



# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Children line up for school supplies at the Back-to-School Brigade, part of Operation Homefront at the Springfield Hilton Hotel on Saturday, Aug. 19.

## Back to School With New Backpacks

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Growing Up  
In Springfield

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Best of Springfield

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PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Volunteers at the Back-to-School Brigade, part of Operation Homefront at the Springfield Hilton Hotel on Saturday, Aug. 19.**



**The line for tattoos at the Back-to-School Brigade, part of Operation Homefront at the Springfield Hilton Hotel on Saturday, Aug. 19.**

## Families Receive Backpacks in Back-to-School Brigade

About 750 local military families were part of 300,000 to receive school supplies nationwide.

About 750 local military families received backpacks and school supplies as part of the Back-to-School Brigade, part of Operation Homefront, at the Springfield Hilton Hotel on Saturday, Aug. 19, in Springfield. It's part of a nationwide event that gives 300,000 school backpacks to students across the country.

Children who belong to military installations like Fort Belvoir and Quantico who are in elementary, middle, and high school could select a colorful backpack stuffed with about 12 items ranging from paper to color pencils, pens, rulers, scissors, etc.

"We do understand that it costs a lot of money now to get these school supplies and we're providing these backpacks to take the stress off of these families who are serving our nation," said Ashley Baxter, area manager of Operation Homefront.

She added, "It's a nationwide event and we are giving military family members the essentials they need for having a successful school year."

"We did this program last year and it was a huge benefit to our girls," said Kristen Schoeneck of Fort Belvoir. "We have five, almost six girls and it provides school supplies to us. We might not be able to afford it otherwise or maybe not be able to get all the things they necessarily need, so it's a huge help."

Of the 750 people who attended, the range of recipients includes families of military officers, National Guard, enlisted, active and inactive reserves.

— STEVE HIBBARD



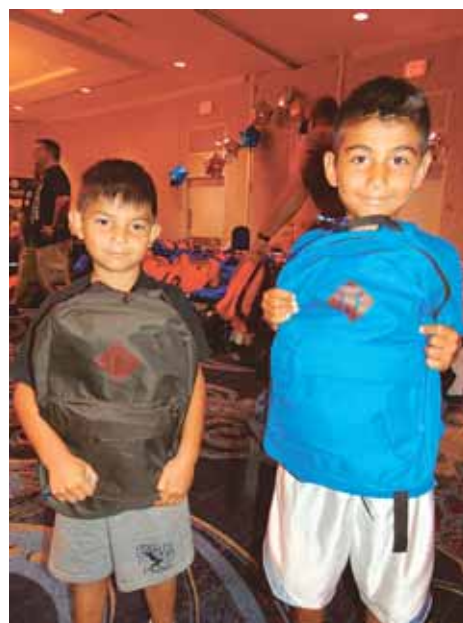
**Takeisha Moment with her son Sean, 15, of Alexandria, with his new backpack.**



**The Anderson family of Quantico with their new backpacks: Aubree, 9, Alexis, 7, and Autumn, 4.**



**Katherine Miner, 8, of Fairfax, is dressed as Flash with other characters during the Back-to-School Brigade, part of Operation Homefront at the Springfield Hilton Hotel on Saturday, Aug. 19.**



**The Hernandez family of Fairfax: Leo, 7, and Adrian, 5, with their new backpacks.**



**The Knutson family of Stafford: Dylann, 6, and Tyler, 10, with their new backpacks.**



# OPINION

## Expand Medicaid Now

It's too late to get back the \$10 billion Virginia turned down, but not too late to gain coverage for 400,000 and boost the economy.

Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

### EDITORIAL

Ironically, the failed efforts to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

"In all of the bills proposed in the House and Senate to repeal the ACA, none of them left the non-expansion states better off," said Gov. Terry McAuliffe on Monday, Aug. 21, in calling again for Virginia to expand Medicaid, al-

most entirely paid for by the federal government.

"I have called for Virginia to expand Medicaid for three and a half years now. In that time, we have forever forfeited a whopping \$10.4 billion of our federal tax dollars," McAuliffe said. "We have missed an opportunity to cover 400,000 low-income Virginians."

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of

deaths due to failure to expand Medicaid: between 266 and 987.

Refusing to accept federal funds to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed. More people die of opioid overdoses in Virginia than in vehicle crashes.

It is beyond cruel that an ideologically driven General Assembly can turn away health care for so many. It's beyond understanding why the General Assembly would turn down billions of dollars in direct health care dollars, plus the tremendous boost to the economy and jobs that federal investment would generate.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Governor's Perspective

Remarks by Gov. Terry McAuliffe to General Assembly money committees Aug. 21, 2017:

I have called for Virginia to expand Medicaid for three and a half years now. In that time, we have forever forfeited a whopping \$10.4 billion of our federal tax dollars.

We have missed an opportunity to cover 400,000 low-income Virginians.

Thirty-one states from across the political spectrum have expanded Medicaid. This isn't a political issue. These are people's lives.

I believe in the radical notion that health care shouldn't be a privilege for the rich. And in the wealthiest nation in the world, one medical event shouldn't send a family into financial ruin.

Just a few weeks ago, I went to the Remote Area Medical Clinic in Wise for the fourth time as governor. I want to thank Dr. O'Bannon for providing his services at the clinic.

There, you will see the stark reality of what it means to lack access to affordable health care. People were waiting in the animal pens, separated by bed sheet "curtains" to get the only medical care they'd have this year. Many

of them slept overnight in the parking lot just to get a spot in line.

I met a woman who pulled me aside to tell me that the clinic literally saved her life by catching her cancer in time. Another man had been driving for a year without proper eyeglasses. Yet another told me that, at 39 years old, he visited the dentist for the first time ever that day. Sadly, he was too late, and needed all of his teeth pulled.

These folks should get the exact same level of care that you or I do.

That's why I will be including Medicaid expansion once again in my biennial budget proposal this year.

And even if you don't believe that the ACA is here for good, let me also remind you that in all of the bills proposed in the House and Senate to repeal the ACA, none of them left the non-expansion states better off. In fact, in one of the proposals, non-expansion states would cover costs for the expansion states for the next five years.

So, I ask you this: Are you willing to let Virginia be block granted or capped at our current Medicaid levels? Are you willing to risk

losing out on expansion dollars forever? And are you willing to hamper our state finances by turning away these federal dollars, given the uncertainty we face?

I ask you these questions in earnest, and I hope we can find a workable solution together.

I have formally invited General Assembly leadership to meet with my team to start this process as soon as possible so that, perhaps, consensus can be reached in the budget development process.

I welcome your input and I remind you that I have consistently supported a business-like approach that allows us to bring this money back at no cost to Virginia. If you pursue expansion the way I've presented it to you, it could save the state hundreds of millions of dollars.

Further, it could protect us from the potential negative financial impacts of future federal caps on the Medicaid program.

It's not too late. There's still more than \$2 billion a year on the table that we can benefit from, and I hope we can agree on an approach to do the right thing.

## LETTERS TO THE EDITOR

### Responsibility Makes You Responsible

To the Editor:

As a rising senior in high school, I feel that I have matured greatly from my freshman and sophomore years. As many seniors would agree, a lot of this personal growth has taken place through extracurricular activities. What I've found, however, is that I've grown most by putting myself into positions of responsibilities in these extracurricular activities. In the

rush to secure a leadership position to put on one's resume or college application, we commonly forget that leadership is innately rewarding, especially for high school students.

The thing about leadership that no one tells you, is that it takes a lot of time to do a good job, no matter your position in the leadership of a club or team. And the thing is, it doesn't really matter what your position is because collaboration is almost always required to do a good job leading these sorts of organizations.

In short, the capacity in which you lead doesn't matter. All that matters is that you put

yourself in some position of responsibility and that you then put in enough time to fulfill your responsibilities. If you fail, put in enough time to understand why you failed and to remedy the situation. Always ask observers what you can do to improve your leadership, no matter your performance. If you put yourself in a position of responsibility and work hard in that capacity, you will become more responsible — I know I have.

John Krause-Steinrauf  
McLean

Springfield  
**CONNECTION**

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## ONGOING

**Senior Olympics.** Deadline to register for the Northern Virginia Senior Olympics is Aug. 26. Participants must be at least 50-years-old by Dec. 31, 2017. Register at [www.nvso.us](http://www.nvso.us) until Sept. 2 or via U.S. mail before Aug. 26 with forms available at area recreation centers. To volunteer contact RSVP Northern Virginia at 703-403-5360 or email [rsvp@volunteerfairfax.org](mailto:rsvp@volunteerfairfax.org).

**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](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

## THURSDAY/AUG. 24

**Flora Fauna for Kids.** 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Go on the trail walk and learn about the pond. \$5. Ages 3-6. Call 703-451-9588.

## FRIDAY/AUG. 25

**Music on the Plaza.** 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Rock the Block with the Alex Hilton Band Visit [www.fairfaxva.gov/rocktheblock](http://www.fairfaxva.gov/rocktheblock).

## SATURDAY/AUG. 26

**Meet the Author.** 2 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. The Battle of Ball's Bluff — local historian James Morgan will

focus on his tactical study of the battle: "A Little Short of Boats: the Battles of Ball's Bluff and Edwards Ferry." Book signing and sales follow the talk. Free. Call 703-591-0560.

