motorcyclist lost control and ran off the roadway to the right and struck a fence. The motorcyclist died at the scene as the result of injuries sustained in the crash. The motorcyclist is identified as Christopher W. Bruce, age 31 of Springfield. According to police — speed appears to be a factor. The motorcyclist was wearing a helmet.

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OPINION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance

dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

EDITORIAL



Ryane and Charlie

Pet Connection, July 2016: Ryane Devlin of Clifton and her best canine friend Charlotte - "Charlie" catching a few Z's. Charlie will be one year old in late August. She is very friendly and energetic.

LETTERS TO THE EDITOR

Withholding Funds Hurts WMATA

To the Editor:

The following open letter was addressed to Secretary U.S. Department of Transportation.

Dear Secretary Chao,

As representatives of public transit customers in the Commonwealth of Virginia, we write to express our concerns regarding the Federal Transit Administration's (FTA) Feb. 10, 2017 decision to withhold federal transit grant money in response to incomplete efforts to establish a new State Safety Oversight Program (SSOP) for the Washington Metropolitan Area Transit Authority (WMATA).

On Feb. 8, 2016, the FTA gave notice that the Metropolitan Safety Commission (MSC), a new SSOP to succeed WMATA's Tri-State Oversight Commission, must be in place and certified by the FTA on or before Feb. 9, 2017. On Feb. 10, 2017, with no new SSOP certified, the FTA announced it would exercise its authority to withhold five percent of federal funds authorized in fiscal year 2017 under the Urbanized Area Apportionments Program (49 U.S.C. 5307). The initial withholding equated to \$8.9 million, and is expected to total \$15 million if the withholding continues to the end of the current fiscal year. This withholding will not just impact funding for WMATA, but for broader infrastructure maintenance throughout Virginia, Maryland, and Washington, D.C.

The decision to withhold these federal funds has created significant uncertainty amongst state and local governments in terms of

budget planning and stability. Should the withholding of funds continue throughout the remainder of the fiscal year, the governments and their transit systems will be faced with a number of difficult decisions about the manner in which they allocate their limited resources. Under a worst-case scenario, they would be forced to make cuts to good repair efforts or reduce service to their respective communities, either of which would be harmful to our constituents. We agree safety must be a top priority, but eliminating funding for infrastructure repair would directly contradict a SSOP's stated goal.

Given the FTA must engage in this process with 29 other transit agencies nationwide by 2019, we appreciate the complexity of the issues that were considered in making the decision to withhold these funds. However, we must emphasize — as many of us have expressed previously either directly to you, your predecessor, or the FTA — that the timing of both the notice and the deadline set by FTA were arbitrary in that there seemed to be little or no consideration of the legislative calendars of the Virginia General Assembly or the General Assembly of Maryland.

The FTA timetable effectively gave Virginia and Maryland less than one full legislative session to negotiate amongst each other and the District, draft the proposal, navigate it through the respective lawmaking bodies, and sign it into law. The unreasonable require-

ments FTA put forth were not simply for the SSOP to have a legal foundation by the February 2017 deadline, but to have the program fully certified by FTA, which necessitates months of work after passing legislation, including, but not limited to, appointing commissioners, hiring staff, and leasing office space. We are therefore led to believe that FTA either set their requirements without providing fair consideration to the unique institutional challenges that exist within the jurisdictions, or the FTA set them with a deadline so unrealistic that failure was unavoidable.

Given the concerns we have raised in this letter regarding FTA's shortsighted approach to this matter, and in light of the demonstrated progress which has been made, we respectfully request that your office work with the FTA to explore a compromise in which part of these withheld funds can be released as a show of good faith, as the jurisdictions continue their work to construct a stable SSOP. Lending further justification for this request is the real progress that has been made with respect to organizing the MSC. At the time this is written:

- ❖ Virginia, Maryland, and the District (the jurisdictions) have each enacted legislation to enter into an interstate compact to form the MSC;

- ❖ The jurisdictions have submitted a detailed draft certification plan to FTA for review (though FTA has not yet provided formal

feedback on the plan);

- ❖ Joint resolutions have been introduced in both the House of Representatives and the Senate to grant Congressional approval to the MSC compact;

- ❖ The Senate has passed its version of the joint resolution;

- ❖ The House Judiciary Committee, which has sole jurisdiction over the joint resolution, has ordered the House's parallel version of the resolution to be reported favorably to the full House; and

- ❖ We are requesting that the measure be taken up for consideration as soon as possible.

We appreciate the FTA's important safety work, especially its temporary safety oversight role with respect to WMATA. Without FTA's diligence, more harm may have come to WMATA's customers. But we must find an equitable solution to this matter.

