IN-PLANT ORIENTAL RUG CLEANING

Have 2 And Get Rugs The 3rd Cleaned

Cleaned Save up to 35%

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hanna Ayoub Express Expedited Service for Rugs that Qualify!

- A Trusted Resource Since 1929!

EXTENDED BY POPULAR DEMAND!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVER Expires 6/24/18. Same size or smaller rug free. Not valid w/any other offers, †Some restrictions apply





Thank you to the 2018 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2018 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 12th, 2018, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

Friends of Lake Braddock (\$1-\$49) Paige Wolf

Aaron Jeanguenat Aika Shimizu Amy Liebert Amy Reeves Andrea Patterson Anthony Harris

Barrie Donley Bill Clift Bill Seifert Brent Crabtree Bruce Wartel

Carla Goring-Madden

Carrie Seifert Catherine Burdette Charles Marietta Chris Dockins

Cintia Ortiz de Zarate Claudia Lupoletti

Dan Pak David Zivich Dawn Silva

Elizabeth Jackson

Ellen Sica
Ellen Sica
Emmett Conner
Erik Winborn
Greg Masters
Jeff Stack
Jennifer Smith
Joe Margraf
Julie Black
June Johnston
Kathleen McDavitt

Kenneth Barnes

Kimberly Sievers

Latarshia Crawford-Jones

Laura Herms LaVerne Croke Lisa Reynolds Marcus Dunn Maria Falzone Melody Walker Noelle Looney Patricia Giovannoni

Patty Lustig Paul Oskvarek Paul Wardinski Peggy Clift Peter Williams Rachel Pitzer Ruth Perlstein Senait Demssie

Siambhaivan Sisombat

Susan Fofi Susan Moreau Victoria Hayes Wendy Baird William Luelf William Prout

Purple Level (\$50-\$99)

Chris Pietras

Dianne & James Szipszky El Pueblo Restaurant

Eileen Filler-Corn for Delegate

Ellen Terrill Gail Fialkow Huong Esposo Joanne Lorence John Sturtz

Jubilee Christian Center Kings Park Civic Association

Link Spann Marcus Dunn Marsden for Senate Michael Hovastak Susana Raygada

Gold Level (\$100-\$249)

All American Driving School Anna Vandelac Aruna Gajulapalli Burke Lions Club Burke Nursery

Burke Townhouse HOA

Car Connection Carol Wooddell

Church of the Nativity Flowers'n' Ferns

Kim Trouin

Lake Braddock Community Association

Lakepointe Townhomes Laurence Murphy Melanie Wilson Hartman Robert Argentieri, DDS Ronald & Michele Frye Sandra Schender

Springfield Lorton Dental Group

Steven Camarota Village Veterinary Clinic Westwood Baptist Church

Bruin Level (\$250-\$499)

Cardinal Plaza Shell

Holy Spirit Catholic Church

Jeffrey Klioze

Northern VA Dental Associates

The Hotel Hive

Woodhirst Homeowners Assciation

Corporate Sponsor Level (\$500 and up)

Monument Title South Run Regency

Community Sponsors

Austin Grill

Burke Volunteer Fire Department Fairfax County Park Authority Fairfax County Police Department

Krispy Kreme

Marc Hausman of Hypnotic Experience

Paisano's Pizza

Safeway Spartans Swiss Bakery Trader Joe's Wegmans

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

A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2018, 2019, 2020 and 2021.

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

Make plans now to support our 2019 party on June 10th, 2019.

News



David Larson approaches the stage to receive the Spartan Award.



Vinh Do, honor graduate speaker: "Enjoy what's right in front of you—whatever's happening right here and now."

A Class Meant to Stand Out

By Jenneth Dyck The Connection

total of 542 seniors gradu ated from West Springfield High School June 13. The commencement exercises took place at EagleBank Arena at George Mason University.

The high school band performed "Pomp and Circumstance" while the students entered, followed by the West Springfield High School Madrigals singing both the National Anthem and Stephen Paulus's "The Road Home."

Senior Class President Leah Knompecher gave the opening remarks, thanking the West Springfield students who befriended her when she first moved to the area.

She continued to encourage her classmates as they begin their next life chapters. "We might find ourselves a bit nervous but excited," Knompecher said, "just like on that first day of high school. Just remember that you are not alone because all of us are going through it, and thousands of other graduates."

"What we cannot wait for, what we're so excited for, is your next great achievement," said Principal Mike Mukai.

David Larson received the Spartan Award for his school spirit, leadership, and service; Elissa Perdue received the Faculty Award for best representing the school's ideals; and Jocelyn Highsmith received the Bonnie E. Lilly Award for her school service.

Johnny Pope, the assistant principal, told the students that "in order for you to lead people, you must first know who you are." Pope also recognized 134 honor graduates receiving a 4.0 or higher before introducing Vinh Do, one of the honor graduates, to the

Admitting to the audience that he's still a child at heart, Do said, "The only times I've

Out West Springfield High School graduates
542 students at EagleBank Arena

at Costco."

"Enjoy wher's right in



Senior Class President Leah Knompecher expresses her thanks to the two students who introduced themselves when Knompecher first moved to the area. "Those girls became my first friends here," she said.

ever wished I could grow up faster were when I couldn't ride the giant spinning swing at Busch Gardens and when they wouldn't let me get free samples by myself "Enjoy what's right in front of you—whatever's happening right here and now," said Do. "No one knows what's going to happen in a year from now, or even tomorrow. . . . You'll never get this moment back, so claim it as your own."

Terri Stirk, a West Springfield math teacher retiring after 33 years of teaching, gave the commencement address, sharing experiences and life lessons she learned.

"Learning is a lifelong process, failure is inevitable, and there is more than one way to succeed in life," said Stirk.

Afterward, the 542 students received their diplomas. After turning their tassels, the newly

graduated seniors tossed their caps in the air, saying goodbye to their four years of high school and hello to the first day of the rest of their lives.



Jocelyn Highsmith is awarded the Bonnie E. Lilly Award.



"'Don't try to blend in when you were meant to stand out," quotes Principal Mike Mukai from the bestselling book "Wonder." "And Class of 2018, you are definitely meant to stand out."

News

Honest Soul Hosts Yogathon for Veterans

The 24-hour yoga extravaganza on Memorial Day weekend raises \$10,000.

By Mike Salmon
The Connection

hen 12 yogis showed up at the Hon est Soul Studio for the 3 a.m. class early Saturday morning, May 26, owner Suzie Mills knew the "Yogathon," she carried out to raise funds for veterans, had more meaning for her studio outside Fort Belvoir. The 24-hour yoga extravaganza on Memorial Day weekend was a fundraiser for the USO at the base, and Mills has experienced how yoga chases away emotions that come with military experience in a war zone, and possibly Posttraumatic stress disorder (PTSD).

"We provide yoga for the warrior transition unit through the USO," Mills said. "I had one person that said yoga has saved him," she added.

"Proceeds from the event will support the purchase of equipment for yoga and recreation programs for families served by the USO of Metropolitan Washington – Baltimore (USO-Metro)," their website read.

Casey Pizzuto, the center manager at the USO Warrior and Family Center-Belvoir, praised the value of yoga to deal with the stress of a combat situation.

"Yoga has a major impact on our service members, especially for those who have an injury and need to find alternative stress relievers," she said, via email. "I have witnessed transformations in our service members receiving yoga, especially the service members receiving treatment for PTSD."

AT THE YOGATHON, there were classes all night with very little down time between sessions. The classes were held in one room at Honest Soul called the "transformation" room, and the other room, known as the "love" room was set up as a community room where practitioners could gather, share ideas about the effort or just meditate. The names of these two rooms are painted on the wall in artsy letters to give yogis inspiration. A couple of cots were set up in the love room for catching a few winks of sleep too.

The more notable of classes that night included "Rock Your Asana – Glow Flow" with a black light and neon props at 11 p.m.; "Pajama Yin to Restore," at 12:30 a.m., "Sunrise Yin," at 6:30 a.m., and everyone wrapped up the night with a celebration party at 9:30 a.m.

The tables out in the living room/lobby were covered with fruit and wholesome snacks. Many local businesses helped out with contributions too, and that list included Nalls Produce, Kingstowne Family Chiropractic, Vetoga of Washington, D.C., Century 21 Redwood Realty, Walking the Dogs, Manduka, American Yogi, Clear Shark, M&M Contracting Solutions and the husband and wife photography team of Mauricio and Ximena.