**EqualiTEA.** 2-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The event will include afternoon tea, a tour of the Mansion at Gunston Hall, a presentation about the Turning Point Suffragist Memorial, and a gift for each guest from the Preservation Society of Newport County. Dress: Hats and pearls, Suffragist attire welcome. \$60. Email [pwirth@suffragistmemorial.org](mailto:pwirth@suffragistmemorial.org).

**Guided Meditation.** 7-9 p.m. at the Fairfax Art League, 3950 University Drive. Participants in this guided meditation will be led to examine themselves, as crystals are placed on their energy centers. Bring pillows, blankets and comfortable shoes. Email [otusatforiinks@gmail.com](mailto:otusatforiinks@gmail.com) or call 703-963-6805.

## SUNDAY/AUG. 27

**Yoga on the Square.** 10 a.m. at Old Town Square, 3999 University Drive, Fairfax. Bring a yoga mat and a water bottle. Call 703-385-7858.

**Civil War Reenactment.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Fairfax Station Railroad Museum will host Civil War re-enactors and modern practitioners who will demonstrate medical and rescue practices then and now in commemoration of Fairfax Station's role as an evacuation center during the Battle of Second Manassas in 1862. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-



## Model Train Show

PHOTO BY MIKE SALMON/CONNECTION

Model railroads will be the center of attention at the Train Shows, Labor Day Weekend, Sunday, Sept. 3 and Monday, Sept. 4 at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225 for more.

425-9225.

## MONDAY/AUG. 28

**Funday Monday - Zumba Kids.** 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school.

Programs are free and open to the public, donations are appreciated. Call 703-385-7858 or visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

## WEDNESDAY/AUG. 30

**Tai Chi.** 6:30-7:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Weather permitting. Wear comfortable clothes and bring a mat. Class will take place in Old Town

Square at the pergola.

## THURSDAY/AUG. 31

**Hometown Thursdays.** 6:30-8:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Jojo Bayless Band performs. Hometown Thursdays is an opportunity to meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. Free, family-friendly event for all ages.

## FRIDAY/SEPT. 1

**Photo Exhibition.** 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Over There: Americans in World War I" a traveling exhibition from the National Archives and Records Administration showcases photographs from the battle fronts in France, Italy, and Russia, supply and support operations behind the lines, and the Paris Peace Conference, open through Oct. 20. Group guided tours available by reservation, \$25. Call 703-385-8414.

**Music on the Plaza.** 7 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Main Street Clarinet Quartet performs. Performances are free. Call 703-385-7858.

**Bingo.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. The Fairfax Volunteer Fire Department hosts smoke free Bingo (with breaks for our smoking friends). Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire & rescue equipment.

SEE ENTERTAINMENT, PAGE 7



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### Announcements

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### Announcements

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*Victoria from Australia, 17 yrs.*  
Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.



*Giorgio from Italy, 16 yrs.*  
Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

**Call Angela at (703) 380-0668  
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**asse USA**

Founded in 1976

ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.

For privacy reasons, photos above are not photos of actual students

### SENIOR VOLUNTEERS

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403- 5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

### THROUGH AUG. 25

**Summer Lunches.** The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Springfield area, FEEDS is offered at the following schools:

- ❖ Springfield Gardens Apartments, 6116 Cumberland Ave.
- ❖ Springfield Square Apartments, 7000 Rhoden Court, starts at noon
- ❖ Chelsea Square Apartments, 5734 Backlick Road, starts at noon

### SEPT. 29-30

#### Fall Children's Consignment Sale.

9 a.m.-8 p.m., at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. To become a seller, email: [CUMC.CCS@gmail.com](mailto:CUMC.CCS@gmail.com), or visit [www.cameron-umc.org/](http://www.cameron-umc.org/).

### ONGOING

#### Haven of Northern Virginia

provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

**Fairfax Rotary Club Meeting** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. [fairfaxrotary.org](http://fairfaxrotary.org).

### Employment

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# ENTERTAINMENT

FROM PAGE 5

Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or 703-273-3638.

## SEPT. 3-4

**Model Train Shows.** noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## FRIDAY/SEPT. 8

**Movie Under the Moon.** 6:30-9:30 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Featuring "The Sandlot," starts at 7:30. Free. Visit [fairfaxva.gov](http://fairfaxva.gov).

## SEPT. 9-10

**Burke Centre Festival.** 9 a.m.-5 p.m. at the Burke Conservancy, 6060 Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit [www.burkecentreweb.com](http://www.burkecentreweb.com).

## SEPT. 9-20

**Northern Virginia Senior Olympics.** Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit [www.nvso.us](http://www.nvso.us).

## SUNDAY/SEPT. 10

**Community Welcome Picnic.** noon-2 p.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. Everyone is invited to a community welcome picnic with burgers and hotdogs with all kinds of side dishes, along with live music by Bob Perilla's Big Hillbilly Bluegrass Band and fun activities for children of all ages. Free. Contact Maile Bradfield at [maile.bradfield@sydenstrickerumc.org](mailto:maile.bradfield@sydenstrickerumc.org) or 703-451-8223 Visit [sydenstrickerumc.org](http://sydenstrickerumc.org).

**Vietnam Memorial Lecture.** 2 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "The 35 th Anniversary of the Vietnam Veterans Memorial," Janet Folkerts, curator of the Vietnam Veterans Memorial Collection, will share stories of the artifacts left at the Memorial and the soldiers they honor and memorialize. Free. Call 703-385- 8414.

## SEPT. 18-OCT. 28

**Photo Exhibition.** Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560.

## THURSDAY/SEPT. 21

**Lunch 'N Life.** noon-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Music by Special Blend, a barbershop quartet. \$10. Call 703-273-5730.

## SEPT. 21-24

**Golf Tournament.** All day at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Middle Atlantic Amateur Championship. Visit [www.fairfaxcounty.gov/parks/golf/lhgc](http://www.fairfaxcounty.gov/parks/golf/lhgc) or call 703-439-8849.

## SATURDAY/SEPT. 23

**Meet the Author.** 2 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Lincoln's Generals' Wives: Four Women Who Influenced the Civil War - For Better and for Worse" Author Candace Shy Hooper will discuss how Julia Grant, Ellen Sherman, Nelly McClellan, and Jessie Fremont influenced their husband's careers. Free. Call 703-385- 8414.

**Meet the Author.** 4 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Kristin Cashore reviews her new book "Tu Reviens," about an island mansion. Visit [stores.barnesandnoble.com/store/2937](http://stores.barnesandnoble.com/store/2937) or call 703-278-0300.

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## Two, Hopefully for Won



By KENNETH B. LOURIE

Being diagnosed with cancer; then having cancer/living with cancer, is like having a second job. A job that unlike many, requires and/or imposes a 'round the clock-type 24/7 adherence to protocol, policy, procedure, presumptions and principle. To live not like you're dying takes more than scoffing at a country music song that twangs an alternative vision. Believing in what routines you're following and any lifestyle changes you've made allows (I didn't say enables) a cancer survivor to thrive under the most difficult and demanding of circumstances.

Unfortunately for those reading this column looking for answers/guarantees, there aren't any other than: if you abuse the privilege of post-cancer-diagnosis survival, the ends will likely justify the means; meaning, you are responsible for your own actions and "inactions." The prognosis one is given at diagnosis is a reasonably thought out prediction. However, as grim as those words sound and seem at that moment, that prediction is not cast in stone. I'm living proof of that. The words you hear are based on the past. Your ensuing treatment is more about the present and future and what you decide to do living forward. Being open and unassuming, and by 'unassuming' I mean: not taking anything for granted, presuming facts not in evidence, considering that which has happened to somebody else — either good or bad, could happen to you and of course, asking as many questions in as many ways as necessary to get the answers you need, will help you co-exist with this terrible burden. Being diagnosed with a heretofore "terminal" disease presents one with innumerable challenges but not the slim pickin's (choices not the actor) of yesteryear.

Integrating/assimilating all of the facts, fiction and philosophy into one's daily cancer conundrum is a task often complicated by one's day job/intention to remain on that job. The thinking being, at least in my mind/experience: living as normal a life as possible and staying as true to one's usual and customary self as well as to one's wishes, desires, hopes, prayers, etc., will enable (not 'allow' this time) you potentially to live longer and prosper more and trek "where no man has gone before." For us cancer survivors/patients, where we hope to 'trek' is beyond the prognosis given to us by our oncologist.

I can boast of such an accomplishment, but I'd rather write it quietly and consistently as encouragement to others similarly diagnosed and "prognosed" than brag about it loudly. However, the changes/choices I've made might not suit another's personality. I regularly receive suggestions about additional anti-cancer pursuits. Some I embrace, some I don't. Some are conventional (Western), some are alternative (Non-Western). Many sound reasonable and "integratable" into my lifestyle. Many others don't. But given that my life is at stake, how can a suggestion's incompatibility with my personality matter? We're talking life versus premature death here; not sit-down Italian versus take-out Chinese. And though food certainly matters, it is of course to no comparison to living versus dying. Still, I don't always say "yes."

This is the yin and yang of my life and probably the lives of many other survivors of serious/terminal-type diseases. I want to feel like I'm winning. But I'm deathly afraid of losing.

Moreover, I want to live my life as normally as possible, but not if it has adverse consequence. And how would I know anyway? Symptoms can be misleading and scans are quarterly. And though I remain positive about my very negative circumstances, occasionally the reality of those circumstances interfere with that normalcy. When that happens, I usually put pen to paper and try to write myself out of it.

