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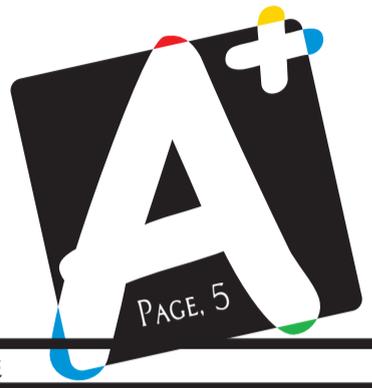
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CENTRE VIEW



FEBRUARY 21-27, 2018

25 CENTS NEWSSTAND PRICE

Greenbriar resident Beth Pokorny holds two of the valentines she made for retired veterans at RSVP's volunteer event.

Valentine's Day And Volunteers

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Gun Debate
On Lockdown
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PHOTO BY BONNIE HOBBS
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Valentine's Day and Volunteers

Seniors learn about opportunities to serve their community.

BY BONNIE HOBBS

The Valentine's Day meet-and-greet at Overture Fair Ridge was more than just a social event for the attendees. It enabled them to learn about volunteer opportunities in Fairfax County; and while listening to the guest speakers, they created handmade valentines for members of the Vinson Hall Retirement Community in McLean.

Overture is a Fair Oaks apartment complex for people 62 and over. And hosting the Feb. 14 event there was RSVP (Retired Senior Volunteer Program), a partnership of Volunteer Fairfax, Volunteer Arlington and Volunteer Alexandria.

"We match people 55 or older with volunteer organizations in their communities, and then we send volunteers their way," said Carly Hubicki, a volunteer specialist with RSVP. Those interested choose how, where and how often they want to serve, with commitments ranging from a few hours to 40 hours a week.

Descriptions of many of the volunteer opportunities are on the organization's website, www.rsvpnova.org. After checking it out, said Hubicki, potential volunteers would come to an RSVP orientation and then fill out an application.

"They tell their experience, interests and skills, as well as the things they want to do," added RSVP volunteer Denise Mackie-Smith. "Then the volunteer coordinator interviews them, and they're matched up with various organizations that need help." At last week's meet-and-greet, she said, "Today, people will find out about the program and, hopefully, meet others they'd like to volunteer with."

One of the speakers seeking volunteers was Jessie Wilson, representing Insight Memory Care in Fairfax. "I'm specifically



PHOTO BY BONNIE HOBBS

From left: Linda Andrews, Mary Marple and daughter Barbara Marple with some of the valentines they created.

looking for volunteers for our early-stage, Reconnections program for people recently diagnosed with dementia," she said. "We need outside speakers to come and provide a special program about history, travel or a particular passion they have."

Doing so, said Wilson, would help the listeners become active and engaged. "The speakers could share photos from their vacation and talk about it or reminisce about life events, such as a wedding. That way, they'd be offering a different perspective from someone new."

Guests can come there any of three days a week, any time between 10 a.m. and 3 p.m. They could lead chair exercises, show people how to dance, sing songs or play musical instruments. "People who want to share whatever talents they have are wel-

come," said Wilson. "We use visual aids, and I'm happy to help put the program together."

Insight is also flexible with scheduling. "Volunteers can come for an hour or more, depending on their availability," said Wilson. And for those attending the program, she said, "It's an opportunity for them to learn and give their opinions and feedback. They love meeting new people, interacting and socializing."

"It makes them feel like they can give back and keep their abilities as long as possible," she continued. "It doesn't focus on their limitations, and they're being productive with their day. It also gives their family members a break." To volunteer at Insight, contact her at jessica.wilson@insightmcc.org.

Also at RSVP's event was Emily Thomas

with Volunteer Solutions. She works for the county's Area Agency on Aging and has 3,000 volunteers. "We provide volunteers for various programs, such as Meals on Wheels, to 14 senior centers and to adult, day, health-care centers," she said. "We need volunteers to supervise social visiting, do grocery shopping, drive people to medical visits and check in on them."

Besides working with RSVP, Mackie-Smith also volunteers with New Hope Housing, which manages homeless shelters. She said her organization is always looking for volunteers to help with coat drives, read to children and help adults write resumés for jobs.

Holly Booker, with the nonprofit Junior Achievement, also made her pitch during the Valentine's Day event. She coordinates the in-classroom programs for Northern Virginia students in grades kindergarten through 12.