We look forward to partnering with you, Madam Secretary, as well as the FTA to ensure safety remains the top priority in all transit systems and that reforms are made to accomplish a transit agency that provides safe, reliable service to our constituents. We appreciate your thoughtful consideration of this request.

U.S. Rep. Barbara Comstock,
U.S. Rep. Bob Goodlatte,
U.S. Rep. Robert J. Wittman,
U.S. Rep. Scott Taylor,
U.S. Sen. Tim Kaine, and
U.S. Sen. Mark R. Warner

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CALENDAR

Send entertainment notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsea.roseberry@fairfaxcounty.gov or call 703-642-0128 for more.

SATURDAY/JULY 8

Historic School Bus Tour. 9 a.m.-2 p.m. Tour will begin at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Bus Tour to Three Historic Fairfax County Public

Schools." Bring a bag lunch and closed drink. \$45/county residents, \$47 non-residents. Register at www.fairfaxcounty.gov/parks/parktakes. Code: 3163926301

Community Blood Drive. 10:30 a.m.-2:30 p.m. at Patriot Harley-Davidson, 9739 Fairfax Boulevard in Fairfax. Donors should allow one hour for the process, and each will receive a complimentary Super Donor t-shirt courtesy of Inova Blood Donor Services. Visit inova.org/donateblood using sponsor code 5255 or call 703-352-5400.

Lesson Zero Concert. 8-midnight at The Epicure Café, 11104 Lee Highway, Fairfax. This band is from Springfield. Free. Visit www.reverbnation.com/lessonzero for more.

SUNDAY/JULY 9

Mason Family on Roosevelt Island. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Bradley Krueger, a National Park Service Cultural Resources Specialist for the George Washington Memorial Parkway, will tell the little-known history of George Mason's family on the island. Free. Call 703-385-8414 for more.

JULY 10-14

Vacation Bible School. 9 a.m.-noon at Historic Pohick Church, 9301 Richmond Highway, Lorton. For 3-year-olds through 5th-grade. Free. Call 703-339-6572 or visit www.pohick.org for more.

WEDNESDAY/JULY 12

Fashions and Tea. 11:30 a.m.-1 p.m. at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Springfield Christian Women Connection sponsoring

fashion consultant, Dana Elmini, exploring the notion of "Simply Comfortable." In addition Gail Alicia will speak about "Surviving the Grand Canyons of Life." \$20. Call 703-922 6438, 703-913-9844 or email SpringWmConn@yahoo.com for more.

THURSDAY/JULY 13

Draw/Paint Live Model. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3990 University Drive, Fairfax. A clothed model will pose for artists to draw or paint for three hours at the Fairfax Art League's Art&Lunch. Bring art supplies and lunch or buy at local restaurants. Call 703-385-7858 for more.

Yoga. 7-9 p.m. at Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat, weather permitting. Free. Visit www.fairfaxartleague.net or call 703-587-9481 for more.

Summer Under the Stars Concert. 7:30 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Children's Concert - City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855 for more.

JULY 13-15

Fairfax Musical. 7 p.m. at Lorton Workhouse Art Center, 9518 Workhouse Road, Lorton. The Class Act Players Theatre Company presents "The Complete History of Fairfax: The Musical" as a part of Fairfax County's 275th anniversary celebration. Visit www.workhousearts.org for more.

SUNDAY/JULY 16

Battle of the Bands. 3-8 p.m. at Lakeside Park/Royal Lake, 5216 Pommeroy Drive, Fairfax. Braddock



PHOTO COURTESY OF THE CLASS ACT THEATRE COMPANY

"The Complete History of Fairfax (The Musical)" cast, from left: Christopher McDonnell, Hillary Leersnyder, Jesse Pollack, and Alex Poirier.

Fairfax History As a Musical

"The Complete History of Fairfax (The Musical)" will be performed at two Fairfax County venues: the James Lee Community Center Theater and the Workhouse Arts Center.

❖ "The Complete History of Fairfax (The Musical)" at James Lee Community Center Theatre, 2855 Annandale Road #101, Falls Church. Performances, July 6, 7 and 8, 2017 at 7 p.m. and Sunday, matinee, July 8, 2017, at 2 p.m. Tickets: \$10. Tickets www.eventbrite.com/e/the-complete-history-of-fairfax-the-musical-tickets-33287877939 available at the door or visit:

❖ "The Complete History of Fairfax (The Musical)" at the Workhouse Arts Center. 9518 Workhouse Road, Lorton. Performances July 13, 14 and 15, 2017, at 7 p.m. Tickets: \$12. Call 703-584-2900 or visit www.workhousearts.org.

District's Battle of the Bands. Ten bands, three food trucks. Music, neighbors and food. If it rains, it's cancelled. Email Linda.Bufano@fairfaxcounty.gov or call 703-425-9300 for more.