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



9

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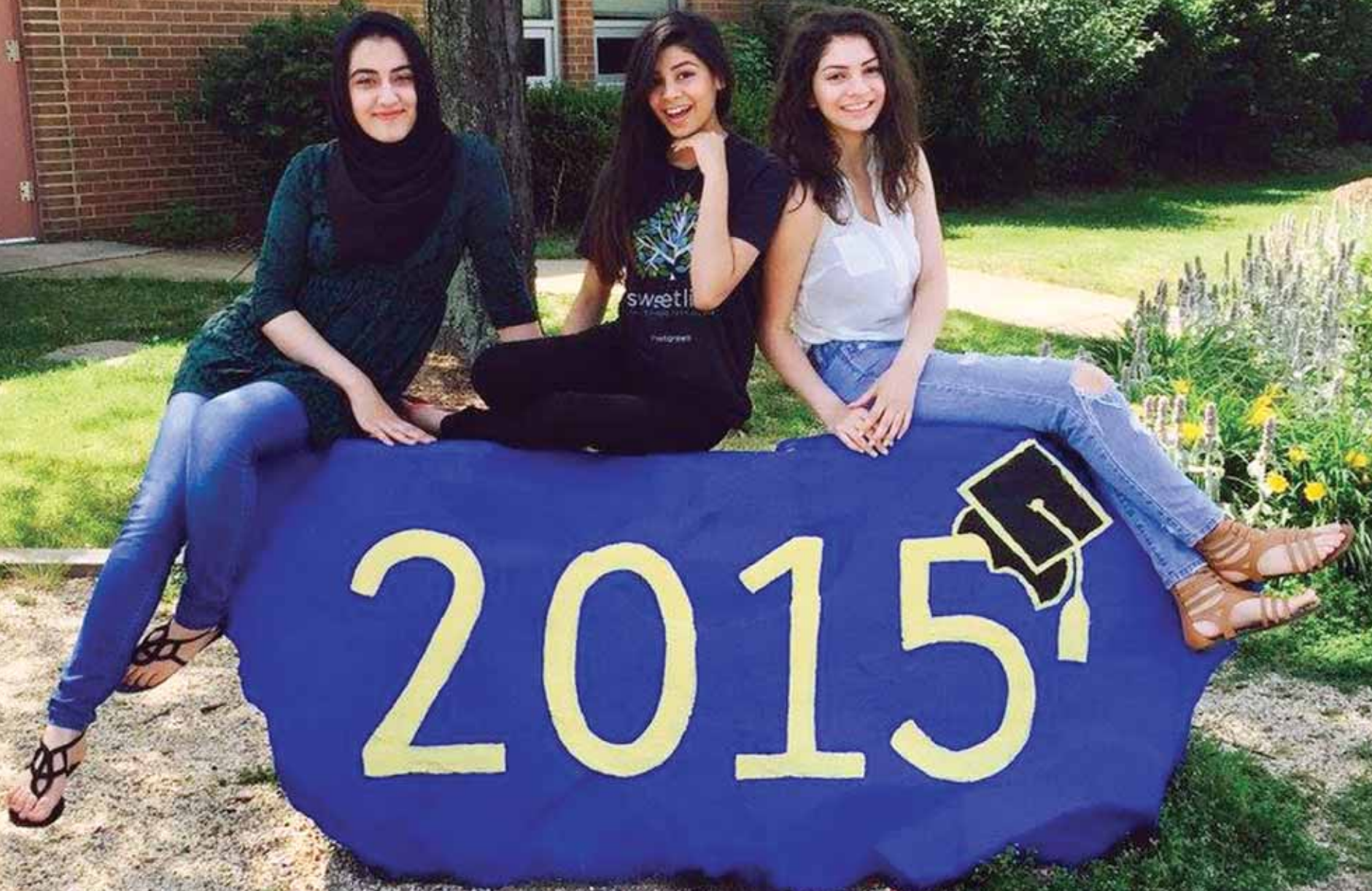
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# NEWCOMERS & COMMUNITY GUIDE

2017-2018



From left: Nabila Nasib, Javeria Ijaz and Basma Humadi, graduates of Robert E. Lee's class of 2015. Humadi was an intern/reporter for The Connection this summer. Her account on 'Growing Up in Springfield' appears on page 3 of the Newcomers & Community Guide.

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PHOTOS COURTESY OF BASMA HUMADI

**Rushing water at Lake Accotink during sunset.**



**From left: my grandmother Khalida, my mom Mariam, my father Raad, and my sister Jasmin at one of our favorite restaurants in Springfield-Marib, which serves food of Yemeni cuisine.**

## Growing Up in Springfield

BY BASMA HUMADI

**Community is a welcoming and diverse place to live.**

**I** moved to Springfield from Falls Church in 2005 when I was in second grade. Even though I was just a kid at the time, my family and I were immediately welcomed by our neighbors and by students and teachers at my school at the time, Crestwood Elementary. My family and I remain on good terms with our neighbors and on many occasions, they have helped us in cases when my mother's car wouldn't start or helping us shovel our sidewalk when snow falls. The hospitality of Springfield is a testament to the kindness the community fosters.

One of my favorite things about Springfield is its great diversity that permeates into all aspects of the city. I'm happy to say my high school had one of the most diverse student bodies, representing more than 60 countries — and this was something which was always embraced and made my high school more welcoming and enriching as everyone came from different walks of life.

In terms of its cuisine and dining options, Springfield has all sort of foods and flavors from numerous different countries and cultures. From Afghan kabob to Greek cuisine to Japanese Sushi, Springfield caters to any and every craving you could possibly have.

Having lived in Springfield since I was little, I watched the city grow as I grew up in it. I watched Springfield Mall grow to become Springfield Town Center, I watched new businesses spring to life, and have made good friends along the way. I'm still best friends with my friends from high school and often run into them as well anytime I go someplace in the city.

Here are places I enjoy in Springfield that I recommend visiting:

❖ **Lake Accotink:** The park is a beautiful piece of nature with its rushing water and beautiful lake to go canoeing or water pedaling. When the weather's nice, it's a



**A perfect place to go canoeing or rent the water pedaling boats available on site at the Lake.**

great place to have a picnic or bring your bike and go on its nature trail. The park also has a carousel and a place to buy snacks and concessions.

❖ **Springfield Town Center:** Formerly known as Springfield Mall, the recently opened and renovated Springfield Town Center is a bustling place to shop and dine. Featuring stores like Topshop, Michael Kors and, even a store for vinyl, Records & Rarities, the town center is bound to be a fun and vibrant place to go shopping. I'd also recommend catching a movie at the movie theater located inside the mall since its reclining seats make the movie-going experience much more comfortable.

❖ **Hidden Pond Nature Center:** Woodland trails, picnic and play area,

ponds, and live animal displays — the center is a great place to spend in nature and also learn more about it.

❖ **Flight Trampoline Park:** Flight is an indoor trampoline park where kids and adults can enter and spend the day bouncing around. Flight has more than 50 trampolines, two dodgeball areas, a basketball "slam dunk" area, and occasionally holds "Club Flight DJ Nights."

❖ **Dave & Busters:** Great place for games, drinks and food. Located at Springfield Town Center.

❖ **ShadowLand:** A fun place to get a group of friends together to go laser tagging. On Fridays between 8 p.m. to midnight, for \$15 per person, they offer unlimited games of laser tag.



**From left: Faaiza Ahmed, Basma Humadi, Nabila Nasib and Henry Munoz. Our high school graduation at George Mason's EagleBank Arena where our hard work of the past four years paid off.**

❖ **Go Ape Treetop Adventure Course:** South Run Park in Springfield has a zipline and obstacle course treetop adventure to embark on. You can make a reservation at goape.com.

❖ **Smart Markets:** Starting in May, this farmers market is open every Saturday from 10 a.m. to 2 p.m. and features the best from local vendors and organic fruits and vegetables.

❖ **Richard Byrd Library:** One of the best hubs of Springfield's thriving community, is its Richard Byrd library. A place for community events and gatherings, families, and free books.

*Basma Humadi was an intern/reporter for The Connection this summer. She is a student at George Mason University.*



## NEWCOMERS & COMMUNITY GUIDE

# About the Connection

**A**s your local, weekly newspaper, the Connection's mission is to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives.

Here in our Newcomers and Community Guide, we report on the character of your community, we include details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

In 2016 alone, Connection papers won dozens of awards, including the top Virginia Press award — for Integrity and Community Service, for our coverage of police reform and related issues.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an email. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a photo.



**Local Media Connection writers and photographers won 37 Virginia Press Association awards for work in 2016, including the Virginia Press Association Award for Journalistic Integrity and Community Service. Pictured here from left: John Bordner, Mark Mogle, Mary Kimm, Shirley Ruhe, Tim Peterson, Vernon Miles, Eden Brown, Andrea Worker and Jeanne Theismann.**

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate

getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metro-

politan Washington in Northern Virginia and Potomac, Md.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

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## Springfield CONNECTION NEWCOMERS & COMMUNITY GUIDE

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— MARY KIMM

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Dr. James L. Gyuricza

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Dr. Erika A. Anderson

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## John C. Cook

*Braddock District Supervisor*



### Braddock Neighbors:

One of my most important jobs as your County Supervisor is to keep you informed of county issues and important neighborhood events.