Samantha Simons took part in the yogathon and escaped to the love room when she wasn't practicing yoga or helping conduct the events that night.



Photo by Mike Salmon/The Connection

Suzie Mills held a Yogathon at Honest Soul to benefit veterans.



Photo contributed

Suzie Mills and Casey Pizzuto the USO Metro rep at Honest Soul.

"It's a place where people could find a thread," she said of the love room. "Everyone just relaxed."

Mills wasn't always a yoga enthusiast and found her calling to open Honest Soul while she was in the Air Force on duty in Bagram, Afghanistan on a five-month deployment. Her job was to help out on the runways with the troops and equipment coming in and out of the combat zone, and with all the noise during her shifts from 2 p.m. to 2 a.m. each day took its toll. "I was at a constant high stress environment, yoga brought me down," she said. When she returned to the states, she took a power yoga class for the first time and found it helped manage her experiences. That's the moment she decided to open a studio.

ON SATURDAY MORNING, May 26, as the 24 hours came to a close, the Honest Soul yogis looked at the money raised with open eyes, and the \$10,000 exceeded their goal. The money will be used for additional veteran causes at Honest Soul and at the USO Metro center on Fort Belvoir. "We're going to use USO channels to send these props," said Mills, pointing to a stack of mats and bolsters in the main room at Honest Soul.

Mills is working on a program to help the spouses of soldiers transferred to Fort Belvoir, and she's set her sites on opening another studio in West Springfield next to the Whole Foods at Old Keene Mill and Rolling Roads.

At Honest Soul, "we're making you feel like you are part of the family," Mills said.



Hayfield High Junior Receives Bronze Medal

Photo contributed

Cadet CPT Sidney Pinkston, a junior at Hayfield High School, was awarded the Sons of the American Revolution Bronze Medal for outstanding leadership, military bearing and excellence during the school's annual JROTC Awards ceremony May 16. Cadet Pinkston, a member of the National Honor Society and a football player, was promoted to captain and became a cadet company commander during the ceremony. Following graduation in 2019, Cadet Pinkston hopes to attend a university with an ROTC program and become an officer in the Army.

SoberRide Offered on Independence Day

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), more than 40 percent of all U.S. traffic deaths involve drunk drivers, free Independence Day Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Wednesday, July 4.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Independence Day SoberRide program will be in operation beginning at 7 p.m. on Wednesday, July 4 (Independence Day) and continue until 4 a.m. on Thursday, July 5, as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this nine-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's July 4 SoberRide promo code will be posted at 5 p.m. on Wednesday, July 4 on www.SoberRide.com.

Last year, 513 persons in the Washington-metropolitan area

used WRAP's Independence Day SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Cinco de Mayo, Halloween and the winter holidays.

Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide service in the Washington-metropolitan area. SoberRide, the free safe ride service to prevent drunk driving, is now solely available via the Lyft mobile app ridesharing platform.

"Over 40 percent of all U.S. traffic fatalities during the Independence Day holiday in 2016 involved drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's president. "Worse, two-thirds of those killed in drunk driving crashes during the 2016 Independence Day period had BACs of .15 or higher."

Since 1991, WRAP's SoberRide program has provided 72,377 free safe rides home to would-be drunk drivers in the Greater Washington area

More information about WRAP's SoberRide initiative can be found at www.SoberRide.com.

www.ConnectionNewspapers.com



The West Springfield Senior Class of 2018, their families, teachers, administrators and the All Night Graduation Party committee members gratefully acknowledge the following businesses, organizations and individuals for their support of the PTSA sponsored alcohol and drug free All Night Graduation Party held on June 13th at the Lee District Recreation Center in Alexandria. We are grateful for your generous contributions and commitment to the young people of our community!

THANK YOU!

Corporate Level - \$500 and over

Greenspring Retirement Community Northern Virginia Dental Associates Rolling Forest Recreation Association

Spartan Level - \$250 - \$499

Cardinal Plaza Shell Ledo's Pizza* Mezeh Mediterranean Restaurant*

Blue Level - \$100 - \$249

Burke Lions Club

Chick-fil-A*

Carol Wooddell, DDS

David Hughes Orthodontics

Don's Shell – Old Keene Mill Rd.

Firehouse Subs*

Glory Days*

Greater Springfield Chamber of Commerce

Hunt Valley Swim Club

Laurence Murphy & Stacey Staats, MDs

Michelle Gordon – Long & Foster Realty

Side Street Hair Design*
Springfield Lorton Dental Group
Women's Club of Springfield, Inc.

Orange Level - \$50 - \$99

Austin Grill*

Costco*

Delegate Eileen Filler-Corn

Krispy Kreme Donuts*

Medford Leas Homeowners Association

Nail A La Mode*

Positive Image Salon*

Starbucks*

Subway, Rolling Road

Friends of the WSHS

Class of 2018 - \$1 - \$49

Joseph M. Gruberg, DMD

Keene Mill Elementary School PTA

Virginia Eyecare Center

* in kind donations



OPINION

The Art of a Deal with the Devil

By Gerry Connolly U.S. Representative (D-II)

gainst the backdrop of American and North Korean flags, the world finally got a glimpse into the negotiating skills of the so-called "Master of the Deal." After much fanfare more appropriate for a reality television show

than a historic diplomatic summit, the president emerged empty-handed. Trump gave the North Korean dictator everything he's longed for — international legitimacy, an audience with an American president, and the cancella-

COMMENTARY

tion of military exercises with our South Korean ally. And President Trump got nothing.

There is great danger in a president more committed to the optics of a getting a deal than the substance within it. Trump's on-again, offagain agreement to a nuclear summit with Kim Jong Un was a high-risk gambit that squandered valuable leverage and gained no concessions in return. With little preparation and guided by his "feel" that within the first minute he would know if a deal is possible, the president rolled out the red carpet for Kim, ignoring that the devil is in the details.

Kim got the propaganda he needs back home, while concrete commitments from the North Koreans to denuclearize remain elusive. The administration's oft-repeated language that de-



nuclearization must be "irreversible" and "verifiable" was not even mentioned in the joint statement, nor any reference to North Korea's egregious human rights violations and Kim's illegal imprisonment of more than 100,000 people in gulags. And the president's weakness and naivet signals to nuclear threshold states that they too should adopt the North Korean

model of extreme brutality, threats and endless provocation.

Even more troubling, this summit follows President Trump's shameful behavior with our closest allies at the G-7 summit. While we repay our allies' loyalty with misguided tariffs and disrespect, the president is cozying up to one of our greatest foes, cementing the worldview that America is retreating again.

The Korean peninsula is a dangerous global flashpoint and we must remain open to diplomatic engagement with the North, but not at any cost and not without assurances that such an endeavor is guided by steady hands. We can't have amnesia about the past. North Korea has previously made denuclearization commitments in 1994, 2005, and 2012, only to renege on each in 2002, 2009, and 2012, respectively. But Mr. Trump cares little about substance, history or strategy.

We had a model that worked. In response to illicit Iranian nuclear activities, the international community established a robust sanctions regime that drove Iran to the negotiating table. Before agreeing to formal talks, the United States extracted specific commitments from Iran to freeze portions of its nuclear program. But it was the promise of relaxed sanctions and increased international trade that convinced Iran to reverse its nuclear program and adopt the Joint Comprehensive Plan of Action (JCPOA), with which it is in compliance to this day. Articulating incentives for denuclearization, commensurate with strict and verifiable nuclear dismantlement, should have been be an essential component of any diplomatic engagement with North Korea.

When the president tore up the Iran nuclear agreement, simply because it was signed by his predecessor, he set his own standard for North Korea: absolute denuclearization, absolutely verifiable. Anything less than that is a failure by his own admission. Following the summit, we are not even close to the goal of a denuclearized North Korea.

The consequences of a nuclear North Korea are real and rushing to a bad deal could prove catastrophic on a global scale. The president needs to step back and recognize that substance and details matter. You are negotiating with a manipulative, erratic, and murderous dictator. Proceed with great caution, because this isn't real estate. You can't just walk away. Millions of lives hang in the balance if you agree to a deal on Kim Jong Un's terms.

Connolly is a member of the House Foreign Affairs Committee.