"We teach financial literacy, work readiness and entrepreneurship," she said. "All our programs are taught by volunteers, not teachers. The volunteers teach from a book, and no experience is necessary. As long as they can read, they can do it."

Patti Senft, Junior Achievement's manager of program engagement, said, "We need at least 18-25 volunteers a day because we need a minimum of 2,500 volunteers every school year. But we have a goal of 3,000." The organization runs Finance Park, at 4099 Pickett Road in Fairfax, near Woodson High and Frost Middle School, and serves 15,000 students a year.

"But we can't do this without our wonderful community of volunteers," said Senft. "It's a fantastic program, and we're happy to have people volunteer so that these kids

SEE VOLUNTEERS, PAGE 7

Sully District Police Honor Two Officers

Fortner and Hill are recognized for lifesaving actions.

BY BONNIE HOBBS

Instead of honoring just one Officer of the Month, as usual, Sully District Station police recently recognized two. PFC Kenner Fortner and PFC James "Troy" Hill were named Officers of the Month for November 2017 at the Jan. 10 meeting of the station's Citizens Advisory Committee.

In her writeup nominating them, Sgt. Sharon Perry explained why both officers were deserving of the honor. And she noted how they were able to use specialized training to help save a man's life.

She said that, during pre-shift, roll-call training on Nov. 2, 2017, members of the Midnights A-Shift conducted refresher drills



PHOTOS BY BONNIE HOBBS/
CAC Chairman Leslie Jenuleson (left) and PFC Kenner Fortner.



PFC James "Troy" Hill (left) and Sully District Station Assistant Commander Ryan Morgan.

using Police Department Tactical Emergency Causality Care (TECC) kits. These kits, which are mounted in each police vehicle, include several lifesaving tools an officer may need to assist a community member in a time of emergency and until specialized rescue personnel can arrive.

"The initial TECC officer-training began in 2013, and each patrol officer has a good understanding of the equipment and its intended use," wrote Perry. But, as with any skill, proficiency with the TECC kit may diminish over time.

"To keep current, officers are encouraged to remain familiar with the equipment through training and to practice learned techniques," she wrote. "One of the most important items in the TECC kit is the tourniquet – a device for stopping the flow of blood through a vein or artery, typically by compressing a limb."

On Nov. 2, little did Fortner and Hill know

SEE OFFICERS, PAGE 7

Gun Debate on Lockdown

Democrats unable to gain traction on reform.

BY MICHAEL LEE POPE

When lawmakers arrived in Richmond last month, Democrats were hopeful that they would be able to use their new numbers to gain some traction on the gun debate. Now that the session is half over and the nation is reeling from yet another mass shooting, little has been accomplished at the Capitol.

Republicans are still very much in control of the House of Delegates, even if they have a one-vote majority.

Perhaps most significantly, they control the process, which sends all gun bills to a seven-member subcommittee that has six Republicans and one Democrat. All reform efforts died in that subcommittee, including proposals to close the gun show loophole and ban bumpstocks. When Del. Marcus Simon (D-53) introduced a bill to create a new Stop Gun Violence license plate, Republicans amended it to raise money for mental health.

"They were trying to make the point that we don't have a gun violence problem we have a mental health problem," said Simon. "I think that's wrong. We actually have a gun violence problem, and it is in fact about the instrument."

INSTEAD OF MOVING forward on gun control, the Republican majority is moving in the other direction — finding ways to increase where people can take guns. Churches, for example. Virginia law prohibits firearms in places of religious worship. After 26 people were killed in a Texas church last year, religious leaders across Virginia began lobbying to change that. State Sen. Ben Chafin (R-38) responded by introducing a bill that would allow guns in churches during worship services.

"Virginia has the archaic law that says



PHOTO BY MICHAEL LEE POPE

House Republicans killed more than two dozen gun reform bills this year.

you're not supposed to have firearms in the church," Chafin said in a speech on the Senate floor. "Even if the faith leaders of the church, even if the people that own the church, even if the people who control the church want to have some members of their church provide protection."

For Republicans, the debate over gun control is a matter of good versus evil. Their solution to the epidemic of gun violence in America is not to restrict who can have guns and where they are allowed. It's to arm what they call the "good guys" who will take down what they call "bad guys." After the school shooting in Florida, many responded

by calling for more guns in the classroom.

"Training and arming a few teachers in each school would make these attackers think twice about ever opening fire," said Prince William County Board of Supervisors Chairman Corey Stewart, a Republican who is challenging U.S. Sen. Tim Kaine. "The only way to stop these mad men is to return fire."