I send out a monthly newsletter, the Braddock Beacon, and periodic Cook Advisories updates. Sign up for our email newsletters and keep up with your community. You can also stay informed by visiting my website at [www.fairfaxcounty.gov/braddock](http://www.fairfaxcounty.gov/braddock).

Every one of us has the exciting

opportunity to shape our neighborhoods and make Fairfax County an even better place to work and live. That's why, here in Braddock, I continually encourage folks to become active participants in their community and their local government. So come on out, step up and become an involved Braddock District resident.

Remember, I am here to serve you. Please keep in touch and let me know what more I can do for you.

### Come in and see us!

**We are located at:**

Kings Park Library  
9002 Burke Lake Road  
Burke, Virginia 22015

**Call us at:** 703.425.9300

**Visit us online at:**

[www.fairfaxcounty.gov/braddock](http://www.fairfaxcounty.gov/braddock)

**Follow us on:** Facebook and Twitter

[www.facebook.com/SupervisorCook](http://www.facebook.com/SupervisorCook)

@JohnCookVA



# How To Vote

Every year is election year in Virginia; mechanics and details of voting require attention to detail.

**V**oting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: [elections.virginia.gov/casting-a-ballot/absentee-voting/index.html](http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html)

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date. Then you will need to apply for an absentee ballot. Note: If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location (see locations below). Voting absentee by mail? Read below for the process of applying for your mail-in ballot.

You can now apply for an absentee ballot online with the state's new Citizen Portal. You will need your Social Security Number and information on your Virginia Driver's License to complete the application. Information is also provided on how to apply if you do not have a driver's license.

## Virginia Voter ID

Virginia has voter identification requirements, plan to bring photo identification with you to vote, whether that is absentee or on Election Day.

Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an

employer of the voter in the ordinary course of the employer's business.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

## Provisional Ballot Process for Voters Who Arrive Without ID

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

## General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m., Nov. 7.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at [elections.virginia.gov/](http://elections.virginia.gov/) or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 7, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 16.

❖ Request absentee ballot by mail by: 5

p.m. Tuesday, Oct. 31.

❖ Vote early (in-person absentee ballot by appearing in person by 5 p.m. Saturday, Nov. 4.

For more information on voting in Fairfax County:

Voter Registration: 703-222-0776, TTY 711

Absentee Fax: 703-324-3725

Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

Election Officer Info: 703-324-4735,

TTY 711

## School Bonds on Ballot

There is a \$315 million public school bonds referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to:

❖ Plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the Northwest county area.

❖ Relocate one modular building

❖ Plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac.

❖ Plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools.

See [www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum](http://www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum).

## Special Election

Aug. 29, 2017 Special Election, School Board At-Large

All county polling places will be open on Aug. 29 to fill a vacancy for member, School Board At-Large for the remainder of the present term of office which expires Dec. 31, 2019.

In-Person Absentee voting is underway until Aug. 26

❖ Aug 26: Final Day In-Person Absentee Voting

❖ Aug 29: Absentee Ballot Return Deadline, 7 p.m.

Four candidates are on the ballot:

Chris S. Grisafe

Sandra D. Allen

Karen A. Keys-Gamarra

Michael H. Owens

For more on the school board race, see [www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/](http://www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/)

## ON THE BALLOT in Fairfax County:

### Governor

Ralph S. Northam (D)

Edward W. "Ed" Gillespie (R)

Clifford D. Hyra (L)

### 42nd District

Kathy Tran (D)

Lolita Mancheno-Smoak (R)

### Lieutenant Governor

Justin E. Fairfax (D)

Jill H. Vogel (R)

### 43rd District

Mark Sickles (D) incumbent, unopposed

### Attorney General

Mark R. Herring (D)\*

John D. Adams (R)

### 44th District

Paul Krizek (D) incumbent, unopposed

### House of Delegates (100) (2-year term)

#### 34th District

Kathleen Murphy (D) incumbent

Cheryl Buford (R)

### 45th District

Mark Levine (D) incumbent, unopposed

### 46th District

Charniele Herring (D) incumbent, unopposed

### 35th District

Mark Keam (D) incumbent, unopposed

### 47th District

Patrick Hope (D) incumbent, unopposed

### 36th District

Ken Plum (D) incumbent, unopposed

### 48th District

Rip Sullivan (D) incumbent, unopposed

### 37th District

David Bulova (D) incumbent, unopposed

### 49th District

Alfonso Lopez (D) incumbent  
Adam Roosevelt (R)

### 38th District

Kay Kory (D) incumbent

Paul Haring (R)

### 53rd District

Marcus Simon (D) incumbent  
Mike Case (I)

### 39th District

Vivian Watts (D) incumbent, unopposed

### 67th District

Karrie Delaney (D)  
Jim LeMunyon (R) incumbent

### 40th District

Donte Tanner (D)

Tim Hugo (R) incumbent

### 86th District

Jennifer Boysko (D) incumbent  
Linda Schultz (R)

### 41st District

Eileen Filler-Corn (D) incumbent, unopposed



# NEWCOMERS & COMMUNITY GUIDE

## VIEWPOINTS

What is a good part about Springfield that newcomers should know about?

COMPILED BY MIKE SALMON

**Alma, City of Fairfax, at Lake Accotink Park:**  
“The parks and trails, there’s so much available here.”



**Sherry, Fairfax:**  
“Farmers markets and concerts in the park.”



**Bill and Inez, Fairfax:**  
“Great restaurants and great people.”



**Devon Anthony, Fairfax Station:**  
“High variety of food.”



**Silvia Nutbrown, Springfield:**  
“We have a lot of tiny parks so we can rejuvenate, diversity of people.”

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**Burke Centre's 40th Anniversary Festival**  
**Rain or Shine!**  
**Sept. 9-10, 2017**

Conservancy Grounds  
6060 Burke Centre Pkwy

**FREE SHUTTLE BUS**  
along Burke Centre (BC) Parkway both days,  
including all Metrobus stops along BC Parkway

- Huge Arts & Crafts Show • Delicious Festival Foods • Live Bands & Dance Shows • Interactive Wildlife Shows • Pony Rides, Moonbounces, Climbing Wall & More • Wine Garden w/Cave Ridge Vineyards & live music (Sat only) • Free Face Painting & Caricature Artist • Karaoke with prizes • Meet characters from Star Wars, Paw Patrol, Pikachu • Lively Puppet Shows • Midway-Style Games • Free Shuttle Service along BC Pkwy • Police/Fire/Rescue Displays

**BURKE CENTRE FESTIVAL**  
Free Admission - Find something fun for all ages!

[www.burkecentre.com](http://www.burkecentre.com)

**Saturday, September 9**  
9:30 AM-5 PM\*  
(\*Wine Garden 5-9 PM)  
**Sunday, September 10**  
11 AM-5 PM

**MAJOR SPONSORS:** • Burke Racquet & Swim Club • Focus Family Academy • Kitchen Saver

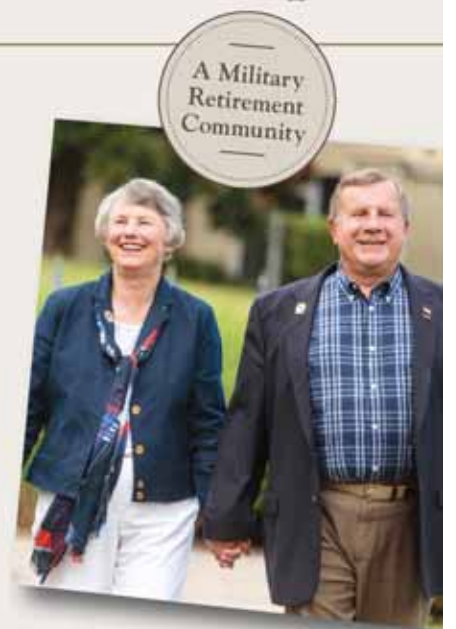
Hosted by the Burke Centre Conservancy • (703) 978-2928

“The Fairfax is like a cruise ship.”

—Colonel Philip (Phil) J. Saulnier, USA, Retired and Judith (Judy) Saulnier, Residents at The Fairfax for 3.5 Years

“There are many reasons that we moved to The Fairfax. The beautiful and spacious grounds, the activities, medical care, not having to cook anymore... The Fairfax is like a cruise ship—you have everything available to you. Most important was the true financial value of the LifeCare program as well as the potential tax advantages available to us. It was the smartest lifestyle and financial decision we ever made.”

Visit [TheFairfaxRetirement.com](http://TheFairfaxRetirement.com) for more information or call to schedule a personalized tour today.



The Fairfax is a LifeCare Community in Fort Belvoir, VA, offering luxury retirement living.

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703-799-1200 | [TheFairfaxRetirement.com](http://TheFairfaxRetirement.com)





## NEWCOMERS & COMMUNITY GUIDE

# Welcome to Fairfax County: 'Work Hard, Play Hard'

BY SHARON BULOVA  
CHAIRMAN  
FAIRFAX COUNTY BOARD OF  
SUPERVISORS

**W**elcome to Fairfax County, one of the greatest places in the nation to live, work, play and raise a family. Fairfax County is home to a thriving business community, vibrant entertainment and shopping destinations, a world class university, beautiful parks and a diverse population of engaged residents. Whether you are a long time resident or new to the county, I hope you'll take some time to visit some of our most popular spots and enjoy what Fairfax County has to offer.