LETTERS TO THE EDITOR

Board, in 10-0 Vote, Approves More Inclusive Policies

To the Editor:

On June 14 at its regular meeting, the Fairfax County School Board approved updates to the Family Life Education Curriculum which are more inclusive of transgender students and family members, and a provision which will teach about ways to help fight the HIV/AIDS epidemic and inevitably save some of our students from infection.

Many members of the LGBTQ community and many allies came to the School Board meeting wearing purple, outnumbering those opposed by more than two-to-one. School Board members Karen Corbett Sanders (Mount Vernon), Tamara Derenak Kaufax (Lee), Megan McLaughlin (Braddock), Jane Strauss (Dranesville), Dalia Palchik (Providence), Pat Hynes (Hunter Mill), Sandy Evans (Mason), Karen Keys-Gamarra (atlarge), Ilryong Moon (at-large) and Ryan McElveen (at-large)

spoke eloquently and clearly in support of these provisions. Sully representative Tom Wilson and Springfield representative Elizabeth Schultz spoke against them, but were in fact away from the table for the final vote; it was unanimous at 10-0.

As president of FCPS Pride (a social welfare organization for LGBTQ employees, parents of LGBTQ students, and LGBTQ parents and allies in Fairfax County Public Schools), I would like to express my gratitude for the citizens who came to support, and to the elected officials who responded to those community members. We look forward to contributing, canvassing and voting at the elections in 2019.

Robert Rigby, Jr. President, FCPS Pride

The Question to Ask on June 21 and Every Day

To the Editor:

As a parent and a pediatrician, I want to make everyone aware of an important safety issue that is

supported by the American Academy of Pediatrics (AAP). On Thursday, June 21, 2018, organizations and individuals around the country will celebrate National ASK Day. Held annually on the first day of summer, a season when children spend more time in other homes, ASK Day reminds parents about the importance of asking if there are unlocked guns in the homes where their children play.

Every day across America eight children and teens are shot in unintentional shootings. The majority of these instances go unnoticed.

Thousands of kids and teens are killed and injured by gun violence every Year. Many of these youth deaths and injuries occur because parents, relatives or friends leave guns accessible to kids, resulting in unintentional shootings and suicides.

As parents, we have a responsibility to keep our kids safe. Every day as parents, we make very rational choices regarding our kids' safety—we buckle their seatbelts, make them wear bicycle helmets, and limit their TV time. But when it comes to gun safety, we are often not taking the same logical approach with our loved ones.

One out of three homes with

children has guns, many left unlocked or loaded. As parents, we can help protect those we love by asking the right questions about gun safety. This is the simple idea behind the Asking Saves Kids (ASK) Campaign.

ASK encourages parents to simply ask if there are unlocked guns in the homes where their children play (such as at friends' or family members' homes). Just as it has become common to hear parents asking about nut allergies or pools, parents can take an important step to ensure the safety of their children simply by asking, "Is there an unlocked gun in your home?"

If the answer is no, then we have one less thing to worry about. If the answer is yes, make sure all guns are stored unloaded and locked, ideally in a gun safe, with ammunition stored separately.

If we as parents start to ASK, we can make our families safer and prevent many of the firearm-related tragedies that occur every day.

To pledge to ASK and learn about more ways to get involved in ASK, please visit: www.askingsaveskids.org.

Lauren Morea Fairfax

Springfield CONECTION

www.ConnectionNewspapers.com

@SprConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by Local Media Connection LLC

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT: 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





Brandywine resident since 2013

Brandywine Living...

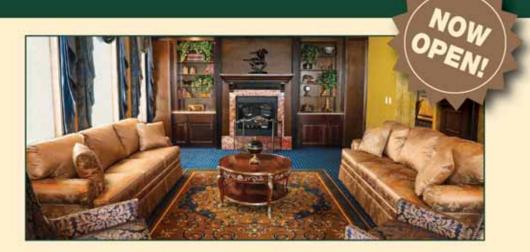
because getting your hands dirty is still fun



BRANDYWINE LIVING

at Alexandria

Life is Beautiful



Call Samantha or Susan at 703.940.3300 to schedule your tour! 5550 Cardinal Place (next to Cameron Station) Alexandria, VA 22304

Our new Alexandria community is Brandywine Living's 29th luxury, active aging community with licensed Assisted Living and Memory-Care, visit us at www.Brandycare.com



Talking to Children about Mental Health Issues

Creating safe environment is key to opening a discussion.

BY MARILYN CAMPBELL

he recent high profile deaths by suicide make it inevitable that children will ask questions and express a curiosity about the topic. However, some parents might feel a sense of uneasiness about answering those questions. Local mental health educators say that the steady increase in death by suicide each year since 1999 makes those conversations vital.

Parents can begin by creating a safe environment for an age-appropriate dialogue, says Linda Gulyn, Ph.D, professor of psychology at Marymount University. "As always, reassure young children that you are there for them no matter what," she said. "Don't feed into the anxiety. Teens understand it 100 percent, probably more than you realize."

"Encourage children to ask questions and answer them honestly," added Jerome Short, Ph.D., associate professor of psychology at George Mason University. "Parents should state that they will help their children handle any bad feelings or problems that happen."

Suicide can be a frightening topic for children and a difficult subject for parents to explain, advised Short. "Explain that people die in different ways and suicide means that people hurt themselves and died from it," he said. "A more detailed explanation is that our thoughts and feelings come from our brain, and sometimes a person's brain is sick. People feel alone, believe they are a burden on others, and are hopeless that it will change. Some people cannot stop the hurt they feel inside by themselves, but they can get help."

Parents should have a general understanding of suicide rates, signs and methods of preventing before embarking on a conversation with their children about the topic, advises Monica Band, Ed.D., assistant professor of counseling at Marymount University, who recommends the National Suicide Prevention and the American Foundation for Suicide Prevention as sources of information. "I would also recommend parents challenging their misconceptions and preconceived notions of [those who] who attempt and think of committing suicide because it is an issue that has an impact across cultures."

Some children might not understand the difference between feelings of sadness and clinical depression. "Explain that we all get sad and have good days and bad days," said

Gulyn. "Usually we feel better. But kids who commit suicide are so sad that they don't know what to do to feel better. But the truth is there is a way to feel better, and there are very helpful adults in school and at home who are great to talk to."

However, some children might have difficulty grasping the concept of mental illnesses like depression. "Sad is normal, sad is part of life, and usually we feel sad when something outside of us happens, like when a friend moves away. And we know that we will feel better," said Gulyn. "Depression is when someone feels hopeless that he or she won't be sad anymore. And that makes them not want to do fun things, or take care of themselves."

An awareness of warning signs of mental illness and the fact that depression is not a normal phase of adolescence are two factors that Gulyn underscores. "[Depression] is a serious mental health disorder for which there are effective treatments," she said. "Parents need to be aware of kids isolating themselves from others, especially peers. Other signs [include] not taking care of your physical appearance, consistently performing poorly in school, substance abuse, eating disorders, excessive or inadequate rest."

If a parent notices any of these symptoms

Resources

National Suicide Prevention Lifeline https://suicidepreventionlifeline.org/ American Foundation for Suicide

https://afsp.org/about-suicide/risk-factorsand-warning-signs/

"Something Very Sad Happened: A **Toddler's Guide to Understanding Death"** by Bonnie Zucker

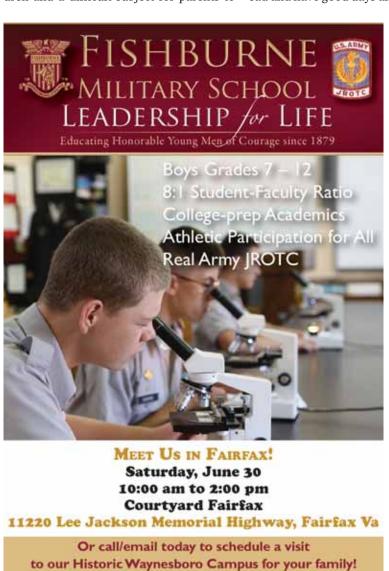
"Depression: A Teen's Guide to Survive and Thrive" by Jacqueline

"Danny and the Blue Cloud" by James

"Why are You So Sad, A Child's Book About Parental Depression" by

or suspects that their child might be depressed, Gulyn advises a straightforward approach. Don't be afraid to ask your teen directly, "Do you think you are depressed?" or "Have you been thinking about hurting yourself?", she suggests.