CAMPAIGN FINANCE records show big money on both sides of this debate. Advocates for gun control donated \$2.4 million to candidates in the last election cycle, mostly to the Democratic statewide candi-

dates who were successful. But gun rights groups pumped more than \$160,000 into targeted House of Delegates races that helped Republicans keep control of the chamber and quash reform efforts. Members of the subcommittee that routinely kills gun reform effort were showered with tens of thousands of dollars in campaign contributions.

But money doesn't always win the day.

One race that pro-gun groups targeted was a hotly contested election in Prince William County, where eight-term incumbent Del. Scott Lingamfelter (R-31) trying to hold onto a district with shifting demographics.

The NRA gave him \$2,500. The Virginia Citizens Defense League gave him \$2,000. A Portsmouth gun dealer gave him \$10,000. But he ended up losing that race to Democrat Elizabeth Guzman.

"I support the Second Amendment and the right of every citizen to own a gun," said Guzman during the campaign. "However, we need to implement responsible gun laws that protect our communities from gun violence."

Unfortunately for Guzman and advocates for gun control, that agenda was dead on arrival as lawmakers arrived at the Capitol. The Republican majority killed more than two dozen gun safety bills this year — efforts to limit handgun purchases to one a month, proposals to ban high-capacity magazines and laws to keep guns out of the hands of people who present a threat to themselves or others. Republicans are more interested in getting rid of gun-free zones, including schools.

"The idea that we disarm people in the schools, we forbid out teachers and our staff from carrying concealed firearms, is a mistake," said state Sen. Dick Black (R-13) in a Senate floor speech after the Florida shooting.

Candlelight Vigil for Florida Shooting Victims

Protesters at NRA headquarters decry killings, demand lawmakers pass laws to stem gun violence.

BY MARTI MOORE

It's Friday night in Fairfax. Instead of going out for a weekend evening of fun in Northern Virginia, more than 300 people gathered outdoors on both sides of the street at 11250 Waples Mill Road in front of the National Rifle Association headquarters to light candles for the lives lost to gun violence.

For nearly an hour, they stood in the dark, cold night to mourn the loss of 14 students and three faculty members killed Feb. 14 in a South Florida high school shortly before classes ended for the day.

According to the seven-page booking re-

port at the Broward County Sheriff's Office, Nikolas Jacob Cruz, 19, entered the Marjory Stoneman Douglas High School in Parkland, Fla., where he killed 17 people with an AR-15 assault rifle he purchased a year ago. He was charged with 17 counts of first-degree premeditated murder following his capture and held without bond, police records state.

"We should not be mourning yet another school shooting," said Martina Leinz, president of the Northern Virginia Chapter of the Brady Campaign To Prevent Gun Violence.

"Seventeen people murdered, 14 injured with a military-style assault weapon that has no business on American streets, should

never be in civilian hands," she said.

"It was easier for this shooter to get a gun that had that firepower legally, than it would be to buy a six-pack of beer," she said, "because he wasn't old enough for the beer."

The Brady Campaign to Prevent Gun Violence claims a law called an "Extreme Risk Protection Order" can remove guns temporarily from troubled individuals like Cruz via court order. Florida does not have this law, according to the Brady Campaign website.

U.S. Rep. Gerry Connolly (D-11) also expressed his disdain at the Feb. 16 candlelight vigil by adding "the NRA does have blood on its hands. They kill our children."

He called for action, in three measures to protect the American public: A ban on assault weapons, universal background checks and close the gun show loophole.

"And those three things will make America more safe," he said.

Connolly says the reason we don't have universal background checks is "because of the NRA and their blood money."

"And members of Congress and state legislators who are enthralled to that blood money, and have sacrificed our children at the altar of the NRA," he added.

Connolly's staff says the congressman knows the NRA is based in his district and rates lawmakers with a report card according to their voting record. In a prepared statement Connolly said: "Every year the NRA gives me an 'F' rating ... and I couldn't be prouder of that 'F'."

OPINION

Another Assault on Common Sense

Perhaps this time might be different.

