

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES



Winter Has NOT Been Kind to Your Rugs
**GET ALL THE SALT, DIRT
& GRIME OFF YOUR RUGS!**

**OUR
BEST
OFFER
EVER!**

In-Plant Oriental Rug Cleaning
Have **2** Rugs
Cleaned And Get
The **3rd** Cleaned **Free!**



703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Expires 3/18/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING
PAGE 8

About 100 people attended a VDOT design public hearing on the widening of Rolling Road (Route 638) on Tuesday, Feb. 27, at Irving Middle School in Springfield.

Rolling Road in Springfield To Be Widened

NEWS, PAGE 4

300 Gather for
Moms Demand Action

NEWS, PAGE 3

A Salt-of-the-Earth
Barber

PEOPLE, PAGE 11

MARCH 17TH

REMODELING + DESIGN SEMINARS

Are You & Your Family Enjoying the Most From Your Home?

We Hope You Will Join Us!

Saturday, March 17th, 2018- 10am-2pm

Where: Sun Design Corporate Office
5795B Burke Centre Pkwy, Burke, VA 22015
(located behind the Kohl's shopping center)

Seminars run from 10am-12pm. Lunch to follow.
Please arrive at 9:45am for check-in.
Seating is limited!

RSVP: info@sundesigninc.com or
call Daniela at 703.425.5588

Seminars:

Renovating for Lifestyle
Changes: Planning Ahead



Kitchen + Bath Trends



10 Tips When Hiring
a Design-Build Firm



THIS EVENT FILLS UP FAST!

Learn how your neighbors are
modifying their homes for a better
quality of life.

SUN DESIGN
ARCHITECTURAL DESIGN-BUILD FIRM

30TH

Major Remodels • Additions • Kitchens & Baths • Basements • Outdoor Spaces
703.425.5588 | SunDesignInc.com | info@sundesigninc.com

News

County to Host Teen Job Fairs, Resume Building Workshops

Supervisor Pat Herrity (R-Springfield) has announced schedule of upcoming Teen Job Fairs and Resume Building Workshops.

"They give our teens the opportunity to speak with employers and businesses an opportunity to connect with teens looking for jobs. Many teens have left the fair with actual jobs and many more with scheduled interviews," said Herrity. "Since holding my first teen job fair in 2014 at West Springfield High School, I have partnered with the Connection Newspapers, other Supervisors, local chambers of commerce, Fairfax County Public Schools and the county government to grow to six job fairs this year across the county. During our four job fairs last year we had combined attendance of over 2000 Fairfax County teenagers and 120 employers. These job fairs provided hundreds of teenagers the opportunity to get in front of employers and for employers and volunteer organizations to find talented, driven Fairfax County students to fill their positions."

The schedule and the other individual co-sponsors are listed below:

SATURDAY, MARCH 10, 1-3 P.M.

Woodson High School, Co-sponsored by Supervisor Linda Smyth, Supervisor John Cook, Central Fairfax Chamber of Commerce, and Woodson High School

SATURDAY, MARCH 17, 1-3 P.M.

South County High School, Co-sponsored by Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County High School

SATURDAY, APRIL 7, 11 A.M.-1 P.M.

Chantilly High School, Co-sponsored by Supervisor Kathy Smith, Chantilly HS STEM Academy, and Dulles Regional Chamber of Commerce

SATURDAY, APRIL 14, 11 A.M.-1 P.M.

Mount Vernon High School, Co-sponsored by Supervisor Dan Storck, Supervisor Jeff McKay, Mount Vernon-Lee Chamber of Commerce, and Mount Vernon High School

SATURDAY, APRIL 21, 11 A.M.-1 P.M.

South Lakes High School, Co-sponsored by Supervisor Cathy Hudgins and Reston Chamber of Commerce

SATURDAY, APRIL 28, 12 NOON-2 P.M.

West Springfield High School, Co-sponsored by West Springfield HS Student Government Association and Greater Springfield Chamber of Commerce

Drive What Brings You Joy



Apply today for a new or used auto loan at andrewsfcu.org
or call (703) 822-5223.

Andrews
FEDERAL CREDIT UNION

Federally Insured by NCUA. We do business in accordance with the Equal Credit Opportunity Act. Must be a member of the credit union to open any loan account. For all loans, additional rates and terms are available for qualified applicants; rates, terms and conditions vary based on creditworthiness and qualifications and are subject to change without notice. Rate shown effective as of 03/01/2018. Subject to credit and collateral approval. *APR = Annual Percentage Rate. APR listed is the lowest available rate. For current rates, visit our website at andrewsfcu.org. 1.64% rate is a fixed rate on New Auto Loans for a maximum of 36 months. Payment example: for a \$20,000 New Auto loan for a term of 36 months, with a 1.64% APR, the monthly payment will be \$569.80. Used auto loan rates available at andrewsfcu.org. A New Vehicle is a vehicle that is of the current or previous model year (up to a maximum of one year old) and is currently owned by the original owner of the vehicle. Andrews Federal does not finance vehicles more than 10 model years old unless they are deemed a Classic vehicle. Minimum loan amount is \$5,000. Maximum loan amount is \$150,000. Loan amount cannot exceed 120% of the MSRP or NADA value of vehicle. Existing Andrews Federal auto loans cannot be refinanced for these rates/terms unless you are financing an additional amount of \$5,000 or more plus the existing loan balance. Our field of membership includes Active Duty or Retired Military personnel (or their spouses, dependents or dependent survivors) of Joint Base Andrews, Joint Base McGuire-Dix-Lakehurst, and military installations in central Germany, Belgium, and The Netherlands; as well as over 200 employer groups throughout Maryland, Virginia and New Jersey. We also have nationwide membership eligibility through the American Consumer Council and anyone who lives, works, attends school or worships in Washington, D.C.

300 Gather for Moms Demand Action

Sen. Tim Kaine attends event on common-sense solutions to gun violence.

BY STEVE HIBBARD
THE CONNECTION

Sen. Tim Kaine (D-Va.) was the keynote speaker at a Moms Demand Action meeting held at Frost Middle School in Fairfax on Feb. 28, 2018, addressing a crowd of 300 like-minded women seeking common-sense solutions to gun violence.

"This is a growing and powerful movement. But it's been a movement waiting for a moment. You don't know when the moment's going to come. It should have come a long time before now," said Sen. Kaine. "We have to look for the moment now and see what we can do to make our schools safer, our communities safer, make our children safer, and our neighbors safer."

After the tragedy in Parkland, Fla., Kaine asked: "What is it about this that we did not learn after Pulse, that we did not learn after Las Vegas, that we didn't learn after Columbine, that we didn't learn after Virginia Tech, that we didn't learn after Sandy Hook — and I would have to say that I think it is the (Parkland) kids. I think it's the kids," he said.

Kaine said what's happening in the U.S. as a result of the Parkland shooting is that the tectonic plates are shifting. "It's like tectonic plates in California where the tension is building up because of a mismatch, between what the American public wants to happen and what Congress is willing to do," he said. "It's been building for such a long time. The tectonic tension eventually becomes so significant that the plates realign. We may be at that moment because of you, because of these youngsters [in Parkland, Fla.], and because of a deep sense of heart-sickness."

ORGANIZER Sarah Ramia of the Burke/Fairfax local group of Moms Demand Action, which started in 2016, said: "We want to harness the raw emotion and the disgust that the community has had with gun violence in the United States. We wanted to bring everybody here; we wanted to educate them, and we wanted to give our Senator an opportunity to speak as to his views and what Congress can do, what the Senate can do, and what we need to do as voters to act and to affect change."

The national group Moms Demand Action was founded by Shannon Watts in 2012 in response to the Sandy Hook shooting. It has since been a force for gun violence prevention, with chapters in 50 states.

"We are not anti-gun. We support for the Second Amendment but advocate for common-sense gun legislation and want to reduce 33,000 deaths a year by guns," said Kim Perks of the Burke/Fairfax local group.

Perks gave some stats that 96 people a day die from guns; twice as many are injured; and that seven children die every day from guns. She added there are 13,000 homicides a year, with 50 women in a month killed by domestic partner, and that black



Sen. Tim Kaine (D-Va.) greets well-wishers after the meeting of Moms Demand Action at Frost Middle School.



Erica Wogaman of Springfield leaves a message on a banner to the students at Marjory Stoneman Douglas High School in Parkland, Fla.



Sen. Tim Kaine (D-Va.) spoke at the Moms Demand Action meeting at Frost Middle School in Fairfax on Feb. 28, where some 300 people attended.

men are 13 times more likely to be killed by guns than whites.

Perks said the group is working to close deadly loopholes in our background checks

system that allow dangerous people, such as felons, domestic abusers, and terrorists easy access to guns. They are also promoting gun safety, so our children and commu-

nities will no longer be at an unacceptable level of risk; and supporting reasonable limits on when, where, and how loaded guns are carried and discharged in public places. They also support creating enforceable laws that address gun trafficking and fraudulent purchases to keep illegal guns off our streets.

THE MEETING outlined what moms can do on the local level — like writing letters to the editor or contacting their congressmen — to enact change in their communities.