Teaching a child healthy help-seeking behaviors will give them an invaluable tool when facing mental health issues, advised Monica P. Band, an assistant professor of counseling at Marymount University. "If parents raise the child to have specific religious or spiritual beliefs, this could be a way to begin the discussion of how one finds strength, resilience, or peace in times when they feel like they're not in control," said Band. "Regardless of one's religious or spiritual beliefs, it is worth it if parents have an understanding and awareness of mood shifts or changes with their children and set an example and expectation with how to address these issues when things aren't feeling right or normal for their child."



Admissions@Fishburne.org 540/416-9836

www.Fishburne.org





Greater Springfield Chamber of Commerce scholarship winner Julia Reynolds (right) with scholarship committee member Christine Heiby





Greater Springfield Chamber of Commerce scholarship winner Peter **Buschman** (right) with scholarship committee member Marcia Twomey.

Greater Springfield Chamber of Commerce Awards Scholarships

awarded Julia Reynolds of Springfield and Peter Buschman of Burke scholarships in the amount of \$1,500 each. Both students attended Lake Braddock Secondary School.

During high school Reynolds participated in DECA; was a member of the Spanish Honor Society; worked in her school's Writing Center; helped start a Fashion Ambassadors club designed to promote sustainable fashion and educate students on the environmental impact of the fashion industry; and served as director of staging for the annual Lake Braddock DECA Fashion Show. Reynolds will be attending Florida International University this fall with a marketing major.

Buschman was a member of DECA, the National Honor Society and Student Government Association. At Lake Braddock he played varsity baseball for four years and achieved Athletic Honor Roll status. In the community Buschman coached youth basketball, vol-

The Greater Springfield Chamber of Commerce has unteered in the public library's summer reading program and assisted with the English as a Second Language program at his church. He will attend the College of Business at Mississippi State University this

> Through its 501c3 Foundation, the Greater Springfield Chamber provides scholarships to deserving students in the Greater Springfield area. Criteria for the scholarship include a high school GPA of 3.0 or higher, residency in the Greater Springfield area and plans to pursue a business-related major while in college.

> The Greater Springfield Chamber of Commerce is a non-profit, membership-based organization supporting businesses in the Greater Springfield area. Founded in 1957, the Chamber formulates and advocates positions critical to business, keeps members apprised of current community issues and provides numerous networking and education opportunities. For more information about the Chamber visit springfieldchamber.org.



Kelsey Vu, the winner of the DAR Youth Citizenship Award at Ravensworth ES, with parents - Mr. and Mrs. Vu — and Jeannie Leson, Anna Maria Fitzhugh Chapter, NSDAR.

Sixth Graders Receive Youth Citizenship Awards

Anna Maria Fitzhugh Chapter of Springfield presented Daughters of the American Revolution (DAR) Youth Citizenship Awards to sixth graders at ten Fairfax County Elementary Schools. The DAR Youth Citizenship Award is given to a boy or girl who fulfills the qualities of honor, service, courage, leadership and patriotism. The winners are selected by the faculty at their school and receive the award at the sixth grade award

Elementary School Recipients of DAR Youth Citizenship Award presented by Anna Maria Fitzhugh Chapter, NSDAR, in June 2018 include:

West Springfield ES — Calla Coleman; Keene Mill ES — Jaci Allen; Rolling Valley ES — Piper Rigsby; Ravensworth ES — Kelsey Vu; Orange Hunt ES — Mia Pastore; Kings Glen ES – Summer Eastman; Cardinal Forest ES — Bridget Wagner; Cherry Run ES — Walker Camille Harris; Hunt Valley ES — Nicole Vogt; Sangster ES — Jonathan Barnard.



THANK YOU!

The Robert E. Lee Senior Class of 2018, their families, teachers, administrators and the All Night Graduation Celebration committee members gratefully acknowledge the following businesses, organizations and individuals for their support of the PTSA sponsored alcohol and drug free All Night Graduation Celebration held on June 12th at the South Run Recreation Center. We would also like to thank the volunteers who helped make the night unforgettable. We are grateful for your generous contributions and commitment to the young people of our community!

Corporate - \$500 and over

American Legion Post 176 Eddie Greenan's Jewelers Greenspring Village Senior Living Lee High School PTSA Paisano's

Lancer Level - \$250-\$499

Crestwood PTA Lee High School Sports Boosters St. Bernadette Catholic Church

Gold Level - \$100-\$249

Burke & Herbert Bank Katherine DeVan A.J. Dwoskin & Associates Five Guys

Franconia Family Medicine Garfield PTA Greater Springfield Chamber of Commerce **David Hughes Orthodontics** Jones and McIntyre Donna Kellam **Newington Community Association** Pink Elephant Potomac Nationals Positive Image Saratoga PTA Top Golf Karen Shea Springfield Lorton Dental Group Springfield Plaza SYC

Vivian Watts Women of the Moose

Blue Level - \$50-\$99

Jeff Lucas Carrie Nowell **Emily Robbins**

Friends of the Class of 2017 - \$1-\$49

The Dawg Wash LLC Murphy Staats **Nova Pediatrics** Olam Tikvah Jenny Pate **Preferred Travel** Sean Swindell





BUY 3 **TIRES** AND GET ONE

Advisor for details.

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

CHECK ENGINE LIGHT DIAGNOSIS

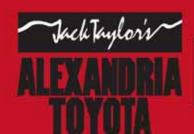
NO

CHARGE

INITIAL DIAGNOSIS

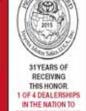
WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE











RECEIVE THIS HONOR

PERSONALIZED CAR CARE EXPERIENCE

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

OIL & FILTER CHANGE

3750 Jefferson Davis Hwy • Alexandria, VA 22305

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

ALIGNMENT SPECIAL

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 VILID WITH ANY OTHER OFFER OF COLPON TOYOTA VEHICLES ONLY COLPON MUST BE PRESENTED AT TIME OF WRITE-UP WILD ONLY AT ALEXANDRIA TOYOTA.

TAX AND SHOP SUPPLIES ADDITIONAL OFFER EXPIRES SOUTH

BRAKE SPECIAL

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

SIGHT LINE WIPER BLADES

Sight Line only

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99 \$30.00 OFF when you spend \$200.00 - \$299.99 \$45.00 OFF when you spend \$300.00 - \$399.99 \$50.00 OFF when you spend \$400.00 or more



ALEXANDRIA TOYOTA

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

TRUESTART™ BATTERIES

SPECIAL

INCLUDES BATTERY INSTALLATION Includes: 84 month warranty, 24 month free replacement,

24 month free roadside assistance. Does not apply to hybrid batteries.

Check your windshield. Does your sticker say 2/18, 3/18, or 4/18? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

NOT WAIT WITH ANY OTHER CITETA OR COURSE TOWARD MOVES ONLY COLPOWINGST BE PRESENTED AT THE OF WRITE-UP WALLD CITET AT ALEXANDRIA TOWARD SAVIAND SHOP BLIPPLES ADDITIONAL CITETA EXPRES NOTAR

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

News

Aimee Holleb Named Principal of Key Middle

Aimee Holleb is

of Key Middle

School.

the new principal

Was serving as acting principal since September.

By Steve Hibbard The Connection

imee Holleb, 42, of Ar lington, who has 21 years in education, was named principal of Key Middle School, effective July 1. She had been acting principal since September, replacing Chris Larrick, who became principal of Bryant Alternative School.

She will be leading Key Middle School, which has 800 students and a staff of 130, including custodians and a food services team. Key Middle is part of the Lee Pyramid, which has six feeder elementary schools and feeds into Lee High School.

The ethnic breakdown of Key students from 2016-17 stats

includes: white, 17.29 percent; Hispanic, 44.99 percent; Black, 14.91 percent; Asian, 20.18 percent; and Other, 2.63 percent. The Special Education students make up 17.79 percent and students on free or reduced meals is 60.53 per-

"We celebrate our diversity and it's one of the things that makes Key such an amazing place because we represent the world and we have so many cultures and languages that all of us become globally connected as we learn from one another. It's a huge point of pride that we celebrate our diversity," said Holleb.