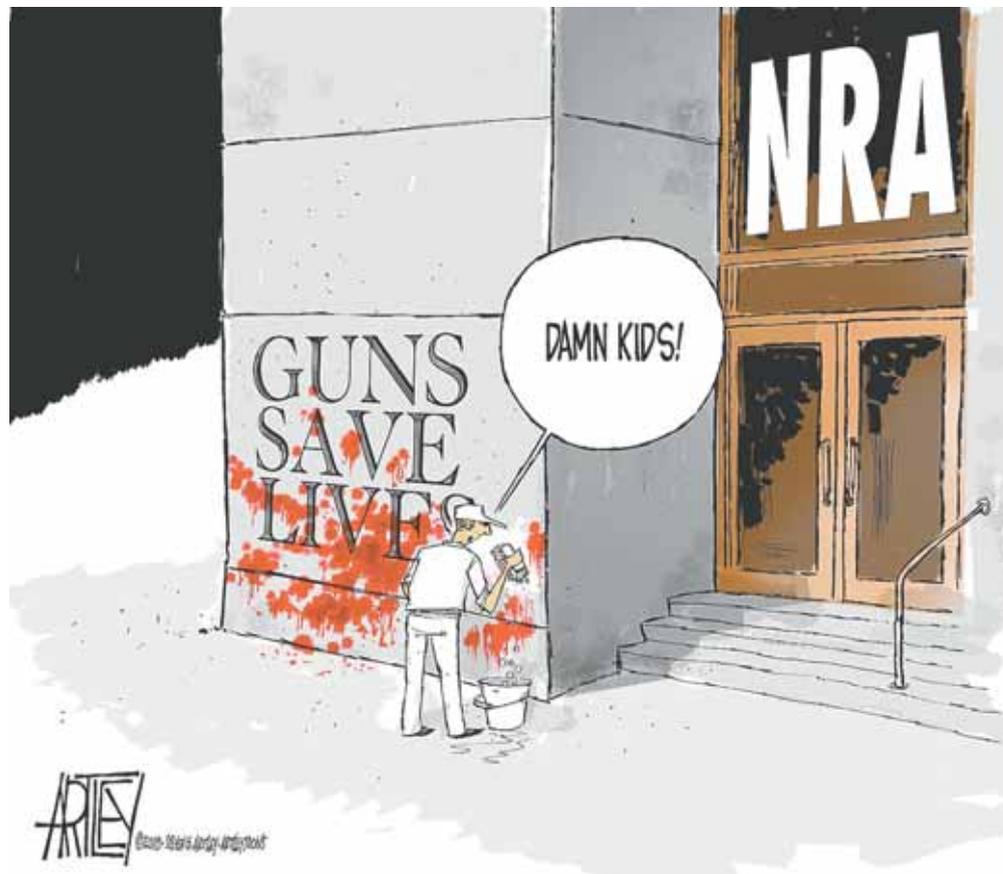
You can feel the change in the air. This time the victims — teenagers — are outraged out loud about the deaths and wounding of their fellow students, the terror, horror and trauma that will haunt each of them in different ways for the rest of their lives.

Instant activists from last week's school shooting massacre in Florida, now connected to so many others around the country, know that this was preventable, that mass shootings can be stopped.

Common sense tells them that the shooter, a former classmate, shouldn't have had access to guns of any kind, never mind an assault rifle. Common sense tells them that the absence of the most reasonable safeguards is a failure of elected officials at both the federal and state level. Common sense tells them it's time for real accountability.

Gun control of course will be complicated. No one is trying to take guns away from the millions of Americans who are gun owners, but the mavens of divisiveness, seeking to stoke the ire of gun owners, will tell them that what activists, what Democrats, what moms want is to take their guns away. It's not true. But gun reform is more complicated and runs deeper than donations from the NRA to elected officials.

Anyone with common sense knows that if we don't have systems in place to keep weapons capable of so much carnage in three minutes out of the hands of someone so openly troubled as the teenage shooter in Florida last week, then we are doomed to relive that day in other tragedies, over and over.



“Wash, Rinse, Repeat.”

Demonstrations of hundreds of protesters turned out in multiple places in the last few days. At NRA headquarters in Fairfax, at George Mason High School for a candlelight vigil, in front of the White House.

“I'm with hundreds of Northern Virginians at the NRA headquarters to mourn those lost at Parkland and to demand common sense gun safety measures to protect our children from massacre and violence,” U.S. Rep. Gerry Connolly tweeted from the demonstration

there. “As a nation, how can we continue to allow this to happen?”

“I'm with the students calling for gun reform outside the White House,” said U.S. Rep. Don Beyer. “So proud to see America's young people leading the way. Stay mad, and stay focused. ... Don't let anyone tell you that there isn't hope, that we can't fight for change and win. There is and we can.”

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Working To Keep Students Safe

The following release was issued by the Fairfax County Public School's Office Safety and Security.