Member Jennifer Lowe-Davis said 150 moms attend an annual lobby day in January and February in Richmond. "We show up and meet with our legislators. If we don't speak to them, they don't know that we're here. They don't know that we care about this issue. They can care about an issue all they want, but if they don't have words from their constituents to tell them that it is important to us, then they're not going to act on that. So, we go down every year, and we tell them we need gun sense," she said.

Jennifer Herrera, Virginia Chapter Leader of Moms Demand Action, added: "The interest our chapter has gotten over the past two weeks has been incredible. We're seeing meetings not only in Virginia but all over the country. From Charlottesville to Richmond to Arlington to Reston — we're having massive meetings because people have had enough. They're sick of Congressional inaction, and they're going to take it upon themselves to be the change that this country needs to end the epidemic of gun violence."

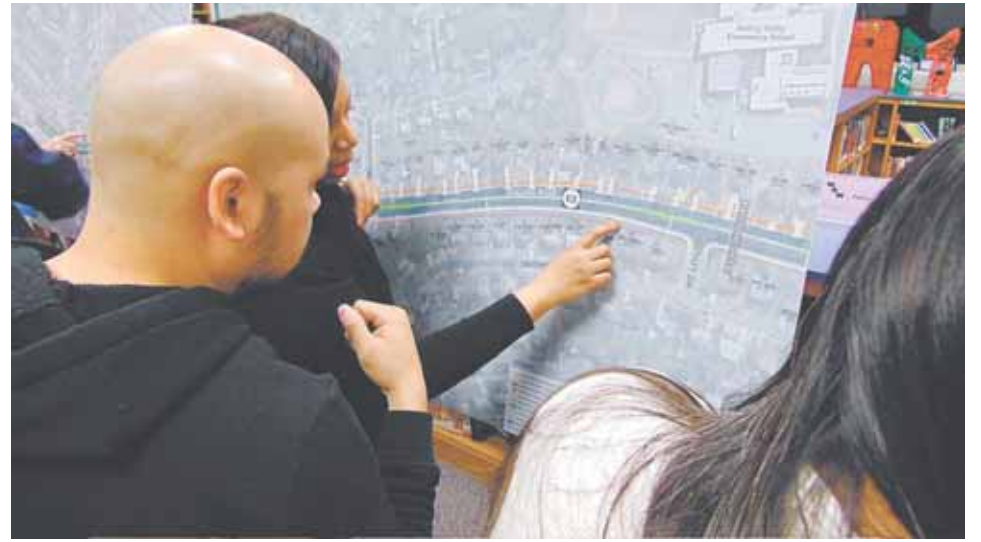
Added Dawnee Giammittorio, survivor engagement lead for the Virginia Chapter: "I think we're just overwhelmed with the interest and the excitement that people are showing for gun violence prevention since the latest shooting, and we want to get people on board and advocating for more sensible gun laws."

For more info on Moms Demand Action, visit their Facebook page www.facebook.com/MomsDemandActionVA. Or visit their website: <https://momsdemandaction.org>. Or contact the local Burke/Fairfax group at burkemoms@yahoo.com. Call 571-354-6764.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Residents look over VDOT maps that show the widening of Rolling Road (Route 638) during a design public hearing at Irving Middle School on Tuesday, Feb 27, 2018.



Residents look over VDOT maps that show the widening of Rolling Road (Route 638) during a design public hearing at Irving Middle School on Tuesday, Feb 27, 2018.

Rolling Road in Springfield To Be Widened

VDOT holds design public hearing on Feb. 27 for citizens to give comments.

BY STEVE HIBBARD
THE CONNECTION

The Virginia Department of Transportation wants to spend \$51.6 million to widen 1.4 miles of Rolling Road (Route 638) from two to four lanes from Viola Street to Old Keene Mill Road. That includes a shared-use path for bicyclists, pedestrians, and other non-motorized users in Springfield. The purpose of the widening is to help relieve congestion, increase capacity, improve safety, and expand mobility for all users. Experts are forecasting from 20,000 to 40,000 vehicles per day on Rolling Road in the near future.

About 100 people attended a design public hearing on Tuesday, Feb. 27, 2018 at Irving Middle School to hear from VDOT on design features, look over documents and maps, and voice their concerns over how the widening would affect them. The project includes a new traffic signal at Greeley Boulevard, an additional left-turn lane, and a right turn-lane at Old Keene Mill Road.

The estimated cost includes preliminary engineering at \$5.9 million; right-of-way acquisition/utility relocation at \$17.4 million; construction at \$28.3 million; for a total cost of \$51.6 million. The project is being financed with federal, state, local, and Northern Virginia Transportation Authority funds.

Phase I will see improvements to the Old Keene Mill Road intersection that include dual left-turn lanes, a dedicated right-turn lane northbound on Rolling Road, which will alleviate existing congestion at the in-



Residents look over VDOT blueprints that show the widening of Rolling Road (Route 638) during a design public hearing at Irving Middle School on Tuesday, Feb 27, 2018.

tersection before Phase II improvements are implemented

Phase II will see Rolling Road widening from two to four lanes between Viola Street and Old Keene Mill Road, and signal upgrades, pedestrian and bike facilities and improvements to access management will be added.

Specific changes from Viola Street to Birmingham Lane include on-street parking along the northbound and southbound sides; and a raised 15-foot wide grass median. Changes from Birmingham Lane to Barnack Drive include on-street parking along the southbound side; a raised four-foot wide concrete median; and 12-foot high noise walls along the northbound side.

Specific changes from Barnack Drive to Old Keene Mill Road include a raised 15-foot wide grass median; and noise walls along both sides to Rivington Road. Property owners who benefit from the noise walls would get to vote on them – but not everyone gets to vote.

THE SCHEDULE for the right-of-way im-

pacts for Phase 1 is the Fall 2018; and the Phase II is Winter 2019. The utility relocation will begin in Spring 2019 for Phase I; and Winter 2020 for Phase II. Construction is slated to begin in the Fall 2019 or Winter 2020 for Phase I; and Fall 2020 for Phase II.

After the presentation, residents voiced their concerns on everything from safety to cost to how it would affect their property values.

Ricardo Sepulveda, who lives on Rolling Road, said VDOT is turning Rolling Road, a neighborhood road, into a highway system. “This project began under the premise of being a four-lane expansion – it went from two to four, plus a turn lane — that’s five; plus two lanes for parking — that makes it seven; plus a bike path; and all of a sudden, you have eight or nine lanes. So, the neighborhood will cease to be,” he said.

Tahnee Blauser, who lives on Viola Street, said: “My husband and I are concerned that the property values will go down when we have a four-lane highway cutting through our neighborhood. ... I’m very concerned

with the safety issues of turning off of my street, Viola, onto Rolling Road when going South because we will now have to go across four lanes instead of two lanes. And as it is, it’s next to impossible to cross the street on foot safely because people drive way too fast and they don’t stop for pedestrians at the crosswalk.”

Esperanza Rey, who lives on Regal Oak Court, is concerned with how much property VDOT is going to take away. “It’s going to impact all of our vegetation, the fence, everything we have there – the signs for the association are all going to be taken down,” she said. “We have to consider all of the costs because they’re going to compensate us, but how much is that compensation?”

She’s also concerned about the exit; to make a turn, they exit Regal Oak Drive and are forced to go to Kenwood Avenue into the parking lot because they aren’t permitted to make a U-turn. “[Turning] right is not a problem, but left is a major problem, and now we’re going to have double the impact – we’re going from 20,000 to 40,000 people a day. How are we going to get across?” she said.

Jay Connors, who lives on Maple Tree Lane, which backs up to Rolling Road, said his main concern was for the safety of residents trying to get out of Viola. “More often than not, we have to turn left to go left to go to Old Keene Mill Road. That being the case, the speed limit right now, no matter what is posted, is never driven at,” he said. He’s also concerned about the intersection: “What are they going to do to our intersection? Make us go only to the right, and go down to the light and take a left and do a U-turn and come back? Not a good answer — not for us who live there.”

RESIDENTS can send comments about the design, which are subject to public disclosure, via email to meetingcomments@vdot.virginia.gov. Project information shared will be available online at www.virginiadot.org/projects. The comment period ends March 9, 2018.



Brandywine residents since 2014

BRANDYWINE LIVING...

because we still do what we wanna do



BRANDYWINE LIVING
at Alexandria

Life is Beautiful

OPENING SOON! Call Samantha or Susan at 703.940.3300

5550 Cardinal Place (next to Cameron Station) Alexandria, VA 22304 | www.Brandycare.com

No Guns in the Classroom

Gun safety is an American value.

BY MONTE F. BOURJAILY, IV

In the aftermath of the horrific school shooting in Parkland, Florida, the President of the United States and the head of the National Rifle Association, have advocated arming teachers and hardening schools in other ways. These are shriveled, reactive measures that appeal to fear and rely on the false statement that “to stop a bad guy with a gun, you need a good guy with a gun.”

Introducing guns into the classroom doesn’t demonstrate the virtue of the Second Amendment, it poisons the educational environment, increases the risk that innocents will be hurt and simply challenges “the bad guy” to creatively get around the armed target. We can uphold the Second Amendment, and the rule of law, and ensure Americans’ safety and sense of security with common sense measures, like repealing the Dickey Amendment, that focus on preventing unsafe and malevolent use of firearms.