Tysons Corner Center, Fair Oaks Mall, Reston Town Center, Fairfax Corner, Springfield Town Center and the Mosaic District are great places to shop, eat and spend time with friends. For cultural destinations, George Washington's Mount Vernon Estate, Wolf Trap National Park for the Performing Arts and the Workhouse Arts Center in Lorton are some of my favorites. For fresh air and exercise, I recommend our extensive network of trails, parks and RECenters.

While there are a lot of fun things to do in Fairfax County, our community is notorious for our "work hard, play hard" ethic. Time Magazine has described us as the epicenter of the Washington region's job boom and one of the great economic success stories of our time. Fairfax County is home to nine Fortune 500 company headquarters, approximately 9,000 tech businesses and over 116 million square feet of office space.

Fairfax County has one of the best public school systems nationwide with a graduation rate of nearly 93 percent. Fairfax County Public Schools is the third largest employer in Virginia and the 10th largest school system in the country with more than 189,000 students. After high school graduation, George Mason University and Northern Virginia Community Col-



lege are located just down the road for affordable higher education opportunities in many different subject fields. Our business-friendly economy offers a wide array of impressive career opportunities for both our older and younger residents.

On the local government level, the Fairfax County Board of Supervisors is constantly hard at work to ensure quality public services for our residents. Our 10-member Board of Supervisors strives to maintain positive community engagement, while strategically planning for the future with land use and infrastructure decisions.

Some recent Fairfax County accomplishments include updating many of our police policies, establishing a Diversion First program for people with mental illness who become involved with law enforcement, and successfully extending Metrorail to Tysons and Reston. Phase 2 of Metro's Silver Line is currently under construction and will extend all the way to Dulles Airport and into Loudoun County.

Fairfax County offers opportunity and quality services for residents of all ages. People from all over the globe have made Fairfax County their home, enriching our community with their diverse cultures and entrepreneurship. In Fairfax County, we believe we must all do our part to set a positive tone of acceptance, inclusiveness and kindness.

As chairman of the Board of Supervisors, I am elected at-large by Fairfax County residents. My office is here to serve you. If you have any questions or concerns, please email me at [chairman@fairfaxcounty.gov](mailto:chairman@fairfaxcounty.gov) or give my office a call at 703-324-2321. I hope you will sign up to receive my monthly Bulova Byline newsletter that will keep you up-to-date on what is happening in your new community. I also encourage you to visit [fairfaxcounty.gov](http://fairfaxcounty.gov) and [fxva.com](http://fxva.com) to see what Fairfax County has to offer you and your family every season and every day. Welcome to your new home.

## Striving To Make Democracy Work

The League of Women Voters of the Fairfax Area (LWVFA) is a nonpartisan, volunteer organization composed of men and women who are dedicated to making democracy work. Since it is nonpartisan, it does not support or endorse candidates. It registers voters and provides them with unbiased information about the voting process, issues of interest, and elections. It encourages active participation of citizens

by holding candidate forums, so they can meet and ask questions of the candidates who are running for office. It conducts studies of important community issues, has monthly meetings during which members discuss these issues, and uses education and advocacy to influence local public policy in the interest of the public. To learn more about this organization or to join, go to [www.lwv-fairfax.org](http://www.lwv-fairfax.org).

## Service for Seniors Who Want to Serve

RSVP is the region's largest volunteer network for people 55 and older, providing individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

RSVP offers opportunities for volunteers including providing rides, support and meals to older neighbors, assisting local veterans in need and helping prepare communities for disasters. RSVP also recruits volunteers for community events throughout the year.

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to group projects and social gatherings with other RSVP volunteers.

To sign up for an upcoming RSVP orientation email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

## Back to FCPS

BY SCOTT S. BRABRAND,  
Ed.D.  
SUPERINTENDENT OF SCHOOLS



**I**t is great to be back in the Fairfax County Public Schools (FCPS) family! I am returning to FCPS after spending the past five years as superintendent of Lynchburg City Schools. My family is also very excited to be back; my two sons will be attending Fairfax High School this year, the same school where I once served as principal. I always dreamed of coming back to FCPS and it is an honor for me to have the opportunity to lead this amazing school system.

I was a career changer, after doing volunteer work in the schools, and began in FCPS as a social studies teacher in 1994. I also served as an assistant principal at Herndon High and an associate principal at Lake Braddock Secondary School before being named principal at Fairfax High School in 2005. In 2009, I was named the cluster assistant superintendent for schools in the Hayfield, West Potomac and Mt. Vernon pyramids.

As your superintendent, I am making Fridays my school days. I want to visit our schools to understand the work and the challenges our teachers, administrators and employees face, to understand what is happening "on the ground" so I can be better informed when making decisions.

I am committed to following through on the work of my predecessor, Dr. Karen Garza, who established Portrait of a Graduate — the 21<sup>st</sup> century learning model that our system has embraced — that focuses on the skills necessary for our students to succeed in college and beyond. As a school division, we are committed to achieving this goal for every student, in every classroom, in every school. We can we make this vision happen through ...

**Excellence:** We need to make sure every student and family has an excellent experience during their time with us. This also requires our employees to be fully invested in the important work they do every day.

**I want to visit our schools to understand the work and the challenges our teachers, administrators and employees face, to understand what is happening "on the ground" so I can be better informed when making decisions.**

**Scott S. Brabrand, Ed.D.,  
Superintendent of Schools**

**Equity:** FCPS is a microcosm of the world with students and families who come from all backgrounds and cultures. We will ensure that all students reach Portrait of a Graduate outcomes by addressing opportunity, access and attainment gaps. Every child, by name and need, can succeed with the proper support.

**Effectiveness:** We need to ensure that FCPS is being effective and efficient. One step I am taking is to narrow down our strategic plan in order to focus our efforts on achievable priorities that we can do well this year as a school division. We will align our resources to these priorities.

**Expectations:** I want our employees to love kids. The personal connection that our students feel with their teachers and all of our employees is critical to their success. I want our employees to love teaching and learning which I know will positively impact a child every day, and I want our employees to be professional in their work and role models for our students.

All of the challenges we face as a community and a country can best be solved through public education and FCPS can and will lead the way.

I wish all students, teachers, and parents a very successful school year and I look forward to seeing you in your schools!



# NEWCOMERS

POSTCARDS FROM SPRINGFIELD



In Lake Accotink Park, kayak lessons are one outdoor activity available.



Ann Pham and Krista Argabright are hiking on one of the many trails in Springfield.

PHOTOS BY  
MIKE SALMON  
THE CONNECTION

Jen Shunfenthal, park naturalist at Hidden Pond Nature Center, with fluffy the snapping turtle.



**Jubilee Christian Center**  
*"A Caring & Spirit-Filled Church"*

**Worship Gathering – Sunday 8:45, 11 am & 6 pm**  
 Sunday School (Life Groups) 10:10 am  
 "Beyond the Limits" Youth - Sunday 6 pm - Pastor Randolph Houston  
 Family Night for all ages, Wed. 7:15 pm  
 Children's Ministries & Nursery at All Services - Emily Nelson, Children's Director  
 Home Life Groups & Sports Ministry  
 Discipleship – Mike Colón, Associate Pastor  
 George Mason Chi Alpha College / Young Adult Ministry - Caleb Yirdaw  
 Senior Adult Ministries - Roy Dunn

**Visit our website: [www.jccag.org](http://www.jccag.org)**  
 Check out [www.WeAreThePeople.me](http://www.WeAreThePeople.me) to pray with us for America  
 Patriot Day Prayer Walk in Fairfax City, Sunday Sept 10, 4:30-5:30 pm

**4650 Shirley Gate Road, Fairfax**  
**Bill Frasnelli, LEAD PASTOR, 703-383-1170**  
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**Lorton Community Action Center**

**LCAC has been serving the community for over 42 years!**

You can help your neighbors by getting involved with one of LCAC's many programs and events.

- Food pantry
- Complete the Circle
- Spring Gala
- Lorton's Attic Thrift Store
- Tutoring Program
- Thanksgiving, Warm Coat and Christmas Outreaches
- Adult, Group and Youth Volunteer opportunities

**See our website for ways to be involved or call 703/339-5161, ext. 140!**

**[LortonAction.org](http://LortonAction.org) Donate. Volunteer. Shop**



LCAC's mission is to enhance the quality of life by providing food, basic needs and self-sufficiency programs through the generous support of our community.

CFC# 58126





# NEWCOMERS & COMMUNITY GUIDE

## Year Round Fun

**Batting Cage Occoquan Regional Park** 9751 Ox Road, Lorton. Open through Oct. 30, Occoquan offers a baseball/softball batting cage, perfect for hitters of all levels, from beginner to expert. Pitching machines have a wide range of speeds, both in baseball and softball, and offers other pitches like curveballs. Batters must use helmets with protective face guards at all times. Cost: 14 balls \$1.50 Team Rentals Per Cage: 30 min. \$18 60 min. \$34 Visit [www.novaparks.com/parks/occoquan-regional-park/things-to-do/batting-cage](http://www.novaparks.com/parks/occoquan-regional-park/things-to-do/batting-cage)

**Kayak Rental Occoquan Regional Park** 9-6 p.m. daily through Sept. 30 This park offers hourly and daily kayak rentals for those interested in exploring the river and surrounding. Kayaks are launched from shore and are available in one or two seat configurations. Please note: Pets are not permitted in rental boats.