She added: "We have a fabulous special education program and we serve all types of students with varying abilities. We are especially proud of our students who are nonverbal and the progress they make in a very rigorous curriculum."

HOLLEB is proud that Key became an IB and MYP (an authorized Middle Years Program). "So, what this means is as the students are in (grades) 7-8 here and ninth at Lee High School, we are working to develop the attributes of the IB learner profile. We are redesign-

ing our lessons from a place of higher-level inquiry and global connections and it's a very exciting time for us because we are moving from focusing on standardized test scores to focusing on real-world meaning and true understanding of why does this matter — meaning why does the curriculum matter to the kids and to our global community," she said.

Key Middle has a business partnership with Capital One and also received the state's 21st Century Grants. "Through that, we have partnerships with Edu-Futuro, Arena Stage, and Step Afrika! This allows for unique experiences with our students through our after-

school program and with parent engagement opportunities," she said.

What she loves about her job is "Our kids have big hopes and dreams and goals for themselves and I love their energy and excitement about their lives and their possibilities for their futures. So, I feel very lucky to be part of fortifying them and supporting them as learn-

ers in this world and helping them become good citizens," she said.

According to Key School Counselor Amy Samudre: "The first day that Dr. Holleb walked into our building students noticed. They said to me, 'Our new principal so happy! Are adults supposed to be this happy?' Dr. Holleb's joy and passion to invest in Key Middle School is contagious. I can't wait to see how her philosophy of being kind, dreaming-big, and working hard spreads throughout the building," she said.

Added Tracey Kyle, Spanish teacher and Department Chair of World Languages, "Dr. Holleb came in determined to learn about our school and the people in it. She's always in the halls, walking around observing and greeting everyone. But overall what's been great about her is that she knows we need some changes and she's listening to the faculty, asking for our feedback. She's visited multiple classrooms multiple times during the year. She has an opendoor policy to come speak with her about anything. She's an excellent communicator, advising us about school issues immediately and ef

SEE KEY MIDDLE, PAGE 14

Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS



10% down

I SHOW & BATH DISHON CENTER 703-969-1179

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: jccag.org

4650 Shirley Gate Road, Fairfax Bill Frasnelli, Pastor 703-383-1170



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



Programs include inspirational music, meditation, spiritual discourse, and personal blessings

July 1 - FREE PROGRAM

10:00am, morning program 7:30pm, evening program

July 2- FREE PROGRAM

10:00am, morning program

July 2-DEVI BHAVA **FREE PROGRAM**

A celebration devoted to world peace Program begins at 7:00pm

LOCATION

Crystal Gateway Marriott 1700 Jefferson Davis Hwy Arlington, VA 22202

PARKING / TRANSPORTATION

\$17.00 Hotel Parking | Free parking available in neighboring lots all day Sunday, and Monday after 4:00 PM

Crystal City Metro | .02 mi from hotel lobby Free Shuttle | To and from Reagan National Airport

For info about Amma's charities visit embracingtheworld.org.

PLEASE PLAN TO ARRIVE AT LEAST 90 MINUTES BEFORE THE PROGRAM TO RECEIVE A FREE TOKEN IF YOU WOULD LIKE TO HAVE AMMA'S EMBRACE, TOKENS MAY BE LIMITED BY TIME CONSTRAINTS.

AMMADC.ORG | INFO@AMMADC.ORG | (240) 532-2662

OM LOKAH SAMASTAH SUKHINO BHAVANTU



Enjoy endless family activities this summer on the Potomac!

Now - September 3, 2018

- Live music every Friday featuring the best in Jazz,
 Adult Contemporary, R&B & more!
- Movies Under the Stars and Great American Road Trip Atrium Show, both presented by bubly™
- Water Splashing Fun, Star-Spangled Clues Scavenger Hunt
 A National Haunting Ghost Tour
- Seasonal spa treatments, unique dining events and a Silent Disco Party
- Additional entertainment experiences just steps away in National Harbor

Book Your Getaway Today!

GaylordNational.com/SummerFest
(301) 965-4000





ACUAFINA is a registered trademark of PepsiCo, Inc., © 2018 EURY and the Bubby Designs are trademarks.

SUMMER CAMPS

Registration Just Opened



WEEKLY CAMPS JULY 9 - AUGUST 24

BASEBALL.LACROSSE VOLLEYBALL.FOOTBALL SOCCER.BASKETBALL

CALENDAR

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

THURSDAY/JUNE 21

Free Lemonade Day. 10 a.m.-9 p.m. at Charleys Philly Steaks, 6500 Springfield Mall, Springfield. Customers can visit the Springfield Charleys location at Springfield Town Center to receive a free, regular-sized Original Lemonade during regular operating hours on Thursday, June 21 (no purchase necessary, limit one per customer). Email ashort@charleys.com or visit charleys.com.

THURSDAY-SUNDAY/JUNE 21-24

"The Music Man, Jr." At 2 and 7 p.m. June 21-23; and 2 p.m. only on June 24 at Metropolitan School of the Arts, 5775 Barclay Drive, Suite 4, Alexandria. Metropolitan Homeschool Productions presents a family-friendly rendition of "The Music Man, Jr.," featuring some of the most beloved songs in musical history. Tickets \$9.75 ages 2 and up. Visit metropolitanhomeschool.org/.

FRIDAY/JUNE 22

FrogHair Golf Tournament. Noon at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. Enjoy the chance to be a winner at the upcoming FrogHair Golf Tournament presented jointly by Southwestern Youth Association and Chantilly Youth Association. A fun twist on the game is presented at each hole. \$99 per person. Visit froghairgolfclassic.com.

SATURDAY/JUNE 23

Health Fair. 8 a.m.-2:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Join NAACP Fairfax County for a health fair at Burke Lake Park and get moving with a fun walk, run or bike around Burke Lake (8-10 a.m.). The event will feature vendors and information about childhood and family obesity, cancer, metabolic syndromes, heart disease, diabetes and stroke prevention 11:30 a.m.-2:30 p.m.). Free. Visit fairfaxnaacp.org/upcoming-events/.

Ribbon Cutting at Hidden Pond. 10 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. The public is invited to a ribbon-cutting ceremony and site celebration of the new playground and multi-use outdoor shelter at Hidden Pond Nature Center. Enjoy brief ceremonies plus a cost-free visit to the nature center and family-friendly activities including pond netting, an Animal Talk at the new shelter, and light refreshments. Visit www.fairfaxcounty.gov/parks/hidden-pond/.

Kidz Korner: Superheroes Party –
Ever Laughter Parties. 10:30
a.m. in Old Town Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit www.fairfaxva.gov/government/parks-recreation/old-town-square.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518
Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

SATURDAY-SUNDAY/JUNE 23-24 Amateur Radio Field Day. From 2



Japanese Obon Festival

Celebrate with Japanese drumming, a Hawaiian band, participate in traditional Japanese dancing all while enjoying traditional Japanese food and desserts such as chirashi, yakisoba, huli huli, daifuku. There will also be children's games, a challenge course, and vendors selling authentic Japanese items. End the evening by lighting a candle in the Japanese garden to remember a loved one who has passed away. Saturday, July 14, 3-9 p.m. at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Free admission. Visit ekojiobonfestival.weebly.com or call 703-239-0500.

p.m. Saturday to 2 p.m. Sunday, at Burke Lake Park, 7315 Ox Road, Fairfax Station. Field Day is a national amateur radio event, is conducted during a 24-hour period. Field Day operations must be powered by emergency power sources – generators, solar power or batteries – no commercial power is permitted. Visit viennawireless.net.

Summer Celebration. 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. Whitehall Farms hosts a summer celebration with music, wagon rides, animal encounters, an inflatable obstacle course and yard games. \$10/person. Children 3 and under enter free. Food and beverages will be available for purchase. Visit www.whitehall.farm.

SUNDAY/JUNE 24

Vegetable Plant Clinics. 4-6 p.m. at Franconia Park, 6432 Bowie Drive, Springfield. Focus will be on garden diseases. Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Call 703-324-8556.

SATURDAY/JUNE 30

Kidz Korner: Children's Science Center. 10:30 a.m. in Old Town Square at the pergola, Fairfax. A variety of children's activities and entertainment in Old Town Square, Saturdays June-September. Free show. Visit www.fairfaxva.gov/ government/parks-recreation/oldtown-square.