The tragic event in Parkland, Fla. at Marjory Stoneman Douglas High School is another sobering reminder for all of us to continue to exercise due diligence when it comes to safety and security operations within FCPS. Because of the continuing potential of both intended and unintended threats to our schools, FCPS has focused a great deal of attention to emergency procedures, and is vigilant about protecting the safety of its students and employees. The school division has spent considerable time and effort in planning and practicing day to day safety and security measures, as well as addressing response to a major critical incident. Among these measures are:

- ❖ Physical Security (Locked doors, intrusion alarms, electronic door access, CCTV)
- ❖ Visitor Management System and Procedures (Deployed system wide)

- ❖ Emergency planning coordination with police, fire, and emergency management offices
 - ❖ Comprehensive division-wide crisis management plan
 - ❖ Individual school crisis plans updated annually (includes evacuation, and parent reunification plans)
 - ❖ Lockdown, Fire, and Tornado Drills
 - ❖ Table Top exercises at all schools
 - ❖ Critical incident terms awareness and training (Lockdown, Secure the Building, Shelter in Place, Stay Put Stay Tuned)
 - ❖ Threat assessment process
 - ❖ Confidential tip, text, and email programs
 - ❖ Uniformed school security patrols (24x7)
 - ❖ Employee training in crisis management and communication. (Lockdown, Evacuation, and “Run, Hide, Fight”)
 - ❖ SROs at all middle and high schools
 - ❖ FCPS security personnel at all middle and high schools
- In specific response to the Parkland incident, FCPS school security has increased its presence

at schools, and the Fairfax County Police Department has ordered an increased patrol presence near and around our schools. While there are no specific threats to our area, this step is being taken out of an abundance of caution, and to provide reassurance to students, staff, and the community after the events that occurred in Florida.

While no methodology is fool-proof, FCPS is fortunate to be in an area where the school division and the county work together to take every precaution in the event of an emergency. This is a continual process in which FCPS will always look to improve our safety and security footprint. Safety and security is everyone's job.

Staff, students, parents and the community at large are reminded to incorporate safety and security awareness as routine, and to immediately report any unusual activity to the authorities.

Our thoughts are with the families and staff of Marjory Stoneman Douglas High School and the residents of Parkland.

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A Connection Newspaper

Diving into Black History with Books

Local educators suggest books to read in celebration of African American History Month.

BY MARILYN CAMPBELL

Throughout the year, but more intensely during February, Vincent Intondi, Ph.D., uses literature to teach aspects of African American history that are often overlooked or forgotten.

While slavery and the Civil Rights Movement are two of the most poignant periods of Black history, Intondi, a professor of history and the director of the Institute for Race, Justice, and Community Engagement at Montgomery College, and other educators say reading books about lesser known figures and periods in African American history is one way to paint a complete picture, not only of the history of African Americans, but American history as a whole.

“For example, while we focus on Malcolm X, after spending time with his daughter, Ilyasah, I came to realize just how much his wife Betty did and what she meant to the family. Therefore having a book that focuses on her is important,” said Intondi, who is the author of “African Americans Against the Bomb: Nuclear Weapons, Colonialism, and the Black Freedom Movement.”

“One could argue that there wouldn’t

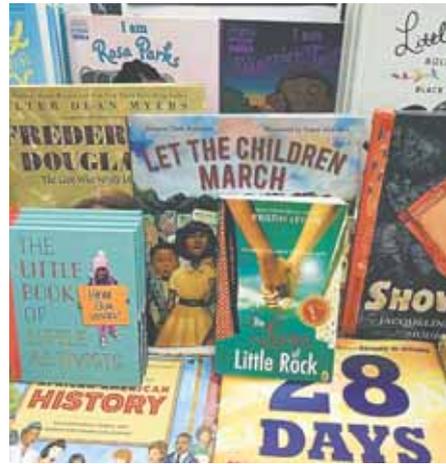


PHOTO BY MARILYN CAMPBELL

have been a March on Washington were it not for Bayard Rustin, but we don’t learn about him because he was gay,” continued Intondi. “So part of what’s important about these books is not only that they are well written and have amazing illustrations, but because of who they specifically focus on.”

Infusing reading with dramatization and memorization, particularly with young children, is a technique that Ana Lado, Ph.D., professor of Education at Marymount University uses in her lessons. “I like to recommend award-winning books or books by

award-winning authors,” she said. “I also pick books that can be part of a program [and] can be recited, can be dramatized, can be retold.”