THURSDAY/JULY 20

Lunch N' Life. noon-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The guest presenter will be Elizabeth Gray, Esq., speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfbva.org for more.



Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

Find more information about submissions online at www.connectionnewspapers.com/pets.

For advertising information, call 703.778.9431 or Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.

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Visit our Website: www.jccag.org
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WELLBEING

Meditation as Medicine

Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expecta-

SEE MEDITATION, PAGE 10



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

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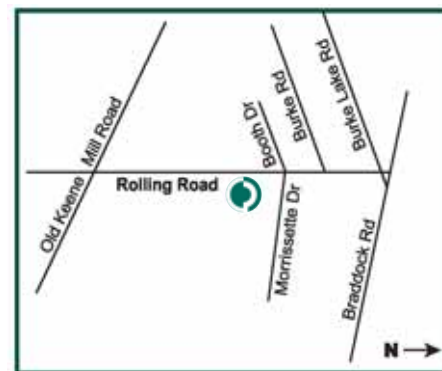
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PEOPLE

Massage Envy Burke Employees Named Regional Esthetician and Therapist of the Year

Massage Envy, provider of therapeutic massage and skincare services, has named Beysith Novella as a Regional Esthetician of the Year and Megan Santos as a Regional Therapist of the Year. Both are of the Massage Envy Burke franchised location.

From a staff of more than 25,000 professional therapists and estheticians collectively employed across the franchise network, winners were recognized for their high levels of professionalism, exceptional client care and consistently upholding the tenets of therapeutic touch.

Novella has been a member of the Burke team for two years. She is the location's lead esthetician, helping train and mentor other estheticians, while taking great care of clients. Santos has been a dedicated member of the Burke team for nine years. As lead therapist, she helps train and mentor other massage therapists, while taking care of clients.

Henry Kim and Stephen Vereb, Massage Envy Regional Multi-Unit Franchise Owners, said about Novella and Santos, "Their approach to client care represents the gold-standard and we are pleased that this has been acknowledged at the national level."

For more information, visit www.massageenvy.com



Beysith Novella



PHOTOS CONTRIBUTED
Megan Santos

Give Blood, Save Lives

The American Red Cross is facing a critical blood shortage and is issuing an emergency call for eligible blood and platelet donors of all blood types to give now and help save lives. Blood donations have fallen short of expectations for the past two months, resulting in about 61,000 fewer donations than needed and causing a significant drawdown of the Red Cross blood supply. The shortfall is the equivalent of the Red Cross not collecting any blood donations for more than four days. "It's crucial that people donate now to meet the needs of patients every day and to be prepared for emergencies that require significant volumes of donated blood," said Nick Gehrig, communications director, Red Cross Blood Services. "Every day, blood and platelet donors can help save lives, and right now these heroes are needed to give as soon as possible." To schedule an appointment to donate, use the free Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

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7/25/2017: 10:45 a.m. - 5:45 p.m.
Herndon
7/10/2017: 2 p.m. - 7 p.m., St. Timothy's Episcopal Church, 432 Van Buren St.
Reston
7/5/2017: 3 p.m. - 8 p.m., St. Thomas a Becket RCC, 1421 Wiehle Ave
7/12/2017: 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Dr.
7/14/2017: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Dr

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THE CONNECTION
NEWSPAPERS

Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that 'newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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

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

WELLBEING

Meditation As Medicine

FROM PAGE 8

tion wasn't in place 10 years ago."

Love says that while scientific research to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

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BR Split Level on a lovely tree lined street. Great location for Ft. Belvoir, Fx Co Pkwy, Springfield Metro, Schools, and Shopping. Single garage, Fireplace, Game Room, Patio and terraced yard.

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Annandale • Elevator! • Custom colonial
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9213 Silverline Drive, Fairfax Station | Sheffield Model in Crosspointe
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Fairfax \$649,900
Gorgeous 4 BR Colonial in beautiful Middlebridge. Home offers year round sunroom, deck with hot tub, trees line back yard providing privacy for perfect entertaining. Garage holds three cars (perfect for boat or antique car lover).
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Reston - \$410,000
New on the Market!
Fabulous bath renovation! Updated and well cared for 3BR TH close to Metro. 2 SGD offer lots of light in Kit/DR and lead to large deck w/roll-out awning overlooking trees. Walk-out on LL.



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Fairfax Station - \$729,900
New on the Market!

Beautifully maintained and improved home in the desirable Fairfax Station neighborhood. Over 2800 finished space with updated baths and kitchen, 4 bedrooms, main level library as well as replacement windows. Half acre with common area on three sides. Neighborhood swim club and tennis.



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