Arming teachers is a terrible idea. First, it changes the dynamic in a classroom, placing

the weapon between the teacher and the students. Even if its purpose is to protect students, the weapon is a distraction and a barrier. Second, and more importantly, you are introducing more projectile weapons into a chaotic environment, dramatically increasing the likelihood of friendly fire killing children, other teachers and law enforcement seeking to assist. How well do police and soldiers perform in the high stress conditions of an actual confrontation? Does the stress and opportunity for errors increase or decrease when multiple shooters (friend and foe) are added to a situation? Third, in response to the argument that a shooter will avoid schools knowing that teachers are armed, what is to prevent the shooter from wearing body armor? It is easy to buy. We need to stop reacting and problem-solve and innovate, which is our true nature.

Guns are tools, like cars, that can cause serious injury or death when used improperly or with ill-intent. I also am a hunter who grew up respecting guns.

Why is there a “gag rule” (the Dickey Amendment of 1996) on Centers for Disease Control research into the effects of gun violence? How are guns different than cars? The National Highway Transportation Safety Commission collects data on motor vehicle fatalities through the Fatality Analysis Reporting System (FARS).

Gun owners have a Second Amendment right to own and use guns responsibly, not unconditionally. All Americans have a right to gain a better understanding of how guns are used in ways that harm other Americans and in ways that can pose a risk to all of us.

We must respect the Second Amendment, like we uphold all of the Constitution as the rule of law. However, there are few absolutes under the Constitution, including how far we interpret the right to bear arms. Freedom of Religion does not permit the practice of human sacrifice and Freedom of Speech does not permit fighting words. In short, my right to swing my arms ends at the tip of your nose. We Americans are at our best as problem solvers and innovators. We use data and common sense to find solutions. We confront threats, rather than fearfully wait for them. Can we find common ground on reasonable gun control by listening to each other and recognizing reasonable rights and reasonably accepting certain limits in respectful recognition of the rights of others?

Monte F. Bourjaily, IV is a lawyer who teaches US Government, American History and Philosophy at Thomas Jefferson High School for Science and Technology. All submissions are in his personal capacity.

LETTERS TO THE EDITOR

Less Talk and More Action

To the Editor:

The recent shooting of a police officer in Prince George’s County offers the most striking example of why teachers should not be expected to bring weapons to class to protect students.

If a police officer, who is skilled in using a weapon, enters a home with an awareness of an impending life-threatening situation is killed by the assailant, how can a teacher, with limited weapon experience, be expected to react to a spontaneous life-threatening situation? He or she can’t maintain perpetual vigilance. What if the teacher mistakenly kills a person who is making threats but has no weapon? This too has happened with police officers. Who assumes this liability?

The NRA would like everyone to carry a gun. More profits for gun dealers. Yet what have any of the gun advocates done to help families who have lost their loved ones or to help injured victims. They simply become very devout and patriotic, offering their prayers and preaching their rights.

They should put their money where their mouth is. If they won’t do this, it confirms their lack of compassion for these victims and perhaps the need to heavily tax

bullets to fund programs of compensation to victims, security measures, etc.

If legislators are too intimidated by the NRA and other gun advocates to enact any gun control measures, yet are comfortable in raising taxes, then taxing ammunition might be a good start in passing some of the cost of these programs on to the users, just like other citizens pay tolls for roads.

Elaine Miletta
Fairfax Station

It’s the Culture, Not the Weapon

To the Editor:

I sincerely appreciate the groundswell of youth and others in the country saying “never again” to the violence that we’ve repeatedly seen in our schools, our churches and our neighborhoods. But I fear the proposed “fix” of banning some or all guns is missing the underlying cause of the problem. Our problem in America is a culture of death.

It’s a culture where we provide our children with “games” that seek to immerse them in full virtual reality as they kill and maim, rape and ravage. In America we call that entertainment.

It’s a culture where we go to movies that encourage us to cheer

or laugh as the “bad guy” gets shot in the head. We call that entertainment too. That guy deserved to die. Our movies, our games, our culture teaches us that some people simply deserve to die. So why are we surprised when our kids decide that some classmates, neighbors, parents or others deserve to die? Particularly kids who may be especially vulnerable to those messages because of mental illness.

If we really mean “never again,” we need to change our culture and start teaching our kids the every human life is precious. We need to teach them that even the child that results from an unplanned pregnancy or a child with Down syndrome is precious. We need to teach them that an aging parent with dementia is precious and needs to be visited and cared for, not warehoused, forgotten or helped to an early death. We need to teach them that even a prisoner who commits a heinous crime may be able to change, that we have no right to decide who can be rehabilitated and who should be put to death because they’re not just worth the effort.

When we start to value every human life, then things will change. Until then, we can ban AK-47s, and someone will pick up a different rifle. We can ban every gun, and someone will drive their car into a crowd or build a pipe

bomb, or use a machete. It’s not the weapons people choose, it’s the culture we need to change.

Randy Robish
Springfield

Medicaid Expansion Important to All Virginians

To the Editor:

Mary Kimm got it so right in the Feb. 28 editorial that clearly laid out many important – some would say critical – reasons for expanding Medicaid in Virginia (“Hope for Expanding Health Care”). I want to add a few more points that folks should consider at this critical moment when state senators’ decisions yea or nay will soon be made in Richmond.

We need to let state senators know where we stand, and here is why.

Do you think Medicaid funding only applies to ‘other people’ or people who some might not see as a priority for government help? The truth is it is helping people with disabilities and pregnant women seeking the care necessary to have healthy babies. What’s

SEE LETTERS, PAGE 15

NEWS DEPARTMENT: south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

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

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

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



Springfield Teen Named Grand Prize Winner of National Video Contest

In recognition of America Saves Week, the American Bankers Association Foundation announced the three national winners for its 2017-2018 Lights, Camera, Save! video contest. The winning videos were revealed through a live broadcast on the association's YouTube channel.

The judging panel, which consisted of personal finance and communications experts, awarded Dylan Fox of Springfield, the grand prize for his video, "Money: It's Literally Everything." Fox was named a national finalist after winning the local con-

test at Burke & Herbert Bank in Alexandria.

"Through original lyrics and music, Dylan successfully highlights the value of saving and smart money management," said Corey Carlisle, executive director of the ABA Foundation. "His video will be a fantastic tool in inspiring other students to make saving a priority."

"We are thrilled for Dylan and are proud to be a part of this major accomplishment. His song is so catchy it stays with you long after the 90 second video ends," said Terry Cole, executive vice president, Burke &

Herbert Bank. "Burke & Herbert Bank is a strong advocate for developing financial literacy among the next generation of banking consumers so our involvement in the 'Lights, Camera, Save' program is a natural extension of our ongoing work."

This was Fox's second time as a Lights, Camera, Save! finalist. In 2017, his film "Save Your Future!" was in the top five and featured in the "Savers' Choice" social media contest. Ultimately, Fox won the social media contest and received a GoPro to encourage future filmmaking.



PHOTO CONTRIBUTED

From left — Christina Alvino, Burke & Herbert Bank Branch Manager, Araba Brobbey, Burke & Herbert Bank Principal Vice President, Dylan's mother Jill Fox, Dylan Fox, and Dylan's father Andrew Fox.

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

10% down
nothing until the job
is complete for the
past 17 years

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



**Free Estimates
703-214-8384**

Visit our website: www.twopoorteachers.com

COMMUNITIES OF WORSHIP



Worship Gathering – Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
Home Life Groups, College/Young Adult
Ministries, and Living Free Support Groups
Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170



**To Advertise Your
Community of Worship,
Call 703-778-9418**

live here. give here.

Our donors care deeply about Northern Virginia. Often, they have made their homes here, their wealth here. Their children have attended our excellent local schools. They love this area and want to see it grow and thrive.

The Community Foundation for Northern Virginia offers inexpensive, easy-to-use charitable giving options. Through donor advised funds, planned giving, and philanthropic advising, we help local donors give to local causes without the expense and work of running their own private foundations.

do you live here?

Then give here, through The Community Foundation for Northern Virginia.

www.cfnova.org

THE
community
foundation
FOR NORTHERN VIRGINIA
celebrating 40 years
1978-2018



Another CONNECTION Community Partner
NEWSPAPERS



Helping Animals
Find Their Way
Since 2001

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

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

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

Discussing School Shootings with Children

Open dialogue is key to quelling fear, say mental health professionals.

BY MARILYN CAMPBELL

Helping parents who are grappling with their children's feelings of anger and fear following the recent Florida school shooting and subsequent fallout was a recent topic that Lisa Jackson-Cherry, Ph.D., department chair and program coordinator, Pastoral Clinical Mental Health Counseling & Pastoral and Spiritual Care programs at Marymount University, had with her graduate students. The class discussed how high profile acts of violence can frighten children who might feel as though they or someone they love could become a victim or find themselves in danger. From mass shootings to natural disasters, an open dialogue with children is key to dealing with thoughts and feelings.