Hidden Treasure at Burke Lake
Park. 1-3 p.m. at Burke Lake Park,
7315 Ox Road, Fairfax Station.
Become a modern-day pirate and
search for hidden treasures. Instead
of following a map, participants age
8 to adult will learn to use hand-held
Global Positioning System (GPS)
units to locate hidden treasure caches
within the park. \$22 per person.
Bring a GPS if you can. A limited
number will be available to borrow.
Call 703-323-6600 or visit
fairfaxcounty.gov/parks/burke-lake.

Workhouse Fireworks 2018. 5-9:30 p.m. at Workhouse Art Center, 9518 Workhouse Way, Lorton. Launched from the Workhouse Art Center's historic, 55-acre campus the region's largest pre-Independence Day fireworks show celebrates the history of this nation and honors the courage and sacrifice that have made America a beacon of hope and freedom around the world. Admission free; parking \$20 per car. Visit workhousearts.org/fireworks.

SUNDAY/JULY 1

Crafts for the 4th of July. 1-4 p.m. at the Fairfax Station Railroad

Museum, 11200 Fairfax Station Road, Fairfax Station. Enjoy making railroad inspired, 4th of July crafts. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfaxstation.org, www.facebook.com/ FFXSRR, or call 703-425-9225.

TUESDAY/JULY 3

Farm to Fairfax Market. 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

Erin's Epic Stories. 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit www.fairfaxva.gov/government/ parks-recreation/old-town-square.

WEDNESDAY/JULY 4

"Red, White and Blue

Tournament." 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two will compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner. Teams will alternate tees depending on how well they do. There will be prizes for 1st, 2nd and 3rd place in all divisions. Registration begins two weeks prior to the event. \$70 per team, includes lunch and prizes. Call 703-323-1641 or visitwww.fairfaxcounty.gov/parks/golf/burke-lake to register.

SATURDAY/JULY 7

Singles Dinner and Movie Night. 5

p.m. at Uncle Julio's at Fairfax
Corner, 4251 Fairfax Corner Ave.,
Fairfax. Fixed price dinner, followed
by choice of movie at Rave Fairfax
Corner 14. \$35 at door includes
dinner, soda, tip and movie ticket.
RSVP required. Sponsored by New
Beginnings, a support group for
separated/divorced men and women.
Call 301-924-4101 or visit
www.newbeginningsusa.org.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

COMMUNITY

Summertime Activities in Burke and Springfield

he summer is almost here and with the warm weather come outdoor activities as well as other fun and neighborhood events that can't be missed.

Summer Pond Exploration

June 28, 11 a.m.

(3-6 yrs.) Join Hidden Pond Naturalists for a summer of exploration on Thursdays from 11 to 11:45 a.m. There's a different topic each week. The cost is \$5 per child for each session. Children must be accompanied by an adult. For more information, call 703-451-9588.

Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield

Monthly Summer Shootout - July

(18 - adult), Burke Lake Golf Center, 703-323-1641. 10 players begin on hole #1, with one player being eliminated on each hole. Winner and runner-up receive gift certificates from BLGC. Limited to 10 players. No rain date. Cost \$20/ person. Fee due at time of registration. Includes beverage after

Burke Lake Golf Center Location: 6915 Ox Road, Fairfax

Snake Feeding Program

(7-Adult) Observe the unique methods snakes use to feed during a behind-the-scenes look at the snakes at Hidden Pond Nature Center. Glimpse something few people get to see in the wild while learning about local serpents and their importance to our ecosystem. The program runs from 5:15 to 6 p.m., and the cost is \$5 per person. This program is not for everyone and may be graphic. For more information, call 703-451-9588.

cost: \$5

Hidden Pond Nature Center Location: 8511 Greeley Blvd.,

First Annual Springfield Nights Summer Concert Series

July 11, 7 p.m. – Randy Thompson Band (Americana/Roots

Burke Lake Park, 7315 Ox Road, Fairfax Station

Junior 18-hole Tournament

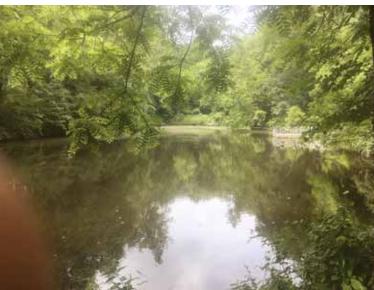
(7-17yrs.) 8 a.m. - noon, Burke Lake Golf Center, 703-323-1641. Junior golfers compete in an 18-hole individual stroke tournament. Players compete in 3 age divisions: 10 & under, 11 – 13, 14 – 17. Prizes for 1st, 2nd, 3rd place in all divisions. Closest to the pin contests. Registration begins 2 weeks prior to event. Rain date: July 20. Cost: \$20/Jr. program members, \$30/non-jr. program members, includes lunch. Fee due at

Cost: \$20

Burke Lake Golf Center Location: 6915 Ox Road, Fairfax

First Annual Springfield Nights **Summer Concert Series**

July 18, 7 p.m. - The David Kitchen Band (Pop/Rock): Burke Lake Park, 7315 Ox Road, Fairfax Station



PHOTOS BY MIKE SALMON/THE CONNECTION

The nature at Hidden Pond in Springfield will be the topic of many events in Springfield this summer.

Night Kayaking

July 18, 7:30 p.m.

(13-Adult) Enjoy Lake Accotink after dark in a kayak. Many nocturnal animals come out after dark and the view from a kayak is a great way to see them. Bring flashlights and dress for the activity. This program from 7:30 to 9:30 p.m. costs \$30 per person. For more information, call 703-569-3464.

Lake Accotink Location: 7500 Accotink Park Road, Spring-

Saturday Beach Party Range Social 21+

July 21, 7 p.m.

Celebrate under the stars this summer at the new doubledecker driving range at Burke Lake Golf Center. Enjoy unlimited range balls, food buffet, soft drinks, music, games, prizes and drawings and 1 drink ticket. Limited to first 50 registered.

Burke Lake Golf Center Location: 6915 Ox Road, Fairfax

First Annual Springfield Nights Summer Concert Series

July 25, 7 p.m. – The Johnny Artis Band (R&B) Burke Lake Park, 7315 Ox Road, Fairfax Station

First Annual Springfield Nights Summer Concert Series

Aug. 1, 7 p.m. – Ruthie & the Wranglers (American Roots) Burke Lake Park, 7315 Ox Road, Fairfax Station

Monthly Summer **Shootout - August**

(18 - adult), 7 p.m., Burke Lake Golf Center, 703-323-1641. 10 players begin on hole #1, with one player being eliminated on each hole. Winner and runner-up receive gift certificates from BLGC. Limited to 10 players. No rain date. Cost \$20/ person. Fee due at time of registration. Includes beverage after

Burke Lake Golf Center Location: 6915 Ox Road, Fairfax





Publishes: July 25, 2018 · Ads close: July 19, 2018

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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

For advertising information, call 703,778,9431 or Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.



Reaching Suburban Washington's Leading Households

Allerandria Gaerte Packet
 Ariergion Connection
 Ariergion Connection
 Bindra Connection
 Grante View
 Chantilly Connection
 Mount Vernon Gazette



TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

We pay top \$ for STERLING,

MEN'S WATCHES. JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques 703-241-0790 theschefers@cox.net

Employment

MEDICAL INSURANCE BOOKKEEPING

Busy Alexandria pediatric practice needs PT patient acct. rep, Wed-Fri 10-6, Sat 8:30-1:30. Please call LEE-ANN @ 703-914-8989 ext. 128.

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

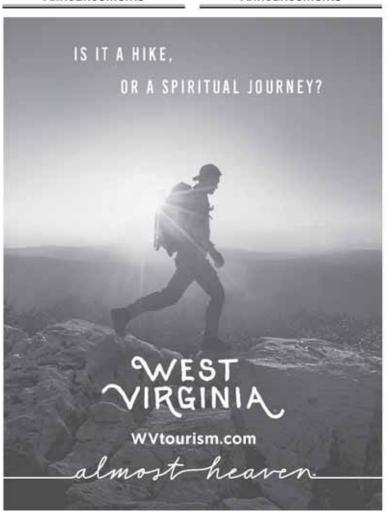
Announcements

Announcements



Announcements

Announcements



News

Key Middle: Everyone Learns and Grows

From Page 11

ficiently and she provides positive feedback when

Holleb grew up in Springfield and attended West Springfield Elementary, Irving Middle and West Springfield High. She went to undergrad at the University of Delaware, where she studied elementary and special education. She graduated in January 1997 and started working for FCPS as a special-ed teacher at Herndon Middle and then Franklin Middle. She then went to UVA to get master's degree in school administration. Then she became assistant principal at Lanier Middle and principal of Twain Middle and a Cluster Director where she supported schools in the Robinson, Lake Braddock, and West Springfield Pyramids. She began pursuing her doctorate at Virginia Tech in Leadership and Policy Studies. She became director of the Office of Facilities Planning Services for FCPS and finished her doc-

torate degree. She then began teaching education leadership at Virginia Tech in Falls Church for people getting their master's in school administration. In September, she was named acting principal at Key and is currently a teacher at UVA for people getting their administrative degrees.