**Rock The Block Free Concert Series** 6:30-9:30 p.m. Old Town Square 3999 University Drive, Fairfax. Recurring monthly on the 4th Friday through Oct. 28. Call 703-385-7858.

**Stories From Strawberry Park** 10-11 a.m. Tuesdays in Mosaic - Strawberry Park, 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Visit [www.fxva.com/listing/mosaic-district/2326/](http://www.fxva.com/listing/mosaic-district/2326/)

## August 2017

### THURSDAY/AUG. 24

**Flora Fauna for Kids.** 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Go on the trail walk and learn about the pond. \$5. Ages 3-6. Call 703-451-9588.

### SATURDAY/AUG. 26

**EqualiTEA.** 2-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The event will include afternoon tea, a tour of the Mansion at Gunston Hall, a presentation about the Turning Point Suffragist Memorial, and a gift for each guest from the Preservation Society of Newport County. Dress: Hats and pearls, Suffragist attire welcome. \$60. Email [pwirth@suffragistmemorial.org](mailto:pwirth@suffragistmemorial.org).

### SUNDAY/AUG. 27

**Civil War Reenactment.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Fairfax Station Railroad Museum will host Civil War re-enactors and modern practitioners who will demonstrate medical and rescue practices then and now in commemoration of Fairfax Station's role as an evacuation center during the Battle of Second Manassas in 1862. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## September 2017

### FRIDAY/SEPT. 1

**Photo Exhibition.** 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Over There: Americans in World War I" a traveling exhibition from the National Archives and Records



**Amusement rides were popular at the Celebrate Fairfax Festival.**

Administration showcases photographs from the battle fronts in France, Italy, and Russia, supply and support operations behind the lines, and the Paris Peace Conference, open through Oct. 20. Group guided tours available by reservation, \$25. Call 703-385- 8414.

### SEPT. 3-4

**Model Train Shows.** noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

### FRIDAY/SEPT. 8

**Movie Under the Moon.** 6:30-9:30 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Featuring The Sandlot, starts at 7:30. Free. Visit [fairfaxva.gov](http://fairfaxva.gov).

### SEPT. 9-10

**Burke Centre Festival.** 9 a.m.-5 p.m. at the Burke Conservancy, 6060 Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit [www.burkecentreweb.com](http://www.burkecentreweb.com).

### SEPT. 9-20

**Northern Virginia Senior Olympics.** Various venues around



**From left: John Myers as John Rice, plus Carmen Wooden and Fred Eckstein as Margaret and Amos Benson. During the Battle of First Manassas, the Bensons nursed the wounded Rice back to health; 25 years later, he repaid them by donating money to rebuild their church at the annual Fairfax Civil War Day.**

Northern Virginia. Events include badminton, volleyball, bocce, miniature golf, and many more. The basic registration fee is \$13. A fee of \$1 is required for each event. Additional fees may apply. Visit [nvso.us/](http://nvso.us/).

### SEPT. 18-OCT. 28

**Photo Exhibition.** Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560.

### SEPT. 21-24

**Golf Tournament.** All day at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Middle Atlantic Amateur Championship. Visit [www.fairfaxcounty.gov/parks/golf/lhgc](http://www.fairfaxcounty.gov/parks/golf/lhgc) or call 703-439-8849.

### SUNDAY/SEPT. 24

**Building a Train Set.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Activities include making a sample train layout as well as involvement in demonstrations of railroad artifacts. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included in admission. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-



**Thousands turned out for the Celebrate Fairfax Festival in early June.**

425-9225.

## October 2017

### SATURDAY/OCT. 7

**Taste of Fall Feast.** 7 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. An evening filled with food, entertainment, and a live and silent auction to raise funds to help parents, children and individuals in Fairfax County and City who suffer the effects of poverty. Attendees at the fundraiser can sample food and drink from a variety of Fairfax-area restaurants, wineries and breweries while enjoying music by Pan Masters Steel Orchestra. \$50. Visit [www.FACETSCares.org](http://www.FACETSCares.org) or call 703-554-3609.

### SUNDAY/OCT. 8

**Clifton Day.** 9 a.m.-5p.m. The annual Clifton Day is a non-profit event, raising funds for a variety of local organizations. The festival includes arts and crafts, antiques, demonstrations, the Town Market, live music, children's activities and lots of good food. Visit [www.cliftonday.com/](http://www.cliftonday.com/).

### SATURDAY/OCT. 14

**41st Fairfax Fall Festival.** 10 a.m.-8:30 p.m. Old Town Fairfax, 3999 University Drive, Fairfax. Over 400 arts, crafts, information, food vendors, children's activities and three stages of music and entertainment for all ages. Visit [www.fairfaxva.gov/about-us/special-events/fall-festival](http://www.fairfaxva.gov/about-us/special-events/fall-festival).

## November 2017

### TUESDAY/NOV. 7

**Election Day.** General and special elections. Visit [fairfaxcounty.gov/elections/ecalendar.htm](http://fairfaxcounty.gov/elections/ecalendar.htm)

### SATURDAY/ NOV. 11

**The Robinson Marketplace.** 9 a.m.-3 p.m. 5035 Sideburn Road, Fairfax. From home crafters and jewelers. [robinsonptsamembership toolkit.com/marketplace](http://robinsonptsamembership toolkit.com/marketplace)

### SATURDAY-SUNDAY/NOV. 18-19

**2017 Holiday Craft Show.** Saturday: 10 a.m.-5 p.m. Sunday: 10 a.m.-3p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Artisans from all over the United States, displaying holiday gift choices. \$5 admission fee, \$8 for a two day pass. Under 18

years old free. Visit [fairfaxva.gov/about-us/special-events/holiday-craft-show](http://fairfaxva.gov/about-us/special-events/holiday-craft-show)

### THURSDAY/NOV. 23

**Fairfax Turkey Trot.** 9 a.m. Grab your friends and family and join us in the heart of Old Town Fairfax for the third annual Fairfax Turkey Trot benefiting the City of Fairfax Fire Department Benevolent Fund. For information on how to register, visit [www.runpacers.com/race/fairfax-turkey-trot/](http://www.runpacers.com/race/fairfax-turkey-trot/).

## December 2017

### FRIDAY-SATURDAY/DEC. 1-2

**Holiday Book Sale.** Friday: 10 a.m.-6 p.m. Saturday: 10 a.m.-5 p.m. Burke Centre Library, 5935 Freds Oak Road Burke. Peruse a selection of gently used holiday-themed books collected by the Friends of Burke Centre Library. Visit [fairfaxcounty.gov/library/branches/bc/](http://fairfaxcounty.gov/library/branches/bc/)

### SATURDAY/ DEC. 2

**City of Fairfax Festival of Lights and Carols.** 2p.m.-7p.m. Old Town Square, 3999 University Drive. Come enjoy live holiday music, hot cider, s'mores, caroling and the Christmas tree lighting ceremony. Visit [www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols](http://www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols)

### WEDNESDAY/DEC. 13

**Alphabet Soup.** 10:30-11:15am, Burke Centre Library. Stories and activities about letters in the alphabet. Register beginning Nov. 29 at 10:30 a.m. Age 3-5 with adult. Visit [www.fairfaxcounty.gov/library/branches/bc/](http://www.fairfaxcounty.gov/library/branches/bc/)

## 2018

### FRIDAY-SUNDAY/FEB. 2-4

**Chocolate Lovers Festival.** Friday: 6 p.m.-8 p.m. Saturday: 10 a.m.-7 p.m. Sunday: noon-4 p.m. The Chocolate Lovers Festival features activities including the Taste of Chocolate, the Chocolate Challenge, the ever-popular Kiwanis Chocolate Chip Pancake Breakfast, open houses at historic buildings and more. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/chocolate-lovers-festival](http://www.fairfaxva.gov/government/parks-recreation/special-events/chocolate-lovers-festival)

### APRIL 21-28

**Historic Garden Week.** Visit [www.vagardenweek.org/](http://www.vagardenweek.org/)

### FRIDAY-SUNDAY/JUNE 8-10

**Celebrate Fairfax Fair.** 12000 Government Center Parkway, Fairfax. Northern Virginia's largest community-wide celebration. Visit [www.celebratefairfax.com](http://www.celebratefairfax.com) or call 703-324- 3247 for more information.

### SATURDAY/APRIL 7

**The Annual Fishing Derby.** Ashby Pond Conservatory, 9817 Ashby Road, Fairfax. Ashby Pond will be stocked with hundreds of trout. Bring a fishing rod, bucket, plastic bag, and ice. Bait will be supplied. 9:30 a.m., 10:15 a.m. and 11a.m. \$5 per fisherman. Pre-registration required.

### JULY 4

**City of Fairfax Independence Day Celebration.** Events at various locations around the city. A fun-filled Independence Day celebration in the City of Fairfax. Visit [www.fairfaxva.gov/about-us/special-events/independence-day-celebration](http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration).



# NEWCOMERS & COMMUNITY GUIDE

POSTCARDS FROM SPRINGFIELD

At Cardinal Shell, at Old Keene Mill and Rolling Roads, is a landmark truck at a gas station that has been in the family since 1969.