"In most instances, talking about the incident helps to gain some control over what is not controlled," said Jackson-Cherry. "Normalizing feelings and thoughts like fear, sadness, anger, and confusion can help children know they are not abnormal in how they are feeling or thinking."

"First ask what they heard rather than starting by telling them about it," added Joanne Bagshaw, Ph.D., professor of psy-

chology at Montgomery College. "I wouldn't get too stuck on the details. Just get a sense of what they know and make sure it's accurate."

In fact, exploration is key. "Encourage children to express their feelings and validate them," said Bagshaw. "You can start by saying, 'I can understand why you're feeling that.'"

Monitor both the amount and source of information that children receive about high profile incidents, advises Bagshaw. "I would really limit their social media and news intake about the violence," she said. "Videos about the shooting are too traumatic, and watching them can be too traumatizing and too dramatic."

Reviewing the family's safety plan can help children feel secure, advises Bagshaw. It's something she did in her own family. "At my daughter's middle school, you can't just walk into a building like they did in Florida," she said. "I reminded my daughter of this and explained the safety differences between her school and the school in Florida. One thing that you don't want to say is that 'That will never happen here.' You want to focus on what's real and what's realistic."

Maintaining a sense of normalcy follow-

ing a public display of violence can help quell fear that children might be feeling, advises Jerome Short, Ph.D., associate professor of psychology at George Mason University and a licensed clinical psychologist. "Parents play a key role by staying calm, maintaining household routines, explaining that many events we worry about seldom happen, and stating that we will cope with whatever happens," he said. "Parents should place the highest priority on helping children stay safe."

"I would caution against using leading questions like, 'Are you scared?' because this question already implies they should be scared of something and that may not be accurate," continued Jackson-Cherry. "Depending on their answers, parents can assist in having the child integrate aspects of power and control in a situation where they may not be in control."

While putting national events into perspective in a way that children can understand, Short also advises parents to explore emotions. "Ask children what they are feeling and empathize and validate what they say. Ask children how they feel about school," he said. "Is there anything at school that worries them? Be reassuring that you will help protect them."

Reviewing safety guidelines can help children feel secure, says Short. "Parents [can say that] local police are working to keep the community safe. We need to look out for each other," he said. "Say that high-profile violence is unlikely to happen at local schools because of safety procedures. For example, there are more than 130,000 elementary and secondary schools, and we focus on relatively few schools where shootings have occurred."

Even those children who don't express emotions or appear unaffected by news reports of violence might still be anxious about the event. "Many children may not display outward anger or fear but that does not mean they are not fearful, angry, or sad about what they have heard or experienced," said Jackson-Cherry. "I think in most circumstances, parents asking about a child's knowledge of the event would be a good way to start."

Limit a child's exposure to media coverage of acts of violence and discuss it in an age appropriate manner, advises Jackson-Cherry. "If the parent is watching or listening to the news together with their child, try asking, 'What are you thinking or feeling about what just happened or was reported?'" she said. "I asked my 15 year old, 'Has the school discussed the shooting in Florida? Have you had drill in case it were to happen?'"

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.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile's function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art environment.

Consistently named "Top Dentist" in *Northern Virginia* magazine and among the "Best Dentists in the Metropolitan Area" in



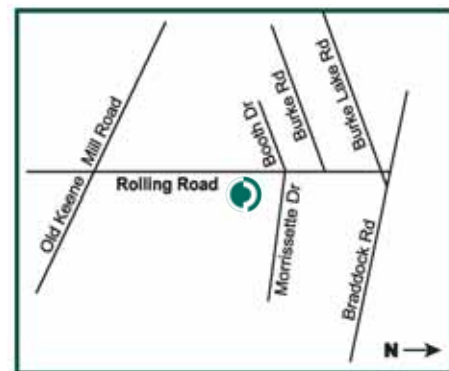
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including 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.

Visit us on the Web or give us a call to discover what our patients are saying and to make your appointment.

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)

Selected as one of the
"Best Dentists in America"
"Best Dentists in Metropolitan Area"
by *Washingtonian* Magazine
"Top Dentist"
by *Northern Virginia Magazine*



**FREE
IMPLANT
CONSULTATION**

X-rays not included. Not valid with insurance submission.



**Peter K. Cocolis, Jr., DMD
& Associates**

**Peter K. Cocolis, Jr., DMD, MAGD
Emily A. DaSilva, DDS, FAGD**



**5803 Rolling Road, Suite 211
Springfield, VA 22152**

703-912-3800 • www.smiles4va.com

Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments



NEWS

Budget Brinkmanship

State lawmakers poised to leave Richmond without passing budget.

BY MICHAEL LEE POPE
THE CONNECTION

Budget showdowns are rare in Virginia, but not unprecedented. Back in 2004, Gov. Mark Warner clashed with Republicans over a sales tax increase. Then in 2014, Gov. Terry McAuliffe engaged in brinkmanship over expanding Medicaid. Now lawmakers are poised to end the session once again without passing a budget. The final deadline for reaching an agreement is the end of June, when the new fiscal year begins.

"Looking at past budget standoffs, this one surpasses anything I've seen," said Del. Ken Plum (D-36), the longest serving member of the House. "The issues are so big in terms of the number difference, but also in terms of philosophical differences in how we might put programs together."

After experiencing an earthquake election last year, House Republicans changed course on expanding Medicaid. Their budget has \$371 million in new revenue from the federal government under the Affordable Care Act. Senate Republicans remain steadfastly opposed to expanding Medicaid. So far, only one Senate Republican has sided with Democrats, Sen. Emmett Hanger (R-24), although he's opposed to the hospital bed tax that would fund the part of Medicaid expansion not funded by the federal government. That means conferees from the House and Senate will spend the next few weeks hashing it out.

"The House conferees all voted for the House budget, and they all support Medicaid expansion. The Senate conferees are mixed," said Barbara Favola (D-31). "Right now I don't see a clear pathway for them unless they are identifying some particular incentives that they want Governor Northam to consider."

IF PAST IS PROLOGUE, the next few weeks will see some dramatic new development that will shift the discussion. Back in 2004, lawmakers left town at loggerheads over a sales tax increase. The Senate supported the idea, but the House resisted it. After weeks of negotiation, several key Republicans flipped and eventually supported the idea, giving Warner and the Democrats a major victory.

"This has been the most trying time that's ever been in my political career," said House Appropriations Chairman Vince Callahan (R-34) during the 2004 negotiations. "Hopefully we'll go to the middle of June, and we'll have it all wrapped up and I can enjoy my life again."

The budget standoff of 2014 didn't play out quite so swimmingly for Democrats. McAuliffe was ending his first General Assembly session as governor, and he was pushing hard for Medicaid expansion. House and Senate leaders were deep in negotiations when Sen. Phil Puckett (D-38) unexpectedly announced his resignation, giving Republicans control of the chamber. Democrats cried fowl, charging that Republicans had offered Puckett a seat on the Tobacco Commission and proposed his daughter get a judicial appointment. Nevertheless, Republicans successfully blocked Medicaid expansion.

"The momentum is different now," said Sen. Chap Petersen (D-34). "When McAuliffe was governor, Obama was still president and there was still a lot of



MICHAEL LEE POPE/THE CONNECTION

House and Senate leaders are deadlocked over the budget, a debate that expected to unfold over the next few weeks as budget conferees hash out the details.

"Right now I don't see a clear pathway for them unless they are identifying some particular incentives that they want Governor Northam to consider."

— Sen. Barbara Favola (D-31)

fear that the ACA was not a long-term program and once Obama was gone it would go away. I think even the most ardent conservatives would have to concede at this point that the ACA is here to stay."

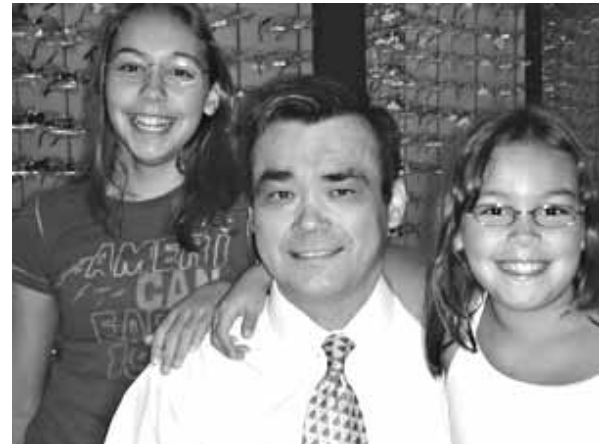
BRIDGING THE DIVIDE between the House budget and the Senate budget won't be easy. Aside from the ideological differences on the Affordable Care Act, the two budgets have a long list of differences. The Senate budget includes \$5 million for home health care; the House budget has \$1 million to train personal care attendants. The House spends \$46 million for financial aid to in-state undergraduate students; the Senate slashes that in half to \$23 million. The House invests \$88 million in a 2 percent raise for teachers; the Senate budget has no money for teacher raises.

"When we don't pass a budget, all 130 local governments around the state start screaming at us," said Sen. Scott Surovell (D-36) "They can't plan their budgets — especially their school budgets — until they know how much money allocation they're going to get from us for their direct aid."