“Books that I made students memorize [include] ‘I, Too, Am American’ and ‘My People,’ both books of poetry by Langston Hughes; ‘I Have a Dream,’ [speech by Martin Luther King, Jr. published as a book]; ‘Lincoln’s Gettysburg Address,’ [speech by President Abraham Lincoln published as a book], ‘Martin’s Big Words: The Life of Martin Luther King, Jr.’ ‘Tar Beach’ and ‘Aunt Harriet’s Underground Railroad in the Sky,’ [both by Faith Ringgold] and ‘If a Bus Could Talk, the Story of Rosa Parks’ are book that my youngest students can dramatize,” said Lado.

“Underground: Finding the Light to Freedom” by Shane W. Evans is another book that Lado encourages students to read. “This is the absolute easiest way to dramatize the Underground Railroad,” she said. “I even use it with students with special needs and beginning English learners.”

One quality to look for is books about modern day African American heroes who will likely go down in history. When compiling recommend books for African History

Month displays, Henrik Sundqvist of the Arlington Public Library said, “We try to pick titles which have been published within the last five years.”

Among the books Arlington County Libraries is recommending are: “Firebird: Ballerina Misty Copeland Shows a Young Girl How to Dance Like a Firebird” by Copeland.

One book that offers a historical perspective and deeper understanding of a current issue, says Intondi, is “The John Carlos Story” by Dave Zirin and John Carlos. “There is arguably no one better to write about sports, race, and politics than Dave Zirin,” he said. “The book is great for a wide range of audiences. If one wants to understand Colin Kaepernick and what is happening today in sports then they should read this book.”

Using such narratives offers a deeper understanding of America’s past and puts current happenings into perspective. “Students can learn and appreciate those who came before them, sacrificed, fought, put themselves on the line and paid with their freedom and lives for equality,” said Intondi. “Students will learn that they are part of the long movement for freedom and they too can change the world.”

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SPORTS



PHOTOS BY WILL PALENSCAR

Boys Basketball All Conference

The Concorde District All Conference Team (from left): Aaron Darab (Madison), Kendall McHugh (Chantilly), Braeden Johnson (Oakton), Bryce Douglas (Centreville), Jake Digby (Oakton), Marshall Reed (Westfield), DJ Gregory (Westfield), and Jordan Hairston (Westfield).

Girls Basketball All Conference

The Concorde District All Conference Team from (from left): Coach Noel Klippenstein (Westfield), Player of the Year Nicki McNamara (Westfield), Katy Sharon (Madison), Meghan O'Brien (Chantilly), Peyton Perine (Oakton), and Callie Doyle (Centreville).



Oakton Defeats Westfield in District Final

The Oakton Cougars and Westfield Bulldogs met for the Concorde District Championship on Feb. 16 at Chantilly High School. The two teams split the previous two regular season games, with Westfield winning the first 54-47, and Oakton winners of the second game 71-53.

On this night Oakton took home the Concorde District and a 1st round bye in the regional tournament. Oakton opened the 1st quarter with a slight advantage after the first quarter leading 12-10.

In the 2nd quarter, Westfield would respond scoring 13 points while holding Oakton to just 8 points, and giving the Bulldogs a three point lead at the half-way point of the game, 23-20.

The 3rd quarter saw Oakton cut the Westfield lead to just one point, outscoring the Bulldogs 18-16.

While the Bulldogs would score 15 points in the 4th, the Cougars would score 21 points and give the Cougars a 59-54 victory.

Oakton was led by Micah Johnson- Parrotte with 20 points, Braeden Johnsons 16 and Jake Digby's 13. Westfield was led by Conference player of the Year Jordan Hairston who tallied 24 points. Aaron Opoku added 17.

Both teams will compete in the 6D Regional Tournament. Oakton will have a 1st round bye and host the winner of the Washington-Lee vs Battlefield game. Westfield will host Stonewall Jackson. The other 1st



PHOTO BY WILL PALENSCAR

Westfield's Marshall Reed #11 prepares to launch jump shot with Oakton's Jonah Schulz #43 defending.

round games will match up Chantilly vs Marshall, McLean vs Osbourn and Herndon vs Madison.

— WILL PALENSCAR

Volunteers

FROM PAGE 3

are ready to take on challenges in a 21st-century, global economy. We've gotten a number of great volunteers from Volunteer Fairfax and RSVP."