SHE TWEETS three times a day (@PrincipalKeyMS on Twitter) and said: "Currently what I'm using with my staff is that Key is the place to be, so this is my vision of how do we make sure our students, staff, and community truly believe Key is the place to be and what does that mean? How do we define that and make sure we are responsive so that everybody is growing and learning at Key Middle School?" she said.

Her mom lives in Springfield and is excited to start coming to school events. She has nephews in California who are in middle and high school and they help keep her honest about what kids need from their principals, she said.

BULLETIN BOARD

VOLUNTEERS NEEDED

Assistance League of Northern

Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at

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

lynnieb517@verizon.net.

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

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 orientationor visit www.fcps.edu/registration/ kindergarten-registration.

SEE BULLETIN, PAGE 15

Legals

Legals

orientation or open house. All

PUBLIC NOTICE

PROPOSAL TO CLEANUP AN UNDERGROUND STORAGE TANK (UST) SITE

There has been a release from an underground storage tank system at:

Guiffre Distributing Company 6839 Industrial Road Springfield, VA 22151

The Virginia Department of Environmental Quality (DEQ) is requesting that Total Environmental Concepts, Inc. develop a Corrective Action Plan Addendum to revise cleanup endpoints and/or cleanup technology of a gasoline release at the site. If you have any questions regarding the cleanup, please contact:

> Alex Wardle VDEQ-NRO 13901 Crown Court Woodbridge, VA 22193 (703) 583-3822

The Corrective Action Plan Addendum will be submitted to the Northern Regional Office of the DEQ on July 27, 2018. If you would like to review or discuss the proposed Corrective Action Plan with the staff of the DEQ, please feel free to contact Alex Wardle after the date of the Corrective Action Plan submittal. The DEQ Northern Regional Office will consider written comments regarding the proposed Corrective Action Plan until August 27, 2018 and may decide to hold a public meeting if there is significant public interest. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case; PC #2006-3120.

> Department of Environmental Quality Storage Tank Program 13901 Crown Court Woodbridge, VA 22193

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

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

Questions? E-mail: goinggreen@connection newspapers.com





BULLETIN

Future of Retail-Non-Office Building

From Page 14

MONDAY/JUNE 25

Repurposing. 7 p.m. at Fairfax County Government Center, Conference Rooms 9/10, 12000 Government Center Parkway, Fairfax. A public informational meeting on Plan Amendment 2017-CW-6CP - Non-Office Building

Repurposing. The meeting provides an opportunity to learn how retail markets are changing and discuss how alternative uses may be used to fill existing retail spaces. Visit www.fairfaxcounty.gov/planning-zoning/planamendments/non-office-building-repurposing or contact Michael Lynskey, DPZ, at 703-324-1204.

TUESDAY/JUNE 26

Cyber Training and Education Conference.

George Mason University Science and Technology Campus in Manassas. The conference offers two tracks - one for veterans interested in training pathways in cyber and another for teachers at the high school level, to provide them with the educational curriculum essential to prepare current high school students for a future in cyber technology. Open to all area veterans and teachers at no charge; and all attendees can earn .7 CEUs for their attendance. Visit vsgi.gmu.edu/cyber-ready-conferenceregistration-page.

MONDAY/JUNE 27

Rotary Club of Fairfax Meeting. 12:15 p.m. at American Legion Hall, 3939 Oak St., Fairfax. The Rotary Club of Fairfax, founded in the City of Fairfax in 1931, is one of more than 33,000 Rotary clubs worldwide. Rotary International's motto is "Service above Self." Rotary Club of Fairfax meets weekly. Visit www.fairfaxrotary.org or email ihollans@earthlink.net.

TUESDAY/JULY 3

Lions Dinner Meeting. 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to lean about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email fairfaxlions@cox.net or visit www.fairfaxlions.org for more.

TUESDAY/JULY 10

Story Time: Focus and Self-Control. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support focus and selfcontrol in young children. Focus and self-control is an evidence-based executive functioning skill that involves paying attention, following the rules, thinking flexibly, and exercising self control. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/

THURSDAY/JULY 12

parent-resource-center for more.

Story Time: Perspective Taking. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support perspective taking in young children. Perspective taking is an evidence-based executive functioning skill that forms the basis for children's understanding of their parents', teachers', and friends' intentions. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/ family-engagement/parent-resource-center for

SUNDAY/JULY 15

Public Input Deadline. The Fairfax County Department of Transportation (FCDOT) is conducting a study to better understand how people get around the Franconia-Springfield area of Fairfax County on the Fairfax Connector transit network. Complete a survey to help FCDOT better understand transportation-related needs and issues. Visit www.fairfaxcounty.gov/ transportation/franconia-springfieldoptimization to complete the survey.

BUSINESS DIRECTORY

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING

A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling.

703-863-7465

Good is not good, where better is expected.

-Thomas Fuller

ELECTRICAL

COMMERCIAL / RESIDENTIAL SERVICE

Gutters and Downspouts Cleaned

Small Repairs • Gutter Guards

Power Washing

Go from green to clean, do you have

mold on your siding rotten wood that's a hoa voilation? We do houses, decks,

fences, side walks, etc. Deck and fence repair, deck staining and sealing.

Licensed & Insured • Free Estimate

email: jnave@comcast.net

703-987-5096

A&S Landscaping

703-863-7465

LICENSED

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

and become a fan!

www.Facebook.com/ connectionnewspapers

CONNECTION

The Connection to Your Community

www.connectionnewspapers.com

us on Facebook

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

All of N. Virginia

All Concrete work

Grading Solutions

Retaining Walls • Patios

Decks • Porches (incl.

screened) . Erosion &

Driveway Asphalt Sealing

French Drains • Sump Pumps

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamle@lawnsandgutters.com web: lawnsandgutters.com

Friendly Service with a Friendly Price!

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

LANDSCAPING LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987 703-912-6886

J.E.S. Services

Free Estimates - Fully Licensed & Insured

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

All work Guaranteed

TILE / MARBLE TILE / MARBLE

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 · Bondec · Insured

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Spring 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**

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231

MASONRY

MASONRY

Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks Stone • Brick Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

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

Werner Heisenberg

Watching Some More and **Wondering No Less**



By KENNETH B. LOURIE

Recently, I bought my wife, Dina, the "Limited Edition, Downton Abbey, The Complete Collector's Set." Twenty-two discs, all the episodes, bonus features, etc. Now we can finally delete the saved content off our DVR; that should open up about half the available storage. Storage that we've happily used and accessed many times.

In its prime though, we did not miss a Downton Abbey episode when it was first broadcast on PBS (starting Jan. 9, 2011 and ending Jan. 3, 2016) and we've been recording, saving and watching ever since. We are two, of millions, who couldn't get enough viewing time of this period drama then and still can't to this day.

Ergo, the purchase. Now we are in control. If anything happens to our cable box - and it needs to be replaced/upgraded, we will not – as previously happened, suffer a potentially tragic loss of content in the exchange. Eliminating that worry alone has made the purchase worth the very reasonable price

Having the complete set in hand, Dina and I have decided to re-watch the series from start to finish. Heretofore, we had watched episodes in sequence, but not necessarily in chronological order - meaning season one, episode one through the final episode of season six. As a result of this decision, we have gotten reacquainted with story lines which had somewhat faded over time as there are some episodes we hadn't seen in years. We had saved many, but not all (when it was free to do so; now, the there's a cost, \$2.99 per episode to buy, I believe).