For now, local governments across Virginia will have to live with uncertainty. Most House members and senators believe lawmakers will leave town without passing a budget, leaving it to the conferees to hash out the details. A resolution could emerge as early as April or as late as June, although the possibility still exists that a last-minute fix could emerge. Del. Tim Hugo (R-40), who voted against the budget, predicts a solution will happen before lawmakers leave town on Saturday.

"I'm always the optimist," said Hugo when asked for a prediction. "But if I'm wrong, I'm sure you'll tell me."

DR. GENE SWEETNAM DR. GRACE CHANG OPTOMETRISTS



- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

Most Insurances Accepted:

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS, VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid
WE WELCOME YOUR DOCTOR'S PRESCRIPTION

5204A Rolling Rd.
Burke Professional Center
Burke, VA 22015

703-425-2000

www.drsweetnam.com • www.sightforvision.com

THE CONNECTION Newspapers & Online

Turn to Connection Newspapers' award-winning weekly publications and websites to promote your business. Our readers are forecast to unleash millions in spending acquiring new homes, resale homes, home improvement, home financing, remodeling, interior design and home decorating.

REAL ESTATE & NEW HOMES

HomeLifeStyle

Spring 2018 Edition

Publishes:
March 14, 2018
Advertising Closes:
March 8, 2018



Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our Web sites, reaching affluent viewers and readers.



email sales@connectionnewspapers.com
or call 703.778.9431 for advertising pricing and information

Perfect Marketing Opportunity for:

New Homes | Resale Homes | Home Financing | Home Improvement | Landscaping Pools | Hot Tubs | Home Decorating | Interior Design | Home Furnishings

CALENDAR

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

ONGOING

Fairfax City Restaurant Week. Through March 10, participating restaurants will offer a \$35 three-course dinner menu, a \$20 three-course lunch/brunch menu, dine-in specials, and additional thematic layers of entertainment. Visit www.fairfaxcityrestaurantweek.com.

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit www.workhousearts.org/.

Fairfax Pets on Wheels New Volunteer Orientation. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

Carolina Shag. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

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

Exercise Program Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). www.fairfaxvd.com. 703-273-3638.

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

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 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 gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts.

THURSDAY/MARCH 8

Art and Lunch. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be hosting an Art & Lunch event. Bring lunch and enjoy the company of other artists. Free and open to the public. New members welcome. Visit www.fairfaxartleague.net or call 703-587-9481.

Visual Voices Speaker Series. 7:30 p.m. at George Mason University's Harris Theatre. John Henry, "The Quest for Unintended



PHOTO BY MEGAN CHRISTENSEN/COURTESY OF WORKHOUSE PERFORMING ARTS CENTER
Ruthie Rado (character Lucy) with "Avenue Q" rehearsal puppet designed/created by Silly Puppets.

'Avenue Q' at Workhouse

Workhouse Arts Center presents "Avenue Q" at W3 Theatre, 9518 Workhouse Way, Lorton. Performances through April 1, 2018. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. Tickets: \$20-\$35. Call 703-584-2900 or visit www.workhousearts.org. Note: Ticket prices may increase, based on demand. Advanced purchase recommended. Note: Intended for mature audiences due to adult humor, language and situations.

Hands On Day

The Fairfax Station Railroad Museum will hold a Hands On Day with crafts. Admission: museum members and age 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included with admission. Sunday, March 11, 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Visit www.fairfax-station.org or call 703-425-9225.

Consequences." A professional lecture series sponsored by the School of Art, invites nationally recognized visiting artists and designers to speak about their work and the world of art and design. Free and open to the public. Visit cfa.gmu.edu.

FRIDAY/MARCH 9

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. 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 and rescue equipment. Visit www.fairfaxvd.com or call 703-273-3638 for more.

"Celtic Spring, Music from the Celtic Countries." 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Bonita Lestina Old Town Hall Performance Series presents Linn Barnes & Allison Hampton: "Celtic Spring, Music from the Celtic Countries." Free and open to the public. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

SATURDAY/MARCH 10

Children's Consignment Sale. 8 a.m.-2 p.m. at Chirst Church, 7600 Ox Road, Fairfax Station. Come and shop for quality, gently used children's clothing, toys, infant items, shoes, books, games, DVD's, videos, furniture and much more. Cash, checks and credit cards. Free

admission. Call 703 425-3580 or visit www.christchurchsale.com.

NoVa TEEN Book Festival. Opens at 9:30 am at Washington-Lee High School, 1301 N. Stafford St., Arlington. Forty authors will take part in the NoVa TEEN Book Festival. Author panels and breakout sessions will be held throughout the day-long event packed with books, authors, and activities. Book lovers of all ages are welcome. Free admission. Find a full event schedule and registration information at novateenbookfestival.com.

Children's Book Sale. 10 a.m.-3 p.m. at Fairfax City Regional Library, 10360 North Street, Fairfax. Thousands of gently read books and non-book media organized by categories including picture books, early readers, nonfiction, holiday, chapter books, young adult, etc. \$.25-.52. Some specials \$3 and \$4. Plenty of free parking below library; personal check or cash only. Call 703-644-4870 or email friendsoffairfaxcitylibrary@gmail.com.

Coffee House/Open Mic. 6:30-9:30 p.m. at Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. Free. Call or text Pete at 703-955-2039 to perform.

"Irish Country Dancing." 6:30-9:30 p.m. at Green Acres Center, 4401 Sideburn Road, Fairfax. The Ancient Order of the Hibernians presents the Northern Virginia Ceili "Irish Country Dancing." The second Saturday each month. Adults: \$15; families: \$25, other discounts: \$5. Call 703-273-6090.

Tone for Two. 7-7:45 p.m. at The Mott

Community Center, 12111 Braddock Road, Fairfax. Learn how to stick with your workout routine by exercising with a partner. This fitness workshop gives you the skills to enhance your regular workout program and make it more fun to do! Wear exercise clothes, bring a mat and water. \$20 for two people in advance; \$25 for two at the door. Think of it as "date night" for fitness. Childcare available. For information email ffjazzercise@gmail.com or call 703 909 6449.

Fairfax Symphony Orchestra. 8 p.m. at GMU Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Mozart's Requiem with Christopher Zimmerman, conductor and Fairfax Choral Society and the Music & Arts Chorus. Tickets: \$65, \$53, \$39; student tickets: \$15. Visit www.fairfaxsymphony.org.

SUNDAY/MARCH 11

Hands On Day. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Fairfax Station Railroad Museum will hold a Hands On Day with crafts. Admission: museum members and age 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included with admission. Visit www.fairfax-station.org or call 703-425-9225.

"Women Back to the Future—Nevertheless She Persisted!" 2 p.m. at Fairfax City Hall Annex, Council Chambers, 10455 Armstrong St., Fairfax. A historical performance by Kate Campbell Stevenson of Bessie Coleman, African American aviator; Louise Arner Boyd, Arctic explorer, and Rachal Carson, conservationist. Stevenson will conclude the performance by highlighting contemporary women role models in Science, Technology, Engineering, and Math (STEM). Youth and adults welcome. Free. Call 703-385-8414.

Russian String Orchestra. 2 p.m. at at GMU's Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax. Tickets: \$50, \$43, \$30. Calling 888-945-2468 or visit cfa.gmu.edu.

THURSDAY-SATURDAY/MARCH 15-17

Burke Centre Library Spring Sale. Thursday, 1-9 p.m.; Friday 10 a.m.-6 p.m.; Saturday, 10 a.m.-4 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. Friends of the Burke Centre Library Spring used book and media sale with more than 8,000 items. Call 703-249-1520.

SATURDAY/MARCH 17

Songs of Ireland. 1 p.m. at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Fairfax Choral Society presents Harmonious Art: Songs of the Emerald Isle - youth choirs sing songs from Ireland. \$25. FCPS teachers and students free. Call 703-642-3277 or visit www.fairfaxchoralsociety.org.

SATURDAY-SUNDAY/MARCH 17-18

SPRINGPEX Stamp Show. Saturday, 10 a.m.-6 p.m.; Sunday, 11 a.m.-4:30 p.m. in the Cafeteria at Robert E. Lee High School, 6540 Franconia Road, Springfield. Competitive exhibits of philatelic material, philatelic sales bourse of 26 regional stamp dealers, free stamps and materials for young collectors, special show covers and postal cancels commemorate 100th anniversary of US involvement in WWI, and 100th anniversary of U.S. Air Mail. Free admission. Free parking in school parking lot. Email frazierg@cox.net or visit www.springfieldstampclub.org.

SUNDAY/MARCH 18

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission, Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

Moscow Festival Ballet: Cinderella. 2 p.m. at GMU's Center for the Arts' Concert Hall. Fifty dancers from this world-renowned ensemble perform a ballet for the whole family. Cinderella is based on the well-known fairy tale about the kind but mistreated step-daughter and step-sister who is forbidden to attend the royal ball. Tickets: \$56, \$48, \$34. Calling 888-945-2468 or visit cfa.gmu.edu.

PEOPLE



Working on the seventh floor of the Springfield Tower Building, Leo Dodson has been cutting hair for 53 years.



PHOTOS BY STEVE HIBBARD/THE CONNECTION
Leo cuts West Springfield customer Sam Cerami's hair.