For more information or to sign up for an orientation, go to www.rsvpnova.org, call 703-403-5360 or email rsvp@volunteerfairfax.org. An upcoming orientation is set for Thursday, March 22, from 11:30 a.m.-12:30 p.m., at Junior Achievement's Finance Park in Fairfax.

Officers

FROM PAGE 3

that, less than an hour after receiving the refresher training, it would prove invaluable to them when they used it on a call. That night, shortly after 9 p.m., a man called the Department of Public Safety Communication Center and said he'd accidentally shot himself in the leg.

"PFC Hill and PFC Fortner quickly responded to the scene," wrote Perry. "On their arrival, the officers located the wounded man on his front porch, waving his arms and screaming in pain for help."

Seeing his bleeding leg, both officers took immediate action. With a complete TECC kit in hand, Hill used the scissors to quickly cut away the man's pants leg to better assess the injury.

"Hill noticed that the bullet wound was located on the front, left thigh and immediately applied pressure to the wound to help stop the bleeding," wrote Perry. "Fortner coordinated with Hill and applied the tourniquet above the bullet wound. Fortner took over applying pressure to the leg wound while Hill checked the man for additional or secondary injury."

Meanwhile, said Perry, "During this stressful time, the wounded man shouted hysterically that he was going to die. Fortner compassionately calmed the man as best as the situation would allow, despite noticing the man turning pale in color and shaking involuntarily. Fortner worked to keep the man's focus on staying alive and encouraged him to take slow, deep breaths to slow his rapid heart rate."

When Emergency Medical Personnel arrived, they were able to take over the life-saving efforts. "After the man had made it safely to the hospital and his situation fully stabilized, both emergency-department doctors and the on-scene paramedics praised the officers for their decisiveness and correct placement of the tourniquet," wrote Perry.

She said the medical professionals concurred that the care provided by Hill and Fortner was "instrumental in preventing massive blood loss and potential loss of life." So, she wrote, "Because of their quick action, decisiveness and selfless acts to help a community member in a great time of need, PFC Troy Hill and PFC Kenner Fortner have been chosen as Officers of the Month for November 2017."

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His Pillow



By KENNETH B. LOURIE

Either it was the programming on CBS we were "demanding," or the recorded programming we were watching from PBS; but for the week it was, repeatedly, and I mean REPEATEDLY, we were subjected to the same commercials over and over again. Torture doesn't begin to describe the excruciating reaction I had every time I saw the same people saying the same words. Instead of turning me on to the product or services, it had quite the opposite effect: it tuned me off. Buy what they were selling? More like good-bye.

Not that I understand the strategy behind television and/or radio advertising/promoting as I have zero experience. But I do have some experience, 21 years in fact, selling newspaper/display advertising. And what knowledge I've gained says advertising frequently in multiple media platforms is the key to success. Picking and choosing results in hitting and missing. But hitting me constantly without missing a beat is hard to take too, and not necessarily managing the consistency desirable for most businesses to thrive. Moreover, bludgeoning me into submission/buying is not creating a positive experience either and one not likely to lead to repeat business.

With respect to this test - of will power, I can't help wondering if there's a tipping point of sorts when the consumer/watcher/listener becomes less interested/more antagonistic to the message and by association, perhaps even less tolerant of the medium. Not that one can, generally speaking, blame the messenger, but when under the constant barrage of repetition, which in this instance I was forced to endure ("on demand" disables the fast-forward function so it forces you to sit and squirm), you want to blame someone, anyone. Too much of a good thing is not, after awhile, a good thing; and I'm being kind in my characterization.

Having seen the same commercial for what seemed like a dozen times, over a condensed period of time, during nearly every commercial break, I can't imagine how I could place my head on this pillow and not see this man from Minnesota, his warehouse staff, and most disturbingly, his presence when I open my medicine cabinet. Sleep? Hardly. More like shock and not awe as I lay my head down to rest. Visions of sugar plum fairies or sheep prancing over a fence I'm accustomed to, but a man with a moustache telling me what he knew he would about my reaction to his pillow, I can't quite abide.

Relax? More like reacts. Presumably if the message, messenger or medium is somehow disturbing in its consumer/market penetration; rather than being clear, concise and effective, all that was hoped to have been gained is lost in the muddle. And precious dollars wasted in the process. I imagine the question becomes: How much is too much, and how much is not enough? (Other than sports and chocolate, I wouldn't know.)