So far, we're through season two and we've thoroughly enjoyed the people, places and things - and the many nuances we may have missed or forgotten. However, this passage of time has caused Dina and I to rethink some of our opinions of characters and

There are two primary reassessments that oddly enough, Dina and I share.

One concerns Dr. Clarkson, the local/family doctor who runs the Downton Cottage Hospital. The other concerns Patrick Crawley (the cousin/ original heir who was thought to have died when the Titanic sank in 1912) who reappears in season two as a convalescing Peter Gordon, a.k.a. P Gordon. As much as we like Dr. Clarkson, and are amused by his straddling the line between himself and the aristocracy, we have decided that we don't like some of his medical opinions: his hesitancy to even consider the treatment for dropsy for Mr. Drake that "cousin" Isobel (an experienced nurse) had proposed; his misjudgment of the possible psychological consequences of transferring the patient with gas blindness (with whom Thomas had developed a rapport) who subsequently killed himself – presumably rather than accept being transferred; and finally Matthew who suffered what Dr. Clarkson described as a transection of his spine when he and William were injured in battle which turned out to be a bruise.

An injury that he said would prevent Matthew from ever walking and – as later realized, fathering children either. In all three instances, Dr. Clarkson was proven to be wrong. As a consequence, if Dr. Clarkson was diagnosing my cancer, I'd ask for a second opinion.

As for Peter Gordon/P Gordon/Patrick Crawley and the story line concerning his reappearance as heir/heir pretender so many years after the family thought he had died – I would love to ask Julian Fellowes (writer and creator of "Downton Abbey) if this element was fact or fiction or simply a mere diversion for affect.

It all seemed so contrived, especially after "P" Gordon (who says he got his "name from a liquor bottle") leaves a note for the heartbroken Edith before there's any resolution. I mean, was he the heir or wasn't he? Did he leave because he felt the jig was up and the ruse was likely to fail? Or did he eel so betraved and disrespected by his family (the Crawleys) that he felt his present and/or future could never be what he envisioned?

Consequently, there are two questions I'd like answered: was Peter Gordon actually Patrick Crawley and where did Dr. Clarkson get his medical training?

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

LONG & FOSTER®

6045 Burke Centre Parkway Burke, VA 22015

703-425-8000

CHRISTIE'S

INTERNATIONAL REAL ESTATE









Clifton - \$1,225,000 A little piece of paradise! This all brick custom built home has it all! Gorgeous private 5 acre setting, custom free form pool, main

level master suite; beautiful gourmet kitchen, lower level in law suite.

Clifton - \$575,000 Charming 'Buttercup Cottage' sited on 2.73 acres w/ main level maste suite. Over-sized detached garage. Upgraded, updated and move-in ready! Newer metal roof: 10 min. to Bull Run Marina, Occoquan River, Town of Cliffo.

Find More Information at: www.Hermandorfer.com • 703-503-1881



Catie, Steve & Associates Direct: 703-278-9313 Cell: 703-362-2591 Life Members, NVAR Top Producers Multi-Million Dollar Sales Club

\$609,000 Oon't be fooled

Over 3000 saft of living space

in this care



rambler. with thousands of S in updates! Fall in love with the remodeled kitchen with granite counters & maple abinets; 3 updated bathrooms; glearning hardwood floors; huge finished walkout rec room; screened porch, plus a large back yard, which backs to parkland! 5 bedrooms & 1 car garage too!



MARSHA WOLBER Lifetime Member NVAR, Top Producers

Top 5% of Agents Nationally www.marshawolber.com

Cell: 703-618-4397



Burke Centre Coming Soon completely renovated: All new flooring including wide nlanked flooring. renovated kitchen w/

appliances, 3.5 renovated baths! Finished lower level includes rec room, den, and full bath. Newer windows, fenced back yard, like a new home. Friendly Burke Centre neighborhood, walk to shops, metrobus, nearby VRE



JUDY SEMLER 703-503-1885 judys@lnf.com



Burke \$775,000

Beautiful classic colonial with 3 finished levels * 2-story foyer * Formal living & dining rms * Main level den * Updated light filed eat-in kitchen * Spacious family rm w/gas fpl opens to deck * Luxury master suite with updated bath * Wood floors * Updated hall bath * 5 bdrms & 3.5 baths * Walk out lower level to lush back yard * Visit 9424WoodGlen.com



AMANDA SCOTT

703-772-9190

Top Producer www.AmandaScott.net





The Regency Creekside 55+ NEW BUILD, upgraded & extended 3 lvl stone-front home o premium lot - backs to trees & pond. 3 BR, Den, 4 BA, Grmt white Kit, HDWDS, Fam rm w 2 sided Gas Fpl, Loft, Attic rm, Rec rm, bonus rms, extnd 2 car Gar. Stone Patio & firepit. Front porch. Trex deck. Irrig syst. Clubhs & activities. READY NOW!



Heritage Hunt 55+ GORGEOUS 3 Ivl 'Lakemont' - scrnd porch! 5 BR, 4 BA, Den, Grmt Cherry Kit, HDWDS, MBR - 2 fitted WICs, UPDATED MBA, Ceramic Tile, Liv, Din. Sun rm. 2 Gas Fpls, Loft, Rec rm, Wet Bar Storage, Indscpd Yd, Patio, Front Porch, Irrig Syst, 2 car Gar.



DAVID & VIRGINIA

Associate Brokers

703-967-8700 www.BillupsTeam.com



FAIRFAX STATION

\$789,900 OINTEL 9' ceilings, custom built-ins, gorgeous new master m w/ heated floors & whirlpool, screened porch, updated kitchen w/ granite, new roof, finished walkout bsmt, 58R, 3.58A, premium lot backs to woods. www.82285ilverlineDriveJnfo



FAIRFAX STATION

\$825,000 Private retreat with pool & cabana, English Tudor design, over 6 acres, elegant new bathrooms, hardwood floors, stone fireplace. finished walkout basement, slate patio, oversized garage with workshop. 4BR, 3.5BA www.89115wiftCreek.info



David Levent

703-338-1388 davidshomes@lnf.com Experienced Agent - Amazing Results 6 Year Member, NVAR Multi Million Dollar Sales Club



us 5 Bedroom, 4 Full & 1 Half Bath Colonial Home in Hams Totally Remodeled Gourmet Kitchen, New Hardwood Flooring, Finishe Walkout Basement. Screened In Rear Porch Overlooking Large Backyand. 1st Level Master State. Beautifully Landscaped. Much More. Call For Details.



Lorton Town Center \$599,999 fotally Updated 4 Wired With Smart

Appliances, Granite

Kitchen Has

od Firs Throughout -Tops, Huge SXS Top of the Line Fridge, Hard the Main Level, Fully Fin Basement w/Full Bath and Office, Master edroom Has Lux Master Bath & His/Her Walk-In Closets, 2 Car Garage, Gas Fireplace, & Much More. Call For Details.



DIANE SUNDT 703-615-4626 Military Relocation Specialist



\$987,000

SR/4 SBA home Three car side load garage. Huge eat-in kitchen with center island, 5

offered ceiling. Two story family room. 9 foot ceilings. Finished ment with 5th bedroom, media room, rec room & storage roon Deck & Patio area. Professional stone work & landscaping. Irrigation



Judy McGuire 703-581-7679

NVAR Multi-Million Dollar Club NVAR Top Producer



Station Rental \$3600 per month colonial in

Barrington with 4 bedrooms, 2.2 baths, hardwood floors, granite countertops, family room off kitchen, separate dining room, office on main level, formal living oom, fully finished basement, screened in porch, deck



Kathy O'Donnell 703-338-7696 Kathy.odonnell@LNF.com Multi-Million Dollar Sales Club



Centreville/Sully Station \$585,000 Gorgeous 4 bed, 3.5 bath home welcomes you with a beautiful brick front, two-story foyer, bright kitchen with skylight and



ELLIE WESTER 703-503-1880

L&F Founder's Club Lifetime NVAR Top Producer Life Member, NVAR Million Dollar Sales Club ellie.wester@longandfoster.com



Glendilough \$719,900 **Newly Listed!**

On a lovely and private half acre lot near the end of a cul de sac you all find this lovely home in The Ridges of

Glendilough. Over 4000 finished square feet with four bedrooms, two and half baths and a spacious level devoted to a home office. or a craft room or a game room - you make it yours. Updated



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