A Salt-of-the-Earth Barber

Springfield's Leo Dodson, 70, has been cutting hair for 53 years.

BY STEVE HIBBARD
THE CONNECTION



Customer Neal Nelson gets his haircut by owner Bob Stockton, with Leo Dodson (right).

Leo Dodson, 70, has been cutting hair for 53 years. Always friendly and jovial with a salt-of-the-earth personality, Dodson works at Bob's Barbershop on the seventh floor of the Springfield Tower Building next to Bob Evans Restaurant. But you'd never know the place existed if it weren't for word of mouth and loyal customers.

"I have one customer, Ben, from Culpepper who drives all the way here to get his haircut," said Dodson, who is in his second marriage to wife Debra with two grown kids: Breanna, 23, and Sabrina, 40. "I have another [customer] from Front Royal named Jim. They usually call first to make sure I'm here because that's a long haul."

Born and raised on Beulah Road, Leo, who commutes 50 miles one way from Fredericksburg, graduated from the Alexander Barber Academy in 1964 then started working at Bill's Barbershop in Tower Center for 13 years when he was 15 1/2. Bobbie Stockton took it over and he stayed for 12 more years. Then he went to Brookfield Plaza and stayed for 20 years. Now he's at Springfield Tower for eight years.

"I love cutting hair. I really do," said Dodson. "If I didn't, I wouldn't have done it for all these years. I associate with a lot of different people. I still have a lot of my old-timers still living."

BOB'S BARBERSHOP OWNER Bob Stockton, 75, of Springfield has known Leo for over 50 years. "He and I've been friends a long time. ...Time when you're young doesn't seem to go anywhere but when you get older, it goes by so fast you can't keep track of it. We are both strong Christians. He goes to Calvary Road and I go to Springfield First Baptist," he said.

He calls Leo, who's an early riser, quite amicable. "He has excellent communication skills. He sets people at ease when he talks to them. They get very comfortable," said Stockton, who takes no appointments but only walk-ins.

Mike Slachta of Springfield has been a customer of Leo's for 36 years. Now retired from the Veterans

Affairs, he said: "We watched Springfield go from a dirt road of Hooes Road; we've watched the town grow up. It has really changed. I can tell you that Leo and I entertain each other with stories about our families."

In his 50-plus years, Leo's seen a lot of changes to Springfield. "I've seen them build the Holiday Inn; the highway used to be called Shirley Highway. There was the Skylark Inn, now it's gone, but there's a Town Place Suites," he said. "I watched them put all these ramps into I-95. This used to be all country....I can remember before the [Springfield Town Center] was built and they had a place called the Wagon Wheel Truck Stop. It was a gravel pit back in the 1960s," he said.

Neal S. Nelson, 84, of Springfield, has been getting his hair cut by Leo for 30 years. He said, "Leo's been around quite a while. He's always done a good job. I thought he would be fired by now. He must just be having fun." What he likes about the place is "It's friendly, it's convenient and they're nice people."

DAVID LEATHERMAN, 59, of Oak Hill, who is retired from the federal government, added, "I come here because I don't have to explain what to do with my hair. I just want a haircut – that's all I want. Over the years, Leo and I have become very good friends," he said. "It's very nice atmosphere in here. It's very pleasant to come here, which is why I keep coming back."

Sam Cerami, 78, a retired electrical engineer from West Springfield, came for a haircut because his grandson Tyler, 21, was getting married over the weekend. "[Leo's] always friendly and does a good job of cutting my hair," he said. For at least 20 years, he said, "I have my hair cut by all three people at different times depending on who's available."

HADEED
SINCE 1955

HANNA & AYOUB
SINCE 1989

Oriental Rug Cleaning & In-Home Services

Winter Has NOT Been Kind to Your Rugs
GET ALL THE SALT, DIRT & GRIME OFF YOUR RUGS!

OUR BEST OFFER EVER! In-Plant Oriental Rug Cleaning
 Have 2 Rugs Cleaned And Get The 3rd Cleaned **Free!** SAVE UP TO 33%

In-Plant Rug Restoration 10% OFF* <small>*Hurry, Offer Expires 3/18/18.</small>	Wall to Wall Carpet Steam Cleaning 20% OFF* <small>*Hurry, Offer Expires 3/18/18.</small>	Hardwood Floor Cleaning & Polishing 20% OFF* <small>*Hurry, Offer Expires 3/18/18.</small>
---	---	--

Free Pickup & Delivery!
 Includes: Furniture Moving & Rolling & Laying the Rugs!†

We Hand-Wash Your Fine Oriental Rugs!

535 W. Maple Avenue Vienna, VA	4918 Wisconsin Ave. DC/MD	3206 Duke Street Alexandria, VA	6628 Electronic Dr. Springfield VA	3116 W. Moore Street Richmond VA
-----------------------------------	------------------------------	------------------------------------	---------------------------------------	-------------------------------------

703-836-1111 | JoeHadeed.com

* Expires 3/18/18. (3) for the price of (2) same size or smaller rug free. Not valid w/any other offers. †Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

ATTENTION ADVERTISERS:

expand your audience beyond our weekly print edition with

THE CONNECTION DIGITAL

- ▶ Email Marketing
- ▶ Social Media
- ▶ Sponsored Content

FOR MORE INFORMATION CALL 703.778.9431

OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING

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

Reaching Suburban Washington's Leading Households

<ul style="list-style-type: none"> Alexandria Gazette Packet Arlington Connection Burke Connection Comet View Quantico Connection 	<ul style="list-style-type: none"> Fairfax Connection Fairfax Station/Old/Lorton Connection Great Falls Connection McLean Connection Mount Vernon Gazette 	<ul style="list-style-type: none"> Oak Hill/Herndon Connection Potomac Almanac Reston Connection Springfield Connection Vienna/Gainesville Connection
--	--	--

Old-Time Self Advocacy

Residents of Springfield continuing care community requested expansion of their Town Center, including aquatic and fitness center.

BY KEN MOORE
THE CONNECTION

Greenspring Village residents advocated for the changes to their continuing care retirement community approved by the Board of Supervisors Feb. 20, 2018.

"This application responds to a number of issues that residents have raised that would improve their living situation. I thank Erickson for making this investment in the facility," said Lee District Supervisor Jeff McKay. "I have been looking forward to this application coming forward."

Erickson Living builds and manages continuing care retirement communities, housing more than 24,000 seniors around the country, including Greenspring Village, according to its website.

The approved modifications include expansion of an existing aquatic and fitness center 25-feet in height, renovated dining facilities, salons and outdoor terraces, according to Planning Commission documents.

The facility will also be able to build a 20-foot-high parking deck on top of an existing parking lot to add 42 parking spaces that can be used by staff and visitors.

"The parking deck will help alleviate a parking shortage where employees have parked offsite, legally but problematic to the community," said McKay.

"Current residents are keeping their vehicles onsite longer than anticipated, as a symbol of their independence. As a result, more onsite parking is needed," according to planning documents.

The Lee District Land Use Committee approved the action unanimously, according to McKay and attorney Nicholas Cumings.

"Greenspring Village is a continuing care retirement community that provides Fairfax County residents an opportunity to age in place and to continue to live in Fairfax County as they grow older," said Cumings, of Walsh, Colucci, Lubeley & Walsh.

In Fairfax County, 12.4 percent of residents are over 65 years old, according to the U.S. Census, and that population is growing.

Fairfax County adopted the Fairfax County 50+ Community Action Plan on Sept. 23, 2014. The Action Plan includes 31 initiatives regarding housing, transportation, community engagement, services, safety and health and long-range planning, embracing the needs of the growing senior population.

THE MODIFICATIONS at Greenspring Village will not result in any additional residential units and there will be no changes in hours or previous proffer agreements, said Cumings.

The property abuts Accotink Creek, floodplains and Environmental Quality Corridor



PHOTO BY KELLY SHUE FOR GREENSPRING

The Board of Supervisors approved changes to Greenspring Village that were requested by residents. Greenspring's Fitness Center staff, pictured, encourages residents to exercise. "Everyone is so knowledgeable, not just about the equipment, but on what activities are best for each individual," said Jim Hughes, a resident since 2011.



Map of the former Northern Virginia Training Center site. Erickson Living, owner of Greenspring Village, proposes to build a senior living facility on the site.

(EQC), and Erickson Living previously dedicated a portion of the original rezoning area that included these environmental areas to the Fairfax County Park Authority.

The expansion will allow for indoor aquatic recreation (such as aquatic volleyball), an enlarged lap pool, enlarged gym and fitness center to include locker rooms, and an indoor court for activities (such as pickleball), according to Planning documents.

The Planning Commission recommended

its approval at its public hearing on Jan. 24, 2018.

"Both of the proposed improvements are shielded from view along the Franconia Springfield Parkway by the existing onsite buildings and the existing vegetation along the property's street frontage. The proposed aquatic and fitness center is within an interior courtyard, wrapped on all sides by buildings two-to-five stories in height," according to planning documents, presented to the Planning Commission in January and



Lee District Supervisor Jeff McKay



Braddock Supervisor John Cook

Board of Supervisors in February.