PHOTOS BY  
MIKE SALMON  
THE CONNECTION



Springfield Town Center is an up and coming fashion center as well as a destination for dining out.

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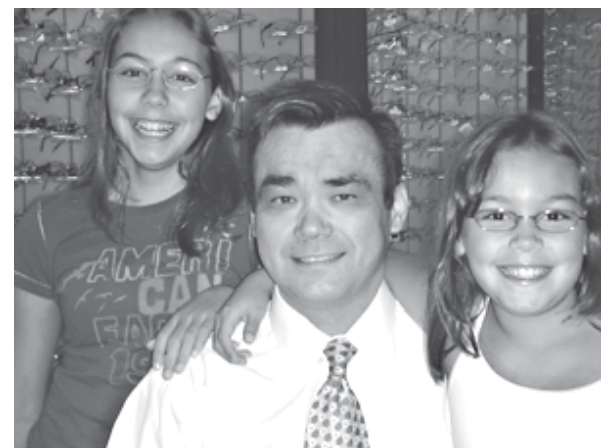


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# Area Interstates Have Toll Lane Options

**Latest addition,  
395 Express Lanes,  
are scheduled to be  
opened in 2019.**

BY MIKE SALMON

**T**he introduction of the “express lanes,” on area highways have made tolls commonplace for anyone driving in the Northern Virginia area. These lanes on I-95, I-495, and I-395 are outfitted with overhead sensors instead of booths, and everything is done with the E-Z Pass or the E-Z Pass Flex which has a feature for high occupancy vehicles (HOV) to avoid the tolls by carpooling. The variable toll amount is calculated by traffic levels at that time, and this price is reflected on the overhead digital signs.

On I-495, commonly known as the Capital Beltway, the 495 Express Lanes stretch 11 miles from Springfield in the south to a point just past the Dulles Toll Road in the McLean area. These are two lanes in each direction that are in operation 24-hours a day.

The 95 Express Lanes stretch 29 miles from Alexandria inside the beltway, south to Route 610 in Stafford County. These lanes are “reversible,” meaning they are heading northbound in the morning,

and southbound in the afternoon and evenings during the week, and almost entirely southbound on the weekend.

The 395 Express Lanes are a continuation of these lanes inside the beltway, ending at the Potomac River. This project is just getting underway, and are scheduled to be opened in 2019. For now, the northern stretch of HOV lanes is still operating under the old rules, that requires a minimum of three passengers during rush hours, and open to anyone during non-rush hours.

In December this year, I-66 inside the beltway, from Arlington to Falls Church, will be a tolled facility but only on the eastbound lanes in the morning and westbound lanes in the afternoons. It will be toll-free for vehicles with at least two passengers for now, but that HOV requirement will change to HOV-3 in a few years when the I-66 express lanes outside the beltway open in 2022. In addition, the Virginia Department of Transportation is adding an additional lane on the eastbound side only, from the Dulles Access Road to Fairfax Drive, a distance of four miles.

On I-66 outside the beltway, officials are building one lane in each direction for 22 miles from Vienna to Gainesville, and there will be two express lanes on each side, similar to I-495. This project, priced at \$2.3 billion, is expected to be done in 2022.

The Dulles Access Road and the Dulles Greenway are toll facilities also but the access road still takes change as well as the E-Z Pass, and neither road has an HOV exception.



PHOTO BY MIKE SALMON

**This toll gantry in Arlington is not in use yet, and is currently being tested.**



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[www.kiddiecountry.com](http://www.kiddiecountry.com)



# NEWCOMERS & COMMUNITY GUIDE

## Pride of the Area

Graduates toss their mortarboards at the 2016 West Springfield High School commencement ceremony. Fairfax County prides itself with one of the best schools systems nationwide.

PHOTO BY  
TIM PETERSON  
THE CONNECTION



**Westminster School**  
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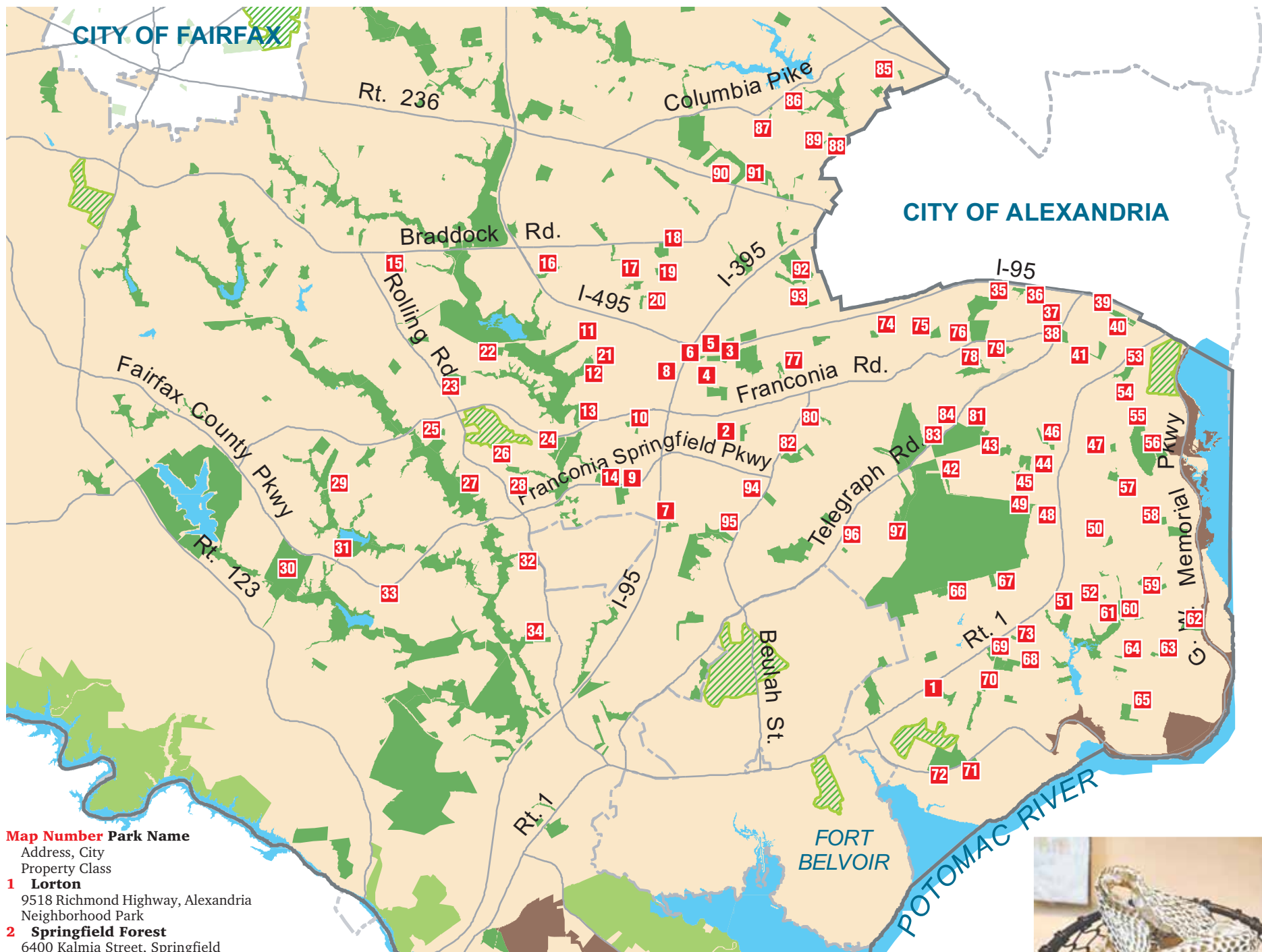
**QUALITY  
ENVIRONMENT**