All I know is what my reaction has been to seeing and hearing endless (or so it seemed) repetition: almost visceral. I'm sort of angry and put upon for having had to listen so much to learn so little. And though I can certainly appreciate its context and presumptive strategy, I still can't help feeling like a victim of sorts; the cost of doing business, I suppose. I understand that watching what I want requires watching some of what I don't want; it's a trade. A trade I can balance except when what I don't want to watch has a stronger/more negative impact on me than does the programming I want to watch.

Remember the goal is to capture my attention, not abuse it.

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

ENTERTAINMENT

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

LIBRARY FUN

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

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

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

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

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

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

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

PET ADOPTIONS

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

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

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

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

WEDNESDAY/FEB. 21

Travel Presentation and Wine Tasting. 3 p.m. at Total Wine and More, Greenbriar Shopping Center, Chantilly. Learn about the Galapagos Islands and travel in Ecuador and Peru. Complementary South American wine tasting. Meet former and repeat Galapagos travelers, as well as cruise line representatives. Free and open to the public, although due to space requirements an RSVP is requested. To RSVP, contact Peter Himmelberger at 703-496-4125 or at www.travelcruiseandtours.com/galapagos.

FRIDAY/FEB. 23

Capital Remodel and Garden



Joanie Sprague from TLC's Trading Spaces.



Chris and Peyton Lambton from HGTV's Going Yard.

Capital Remodel and Garden Show

Headlining the 2018 Capital Remodel and Garden Show at the Dulles Expo Center will be HGTV's Going Yard stars Chris and Peyton Lambton plus TLC's Trading Spaces Joanie Sprague. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor, landscape and garden design. \$9 online, \$12 at door; \$3 children 6-12, 5 and under free. Friday-Saturday, Feb. 23-24, 10 a.m.-9 p.m. and Sunday, Feb. 25 10 a.m.-6 p.m. at Dulles Expo Center – 4320 Chantilly Shopping Center, Chantilly. Visit capitalremodelandgarden.com/ for more.

Show. 10 a.m.-9 p.m. at Dulles Expo Center – 4320 Chantilly Shopping Center, Chantilly. Headlining the 2018 Capital Remodel and Garden Show at the Dulles Expo Center will be HGTV's Going Yard stars Chris and Peyton Lambton plus TLC's Trading Spaces Joanie Sprague. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor, landscape and garden design. \$9 online, \$12 at door; \$3 children 6-12, 5 and under free. Visit capitalremodelandgarden.com.

SATURDAY/FEB. 24

Grand Opening. 9 a.m. at Dunkin' Donuts, 13902 Lee Jackson Memorial Hwy., Chantilly. The restaurant will offer the first 50 guests free coffee for a year, which includes a coupon book redeemable for one free coffee a week for 52 weeks. The store is also hosting a Donuts for Donations campaign — guests will receive a free donut when they make a donation of 50 cents or more to local Brookfield Elementary (one pre customer). Visit www.DunkinDonuts.com.

Capital Remodel and Garden

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SUNDAY/FEB. 25

Capital Remodel and Garden Show. 10 a.m.-6 p.m. at Dulles Expo Center – 4320 Chantilly Shopping Center, Chantilly. Headlining the 2018 Capital Remodel and Garden Show at the Dulles Expo Center will be HGTV's Going Yard stars Chris and Peyton Lambton plus TLC's Trading Spaces Joanie Sprague. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor, landscape and garden design. \$9 online, \$12 at door; \$3 children 6-12, 5 and under free. Visit capitalremodelandgarden.com/ for more.

Build a Bird Feeder. 2:30-3:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Ellanor C. Lawrence is going to the birds. Bring empty milk jugs and/or two-liter soda bottles and learn how to turn them into bird feeders. Also learn to identify some of the birds likely to visit local feeders, so bring some binoculars along. \$8 per person. Children must be accompanied by an adult registered for the program. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/MARCH 4

Outdoor Kids at E.C. Lawrence. 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, children ages 4-6 explore different habitats, trails, wild animals and wild places. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

WEDNESDAY/MARCH 7

History Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/MARCH 10

History Tots at E.C. Lawrence. 10 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

NVFS' Bowl-a-Thon. 1-4 p.m. at Bowl America Manassas, 9000 Mathis Ave., Manassas. Join NVFS at Bowl America Manassas for an afternoon of bowling and fundraising that's perfect for the entire family. All Bowl-a-Thon proceeds benefit NVFS' #SERVEcampus. Minimum of \$275 raised by each team. Call 571-748-2537 or visit www.nvfs.org/events/bowl-a-thon/.

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