ERICKSON LIVING ALSO PROPOSES to build a new continuing-care community at the 82-acre property of the former Northern Virginia Training Center at 9911 Braddock Road, according to county documents.

On Oct. 24, 2017 the Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Northern Virginia Training Center and adjacent State Police Site.

"The Plan amendment process should be an open one, considering all potential uses, not just the prospective owner's," said Supervisor John Cook.

The process includes the nine-acre property adjacent to the training center that is currently used by the State Police. "That property also has never been planned and some planning effort now could help inform any future changes in ownership of that parcel," Cook said.

The Board of Supervisors requested that staff begin a process to consider all potential uses for the site, and the Training Center Task Force was formed.

While the task force is discussing the best use of the property, Erickson has purchased the property and shared plans to develop the property. The company proposes 1,100 apartments, down 100 after hearing community concerns about traffic, plus 150 acute care beds, according to minutes of Task Force meetings.

Erickson shared that there would be approximately 500 staff working at the facility, including professionals, para-professionals, support staff and students, working in shifts.

Erickson has secured the property and has security watching to keep it from being a gathering place. Empty buildings and the surrounding area is being used for police and SWAT training, according to task force documents.

The Training Center Task Force had four meetings in January and February this year, and has three more scheduled.

See for more on past and future meetings <https://www.fairfaxcounty.gov/planning-zoning/plan-amendments/training-center-site/meetings>

UPCOMING TRAINING CENTER TASK FORCE MEETINGS

❖ **Wednesday, March 7, 2018, 7 - 9 p.m.**, Braddock Hall, 9002 Burke Lake Road, Burke, VA 22015

❖ **Thursday, March 22, 2018, 7 - 9 p.m.**, Location TBD

❖ **Thursday, April 12, 2018, 7 - 9 p.m.**, Fairfax County Government Center (Conference Room: 9 and 10), 12000 Government Center Parkway, Fairfax, VA 22035

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**



**BUY 3 TIRES
AND GET ONE**

FREE

See Service
Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY INSPECTION.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

10% OFF

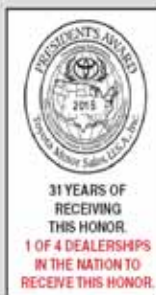
**OVER THE
COUNTER
PARTS
& ACCESSORIES**

Maximum discount \$100.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.

5,000 • 10,000 • 15,000 • 20,000 • 25,000

Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰

Covers up to 4 years/45,000 miles

LUBE, OIL, & FILTER SPECIAL

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

Includes: Change oil (up to 5 qts.), install Genuine Toyota
oil filter, inspect & adjust all fluid levels and complimentary
multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

COMPLIMENTARY

**15 MINUTE
ALIGNMENT
CHECK**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

ALIGNMENT SPECIAL

\$79⁹⁵

Your car's alignment suffers, and can
cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

BRAKE SPECIAL

\$99⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect
front & rear rotors & drums, check tire condition and inspect all
hardware. TCMC pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

30,000 MILES FACTORY RECOMMENDED SERVICE

\$159⁹⁵

SYNTHETIC \$10 MORE

Includes: Change engine oil & filter (up to 5 qts.), rotate tires, inspect wear
and adjust pressure, measure brake pad thickness & rotor runout, replace
cabin air filter (if equipped), replace engine air filter, reset maintenance
reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

VARIABLE DISCOUNT

\$5.00 OFF when you spend \$35.00 - \$49.99
\$10.00 OFF when you spend \$50.00 - \$99.99
\$15.00 OFF when you spend \$100.00 - \$199.99
\$20.00 OFF when you spend \$200.00 - \$499.99
\$50.00 OFF when you spend \$500.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.



ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201802015

TRUESTART™ BATTERY SPECIAL

\$99⁹⁵



INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty,
24 month **FREE** replacement,
24 month **FREE** roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefer@cox.net

Find us on Facebook
and become a fan!
[www.Facebook.com/](http://www.Facebook.com/connectionnewspapers)
[connectionnewspapers](http://connectionnewspapers.com)
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

Forget Daily Commuting
Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call **Jerry Vernon**
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

WET BASEMENT???
CRACKED WALLS???

We Fix: Basements, Crawlspace,
Cracked/Settling Foundations, Bowing Walls
800-772-0704
seal-tite **FREE ESTIMATES**
Serving you since 1972 **Call Now! 10% Limited Time Coupon**
Some Restrictions Apply

Announcements

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING FINAL RELEASE
OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

3 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 303 Little Rock \$38,525...BALANCE OWED \$15,000
- 3) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB
A+ Rating

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

News

Becoming an Eagle Scout

Devin James Albrecht became the 209th Boy Scout of Troop 1131 in Burke to pass his Eagle Scout Board of Review. Devin is a senior at Lake Braddock Secondary School; plays double bass in the orchestra; attends Holy Spirit Catholic Church in Annandale. Devin's dad is Eric Albrecht and his mom is Page Van Sickle, a veterinarian at Village Veterinary Clinic in Burke.

Devin is a second degree black belt in Tae Kwon Do at In-Courage, Kings Park Shopping Center.

An Eagle Scout Court of Honor will take place at St. Stephen's United Methodist Church on Saturday, March 10, 2018, at 1:30 p.m. Robert Stephen Wallace (205) will also receive his Eagle Scout at the same Court of Honor.



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

Eagle Scout Devin Albrecht with his mother, Page Van Sickle.

Eagle Scout Board of Review members: Jack Richmond, Dan Peck, Phil Sternberg, Eagle Scout Devin Albrecht (209), Gary Black, III, and Rick Priest.



SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday.

Courtney Javornik, of Alexandria, a marketing major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Jennifer Kline, of Alexandria,

a management major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Lindsey Stang, of Springfield, an intelligence and national security studies major made the fall 2017

dean's list at Coastal Carolina University (Conway, S.C.).

Ashley Twymon, of Alexandria, an art studio major made the fall 2017 dean's list at Coastal Carolina University (Conway, S.C.).

Announcements

Lifetime METAL ROOFING
by VA CAROLINA BUILDINGS, INC
40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT
SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT
FACTORY DIRECT - WE FINANCE - CALL NOW!
WWW.METALROOFOVER.COM 1-800-893-1242

Announcements

Like
LIKE US ON FACEBOOK, PLEASE
[www.Facebook.com/](http://www.Facebook.com/connectionnewspapers)
[connectionnewspapers](http://connectionnewspapers.com)

BULLETIN

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

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/ kindergarten-registration.

VOLUNTEERS WANTED

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information.

MONDAY-THURSDAY/MARCH 7-8

Unclaimed Property. Virginians can visit any of the four events below and find their unclaimed property. This free public service is facilitated by The Virginia Department of Treasury. Learn more at www.VaMoneysearch.org.

- * Wednesday, March 7, 9 a.m.-3:30 p.m. at Fairfax County Jennings Judicial Center Cafeteria, 4110 Chain Bridge Road, Fairfax
- * Thursday, March 8, 9 a.m.-3 p.m. at Hollins Hall Senior Center, 1500 Shenandoah Road, Alexandria

THURSDAY/MARCH 8

Sensory Processing Disorder. 7:30-9 p.m. at Oakwood School, 7210 Braddock Road, Annandale. Parents or educators of a child with sensory processing disorder may join for this workshop, which will focus on identifying factors of sensory processing difficulty, understanding what's going on and developing strategies to deal with life's requirements. Free and open to the public. Call 571-214-8799 or visit www.oakwoodschool.com/beyond-academics/oakwood-parent-association/opa-speaker-series.

LETTERS

FROM PAGE 6

more, Medicaid funds a huge number of births. And if you think it doesn't touch the middle class, consider the number of elderly people, who have to spend down all assets and become destitute, or close to destitute, and still need nursing home care.

The other huge reality is that someone pays for all the care given to people who are underinsured or uninsured. That someone is all of us. Hospitals don't turn away sick people because they can't pay. We all pay more to help cover those costs. People are sicker more frequently without good medical help, and we pay by higher costs.

Senator Jennifer Wexton has been working with colleagues on both sides of the aisle trying to make Medicaid expansion happen here. Keep it up, Senator Wexton. The over 80 percent of Virginians who want Medicaid expansion need to help you by making our voices be heard in Richmond.

Nancy Hopkins
Vienna

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

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

LANDSCAPING

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal
Hauling.

703-863-7465

Good is not
good, where
better is
expected.

-Thomas Fuller

LANDSCAPING

LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987

703-912-6886

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting

Ceiling Fans

Phone/CATV

Computer Network Cabling

Service Upgrades

Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

J.E.S. Services

Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!

BATHROOM REMODELING

by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes.
Specializing in Ceramic, Porcelain, Glass Tiles
and Natural Stones. Also repair work. 35 yrs exp.

www.brennan-tile.com

703-250-2872

Licensed • Bonded • Insured

IMPROVEMENTS

IMPROVEMENTS

Power Washing

Go from green to clean, do you have
mold on your siding rotten wood that's
a hoa violation? We do houses, decks,
fences, side walks, etc. Deck and fence
repair, deck staining and sealing.

Licensed & Insured • Free Estimates

email: jnave@comcast.net

703-987-5096

TILE / MARBLE

TILE / MARBLE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...

Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency
Tree Service

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl.
screened) • Erosion &
Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465

LICENSED

Serving All of N. Virginia

RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

Reflections



By KENNETH B. LOURIE

A few weeks back at my last post CT-scan appointment with my oncologist (when all continued to be amazingly stable), he finally asked me the question I've been wondering if he'd ever ask: "Mr. Lourie, I talk about you all the time, how well you're doing; is there anything I can tell people about what you're doing that might help them?"

My first reaction was to laugh and then ask if I even have cancer. I mean, typically, one diagnosed with an incurable disease doesn't just live life merrily along as if the diagnosis was a mere inconvenience, no matter what he or she may or may not be doing. My oncologist assured me that I indeed have cancer and even offered up some news about my tumors with which I was totally unfamiliar.

Five years ago when I was hospitalized (due to excessive fluid in my lungs), in the course of the procedure, the thoracic surgeon did a DNA profile of my tumors to determine if I had a specific mutation (allowing for more targeted treatment). Unfortunately, the ALK and ROS-1 mutations were not confirmed. In pursuit of more current information, more recently, I had a liquid biopsy (a blood test) which tested for the EGFR and T790 mutations. Again, no confirmation. As it stands now, I am as unclassified. For the nine-year moment then, I remain in treatment without the targeted precision so many of my fellow cancer survivors have been extraordinarily fortunate to have. Yet life goes on.

So what am I doing? Other than laughing in the face of death (my best attribute), which if anecdotal reports are to be believed, truly is the best medicine, a bit more. Remaining positive and generally upbeat is a parallel corollary to humoring yourself and those around you.

But more specifically and perhaps uniquely, I am supplementing my standard of care with some non-Western care: alkaline water, organic apple cider vinegar, and about 60 pills a day, most chosen for their qualities of strengthening my immune system and/or eliminating the toxins from my body. I can't say I'm eating really right, but neither will I admit to not eating totally wrong. Reducing stress and exercising are popular advisories in my control. One out of two will have to do.

However, as I told my oncologist, whatever I'm doing I've been told to do by my holistic health and fitness coach. She knows what, how and why. (I might as well be Sergeant Schulz from "Hogan's Heros: "I know nothing.") I don't feel qualified to speak to any of what I do.

What, I've survived but, I'm a sports and chocolate guy not a science and medicine man. All I can do is list what I'm doing. I can't chapter and verse any of it. I'm not NIKE, but I just do it. It's a routine and I rarely stray. I do add stuff occasionally but to think any of what I do might have a bearing on another cancer patient's survivability? Not hardly, and that's what I told my oncologist. Dina suggested the alkaline water. I suggested my "coach."

I guess I'm just not that deep of a thinker. I trust people the same way that as a salesman I want them to trust me. I'm not leading anybody astray, and I'm providing them the best available knowledge. I'm not manipulating. Nor am I maneuvering. I'm simply managing dos, don'ts, maybes, what ifs and why nots.

Moreover, I'm trying to think outside the box while respecting and appreciating that the box has its purpose as well.

Heck, for all I know, my non-Western stuff has had minimal impact on my life expectancy and the standard of care from my oncologist has provided the most.

Maybe I'm just an anomaly, pure and simple: a nine-year-plus non small cell lung cancer survivor. What am I doing? Trying not to abuse the privilege, that's what.

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



BEST
WASHINGTONIAN
2017

Hermendorfer Associates
Top 1% of Agents Nationally

OPEN SUNDAY 2-4



Clifton - \$949,000



Fairfax Station - \$915,000



Clifton - \$900,000

Find More Information at: www.Hermendorfer.com • 703-503-1812



KIM McCLARY
703-929-8425
kim@lfn.com
Life Member NVAR Top Producers



**Burke/
Fairfax
Station**
\$965,000
Price Slashed
to Sell!!
Sellers are ready to
see your contract!

This is the home you've been waiting for—tucked in the sought-after 1st section of Edgewater, an enclave of just 19 homes, feat 4 bdrms, 4.5 BA, 3-car side-load garage, over 1/2 acre landscaped to perfection in a dream location, updates/upgrades galore in this brick front beauty—which features almost 4,500 sq. ft. on the upper 2 lvs + a fin walk-out lower level. Hop to Metro, I-95, 495 & more.



MARSHA WOLBER
Lifetime Member NVAR, Top Producers
Top 5% of Agents Nationally
www.marshawolber.com
Cell: 703-618-4397



Fairfax / Middlebridge **\$643,000**
WOWZA! Like a brand new home ... only better! Come see this fantastic total renovation! Gorgeous granite and stainless kitchen with custom backsplash, 3 renovated baths, gorgeous wide plank flooring and new carpet in bedrooms! Quiet cul de sac location, beautiful sunny back yard! 5 BR, 3 BA and attached garage.



JUDY SEIDLER
703-503-1885
judys@lfn.com



Fairfax - \$589,900

Classic colonial style split foyer home in terrific location * Wood floors * 2 fireplaces * Updated kitchen that opens to screened porch & deck overlooking large, fenced back yard * 5 bdrms * 3 full baths * Huge walkout family rm. So convenient to transportation & commuter routes, shopping, schools & GMU.



Fairfax Station - \$750,000

Beautifully appointed colonial in the Crosspointe neighborhood * 2-story foyer * Main level library w/built-in bookcases * 2-story family room w/stone fireplace * Updated kitchen w/granite, upgraded cabinets, cook island & huge walk-in pantry * Butler's pantry * Master suite features luxury bath & walk-in closet w/built-ins * Spacious deck overlooking the back yard * Call Judy.



Jim Fox
703.503.1800
jim.fox@LNF.com
Washingtonian Magazine's "Top Team" 2015
NVAR Lifetime Top Producer



Falls Church **\$553,000**
Expansive two level rambler on large corner lot. Updated kitchen & baths. Expanded MBR suite w/full bath. Gorgeous hwdws. 2 fireplaces. New carpet, fresh paint. Garage.
Call Terry Moore @ 703.919.1508



Come to the HEART of Real Estate, Since 1980
Proudly Serving Northern VA
KAY HART, CRS, GRI
Associated Broker
Life Member NVAR Top Producer
kay.hart@longandfooster.com
703.503.1860



Is there a New Home in your New Year??
Fairfax Station Beauty on .73 ac ** Robinson Pyramid Renovated and Expanded 4 BR, 3.5 BA on 6 spacious lvs. The 37' X 17'5" KITCHEN is a marvelous sight. A fantastic home in a sought after Fairfax Station Community.
Call Kay Hart to SELL your home in 2018.



JOHN ASTORINO
Realtor®
703.898.5148

BEST
WASHINGTONIAN
2017

JA
JOHN ASTORINO
& associates

NEW LISTING! OPEN SUNDAY!



Annandale • Over 5,000 sq/ft. • \$925,000

COMING SOON!



Burke • Burke Station • \$650,000

For more information, go to www.JAHomes4u.com or John.Astorino@LNF.com

If you are thinking of buying or selling this spring, now is the time to give us a call!

NEW LISTING!



Fairfax Station • Ardmore Woods • \$800,000

COMING SOON!



Springfield
Keene Mill Village
\$425,000

Cheryl Pryor
REALTOR® | Certified Negotiation Expert
Accredited Staging Professional
703-801-9985 | ckpryor@msn.com

Under Contract in Springfield
Sparkling Split Level Home
6207 Kentland Street
Listed at \$429,900
LONG & FOSTER
REAL ESTATE

It may still feel like winter, but the **Spring Real Estate Market is Here!**
Thinking of Buying or Selling?
Jump Ahead of the Competition,
call Cheryl today:
703-801-9985
CHRISTIE'S
INTERNATIONAL REAL ESTATE



Sheila Adams
703-503-1895
Life Member, NVAR Multi Million Dollar Sales Club
Life Member, NVAR Top Producers



Fairfax **\$642,900**
Welcome to beautiful Middlebridge where quiet neighborhood charm meets tree-lined streets & this lovely home awaits you. This attractive Colonial home features updated kitchen w/tons of cabinetry, hardwood flooring, 4 BRs, 3 1/2 Baths, 3 finished levels + fabulous yard w/ko pond. A real gem. Call Sheila for a private showing - 703-201-4681.

FREE CAREER SEMINAR

Learn About:
Virginia Licensing Requirements
How to Launch a Successful Real Estate Business
Training & Coaching
Unlimited Earning Potential

Wednesday, March 21, 6:00 PM
6045 Burke Centre Parkway, Burke, VA

You can register for the Career Seminar at:
www.varealestateclasses.com

For more information contact: **Paul DiCicco**
703-503-1899 or PaulD@LNF.com



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



Haymarket/Dominion Valley Country Club \$1,100,000
The Hampton by Toll Brothers in beautiful Dominion Valley Country Club. Exquisite appointments and upgrades throughout the interior while the woods beyond offer wonderful views and privacy from your multilevel decking. Over 6000 finished square feet with 4 bedrooms, 4.5 bathrooms, and spacious three car garage.



"Committed to Earning the Loyalty of Our Clients by Providing Unparalleled Professionalism and Exceptional Service While Supporting Our Community."