# PARKS

A GUIDE TO FAIRFAX COUNTY PARKS IN THE  
SPRINGFIELD & MOUNT VERNON AREAS

PHOTOS BY MIKE SALMON  
FEATURING HIDDEN POND NATURE CENTER  
MAP BY LAWRENCE FOONG; DESIGN BY JEAN CARD



## Map Number Park Name

Address, City  
Property Class

- 1 Lorton**  
9518 Richmond Highway, Alexandria  
Neighborhood Park
- 2 Springfield Forest**  
6400 Kalmia Street, Springfield  
Neighborhood Park
- 3 Franconia**  
6432 Bowie Drive, Springfield  
Community Park
- 4 Lee High**  
6501 Deepford Street, Springfield  
Community Park
- 5 Monticello Woods**  
6444 Northanna Drive, Springfield  
Community Park
- 6 Trailside**  
6000 Trailside Drive, Springfield  
Community Park
- 7 Loisdale**  
7419 Loisdale Road, Springfield  
Neighborhood Park
- 8 Lynbrook**  
6005 Augusta Drive, Springfield  
Neighborhood Park
- 9 Hooes Road**  
7233 Hooes Road, Springfield  
Community Park
- 10 Springvale**  
6508 Spring Road, Springfield  
Community Park
- 11 Lake Accotink**  
7500 Accotink Park Road, Springfield  
Multiple Resource Park
- 12 Brookfield**  
7417 Floyd Avenue, Springfield  
Community Park
- 13 Byron Avenue**  
6500 Byron Avenue, Springfield  
Community Park
- 14 Hooes Road School Site**  
7336 Hooes Road, Springfield
- 15 Kings Park**  
8717 Trafalgar Ct., Springfield  
Community Park
- 16 Flag Run**  
7620 Elgar Street, Springfield  
Neighborhood Park
- 17 Leewood**  
7111 Woodland Drive, Springfield  
Neighborhood Park
- 18 Deerlick**  
6821 Braddock Road, Springfield  
Community Park
- 19 Edsall**  
6845 Edsall Road, Springfield  
Community Park
- 20 North Springfield**  
7025 Leesville Boulevard, Springfield  
Neighborhood Park
- 21 Royal Ridge**  
7417 Floyd Avenue, Springfield  
Community Park
- 22 Carrleigh Parkway**  
8020 Carrleigh Prkwy, Springfield  
Neighborhood Park
- 23 Cardinal Forest**  
6121 Roxbury Avenue, Springfield  
Community Park
- 24 Hunter Village**  
7700 Jansen Drive, Springfield  
Community Park
- 25 Hidden Pond**  
8511 Greeley Boulevard, Springfield  
Community Park
- 26 West Springfield**  
6805 Caneel Street, Springfield  
Neighborhood Park
- 27 West Springfield Village**  
6910 Loudoun Lane, Springfield  
Neighborhood Park
- 28 Rolling Forest**  
7019 Flax Street, Springfield  
Neighborhood Park
- 29 Cherry Run**  
7001 Cottontail Court, Springfield  
Neighborhood Park

Snakeskins found  
around the park indicate  
the snake population at  
this wooded park.



A slider turtle are one of the species living in Hidden Pond.







At Hidden Pond Nature Center, a tree bows out over the still waters of the pond.

The pond is surrounded by a community so it is a natural refuge for birds in the area.

- 30 South Run District**  
7550 Reservation Drive, Springfield District Park
- 31 Huntsman**  
9150 Dorothy Lane, Springfield Community Park
- 32 Rolling Wood School Site**  
7511 Chancellor Way, Springfield Community Park
- 33 Chapel Acres**  
7900 Giles Street, Springfield Neighborhood Park
- 34 Saratoga**  
8121 North Umlerland Rd, Springfield Community Park
- 35 Loftridge**  
5549 Janelle Street, Alexandria Community Park
- 36 Burgundy**  
5516 Norton Road, Alexandria Neighborhood Park
- 37 Heritage Hill**  
5744 Telegraph Road, Alexandria Neighborhood Park
- 38 Jefferson Manor**  
2909 Farmington Drive, Alexandria Community Park
- 39 Huntington**  
2121 Fairfax Terrace, Alexandria Community Park
- 40 Farrington Avenue**  
2213 Farrington Avenue, Alexandria Neighborhood Park
- 41 Mt. Eagle**  
5919 North Kings Highway, Alexandria Community Park
- 42 South Kings Forest**  
4505 Lantern Place, Alexandria Neighborhood Park
- 43 Stoneybrooke**  
3900 Stoneybrooke Drive, Alexandria Community Park
- 44 Groveton Heights**  
3429 Clayborne Avenue, Alexandria Community Park
- 45 Huntley Historic**  
6918 Harrison Lane, Alexandria Natural Resource Park
- 46 Lenclair**  
6625 Lenclair Street, Alexandria Neighborhood Park
- 47 Bucknell Manor**  
2223 Beacon Hill Road, Alexandria Community Park
- 48 Hybla Valley**  
3431 Lockheed Boulevard, Alexandria Neighborhood Park

- 49 Huntley Meadows**  
3701 Lockheed Boulevard, Alexandria Natural Resource Park
- 50 Hollin Meadows**  
7603 Elba Road, Alexandria Community Park
- 51 Martin Luther King Jr**  
8115 Fordson Road, Alexandria Community Park
- 52 Stephen S. Foster Intermediate School Site**  
2500 Parkers Lane, Alexandria Community Park
- 53 Belle Haven**  
6036 Grove Drive, Alexandria Community Park
- 54 Fort Willard Circle**  
6625 Fort Willard Circle, Alexandria Neighborhood Park
- 55 Mount Vernon District**  
2017 Belle View Boulevard, Alexandria Multiple Resource Park
- 56 Westgrove**  
6801 Fort Hunt Road, Alexandria Community Park
- 57 White Oaks**  
7100 Devonshire Road, Alexandria Neighborhood Park
- 58 Gilbert S. McCutcheon**  
7509 Fort Hunt Road, Alexandria Community Park
- 59 Hollin Hall School Site**  
1500 Shenandoah Road, Alexandria

- Community Park
- 60 Kirk**  
2206 Collingwood Road, Alexandria Neighborhood Park
- 61 Williamsburg Manor**  
2213 Collingwood Road, Alexandria Community Park
- 62 Collingwood**  
8200 West Boulevard Drive, Alexandria Community Park
- 63 Carl Sandburg School Site**  
8428 Fort Hunt Road, Alexandria Community Park
- 64 Stratford Landing**  
2301 Stirrup Lane, Alexandria Neighborhood Park
- 65 Fort Hunt**  
8822 Linton Lane, Alexandria Community Park
- 66 Muddy Hole Farm**  
7941 Kidd Street, Alexandria Community Park
- 67 Mount Vernon Woods**  
4014 Fielding Street, Alexandria Community Park
- 68 George Washington**  
8426 Old Mount Vernon Road Special Purpose Park
- 69 Walt Whitman School Site**  
8333 Richmond Highway, Alexandria Community Park
- 70 Mount Zephyr**  
8601 Richmond Avenue, Alexandria

- Neighborhood Park
- 71 Washington Mill**  
4341 Mount Vernon Memorial Hwy, Alexandria Community Park
- 72 Grist Mill**  
4710 Mount Vernon Memorial Hwy, Alexandria District Park
- 73 Vernon Heights**  
8225 Central Avenue, Alexandria Neighborhood Park
- 74 Bush Hill**  
5417a Waycross Drive, Alexandria Neighborhood Park
- 75 Mark Twain**  
5920 Larpin Lane, Alexandria Community Park
- 76 Clermont School Site**  
4100 Franconia Road, Alexandria Community Park
- 77 Franconia Forest**  
6013 Bitternut Road, Alexandria Neighborhood Park
- 78 Ridgeview**  
4111 Duvawn Street, Alexandria Community Park
- 79 Wilton Woods School Site**  
3701 Franconia Road, Alexandria Neighborhood Park
- 80 Tara Village**  
6417 Joyce Road, Alexandria Neighborhood Park
- 81 Virginia Hills School Site**

- 6520 Diana Lane, Alexandria Neighborhood Park
- 82 Manchester Lakes**  
6775 Beulah Street, Alexandria Community Park
- 83 Greendale Golf Course**  
6700 Telegraph Road, Alexandria Special Purpose Park
- 84 Lee District**  
6601 Telegraph Road, Franconia District Park
- 85 Dowden Terrace**  
5616 Bradley Blvd., Alexandria Community Park
- 86 Glasgow**  
3935 Arcadia Road, Alexandria Neighborhood Park
- 87 Parklawn**  
6454 Lincolnia Road, Alexandria Community Park
- 88 Glen Hills**  
6090 Larstan Drive, Alexandria Neighborhood Park
- 89 Heywood Glen**  
6210 Larstan Drive, Alexandria Neighborhood Park
- 90 Pinecrest Golf Course**  
6600 Little River Turnpike, Alexandria Special Purpose Park
- 91 Green Spring Gardens**  
4603 Green Spring Road, Alexandria Special Purpose Park
- 92 Bren Mar**  
6324 Edsall Road, Alexandria Community Park
- 93 Backlick Run**  
5590 First Statesman Lane, Alexandria Community Park
- 94 Beulah**  
7119 Beulah Street, Alexandria Community Park
- 95 Amberleigh**  
7516 Beulah Street, Alexandria Community Park
- 96 Hayfield**  
7611 Hayfield Road, Alexandria Community Park
- 97 Wickford**  
7331a Wickford Drive, Alexandria Neighborhood Park



In the nature center, a park volunteer handles a black rat snake.





# A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

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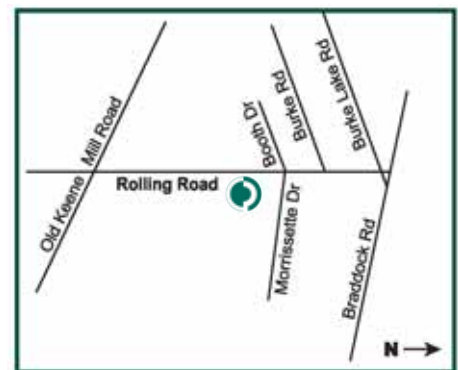
*Washingtonian* magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

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## Our Services:

- Routine cleanings and check-ups
- Fillings and sealants
- Sedation "sleep" dentistry
- Nitrous oxide
- Crowns, bridges, inlays, onlays
- Extractions
- TMJ/TMD therapy
- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
- Custom partial and full dentures
- Custom occlusal and sport guards
- Implants
- Bonding and veneers
- In-office professional whitening
- Invisalign (clear braces without the wires)

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**"Best Dentists in Metropolitan Area"**  
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**Peter K. Cocolis, Jr., DMD  
& Associates**

Peter K. Cocolis, Jr., DMD, MAGD

Emily A. DaSilva, DDS, FAGD



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