



Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

BACK TO SCHOOL SAVINGS!



IN-PLANT RUG CLEANING
15% OFF!

Valid on Our Signature Washing of Your Fine Rugs Or the Hadeed One Week Express Service for Rugs that Qualify! -
A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!! Hurry Offer expires 9/9/18. Not valid w/any other offers. †Some restrictions apply.



Fairfax CONNECTION

WELLBEING
PAGE 8

Roxanne Lypka and dad Gerry pose by a 1966 Cor- vette Stingray during the Fairfax City/Clifton Lions' Club Labor Day Car Show on Monday, Sept. 3.

Cool Cars on a Hot Day

NEWS, PAGE 3

Principal's Back-to-School Report
NEWS, PAGE 12

Probation, Time Served Are Given to Harrison
NEWS, PAGE 3

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-7-18

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

PHOTO BY BONNIE HOBBS/THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14

SPECIAL SAVINGS FOR YOUR TOYOTA



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

**BUY 3
TIRES
AND
GET
THE
4TH FOR**



\$1

**See Service
Advisor for details.**

GOT TIRES?

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

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

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 9/30/18.

**CHECK ENGINE
LIGHT DIAGNOSIS**

**NO
CHARGE**

INITIAL DIAGNOSIS

**WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.**



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 9/30/18.

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

OIL & FILTER CHANGE

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

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.

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 9/30/18.

BRAKE SPECIAL

\$79⁹⁵

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

MACHINE ROTORS ADDITIONAL

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 9/30/18.

**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. PARTS CENTER ONLY. GOOD THRU 9/30/18.

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

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 9/30/18.

FREE

BATTERY CHECK-UP

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

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 9/30/18.

TRUESTART™ BATTERIES



\$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 WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.

ALIGNMENT SPECIAL

\$69⁹⁵

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 WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/18.



ALEXANDRIA TOYOTA

Check your windshield. Does your sticker say **8/18, 9/18, or 10/18**? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

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 9/30/18.

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



Jay Knakmuhs peruses a 1951 Willys Jeep.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Bob Williams proudly displays his 2019 ZR1 Corvette. Only 1,500 will be made, and he's had this car for a week.

Cool Cars on a Hot Day

The Fairfax City/Clifton Lions Club Labor Day Car Show was Monday, Sept. 3.



From left, Ian Fromknecht, 9, dad Chris and friend Tom, 9, look at a 1978 Pontiac Firebird Trans Am.



Dignitaries attending included (from left) former City Councilman Jeff Greenfield, Councilman Michael DeMarco, State Sen. George Barker (D-39), U.S. Rep. Gerry Connolly (D-11) and event organizer Jim Chesley and wife Jennifer.



Opera singer Angela Knight sings the National Anthem at the event.



Edson Zamorano and son Max, 4, look under the hood of a 1972 Plymouth Barracuda.



Marla Trunzo strikes a pose in front of a 1982 DeLorean with a flux capacitor.

Probation, Time Served Are Given to Harrison

Student sentenced for threatening harm at Fairfax High.

BY BONNIE HOBBS
THE CONNECTION

For a while at least, Ishmael Harrison derailed his own for ward progress.

Less than four months away from graduating from Fairfax High, his future looked bright. He played football and lacrosse for his school and had a scholarship to LSU. Then he made threats against his school.

Harrison's action led to an arrest and jail time. And if he doesn't walk the straight and narrow some or all of the suspended prison sentence he recently received could be imposed and he'd be back behind bars.

The trouble began Feb. 21, when Harrison, an 18-year-old senior, sent out anonymous tweets threatening harm, the next day, to Fairfax High students, school personnel and police. Fortunately for everyone concerned – including him – he didn't

carry out his plans. But his threats scared many students and parents; and as a result, a large number of students stayed home that day.

HARRISON'S ACTIONS also constituted a felony. And on June 11, in Fairfax County Circuit Court, he pleaded guilty to making threats to commit serious bodily harm to persons on school property. Answering specific questions from Judge Penney Azcarate, the teen admitted that he was entering his plea because he was, in fact, guilty.

Explaining the prosecution's case against Harrison, Assistant Commonwealth's Attorney Greg Holt said that, on Feb. 21, around 3:45 p.m., Harrison sent the following tweets – (minus some profanity, but typed as they appeared) – from his cellphone while on school grounds:

"2/22/18 i am coming and no one can stop me, be prepared. I SWEAR ON MY DAMN LIFE I AM COMING AND THE COPS CAN GET IT TOO.

"I hate that damn school so much. i hate the people and all the students there. You

guys suspended me for skipping. I have been planning this for months now and now i am going to act. Better watch out Fairfax."

Accompanying the tweets was a picture of an AR15 assault rifle. And according to Fairfax City police, officers found 200 rounds of ammunition for an AR15 in

Harrison's home when they executed a search warrant there on March 2. Police also discovered a video of Harrison doing target practice at a shooting range.

Students reading these tweets immediately told the school's police SRO (school resource officer), administration and their parents, and police began investigating. But the damage was done because Harrison's chilling words sent shockwaves of fear throughout the school community.

"There were dozens of tweets in return," said Holt. "And 1,601 students were absent the following day." Taking the threats seriously, on Feb. 22, police posted officers at all City schools.

ON MARCH 3, police identified Harrison as the person who'd sent the tweets. Fur-

thermore, they provided his age, descriptions of both him and his car, and his license-plate number, to the public. They obtained arrest warrants for him, said he should be considered "armed and dangerous" and urged anyone seeing him or knowing where he was to contact them.

In a news release the next day, police asked Harrison to turn himself in; and on March 5, he did. He was then arrested and held without bond in the Adult Detention Center. Police also charged him with one count of possession of child pornography after allegedly finding pornographic images of a juvenile on his electronics.

Harrison appeared in General District Court on April 30 before Judge Susan Stoney and waived his right to a preliminary hearing. At that time, his pornography charge was dropped. But on May 21, he was indicted by the grand jury on the threat charge.

After Harrison's guilty plea, Azcarate remanded him back to jail to await sentencing on Aug. 17. At that time, he returned to court and was sentenced to five years in prison, with all of that time suspended, except for what he'd already served in jail. He was also placed on three years' supervised probation.



Ishmael Harrison

New Look at Parking for 55-and-up Communities

Seniors need their cars.

BY KEN MOORE
THE CONNECTION

The Board of Supervisors, on July 31, reduced the minimum age requirement at The Woodlands Retirement Community in Fairfax. The case, discussed by the Planning Commission earlier in July, led to a discussion about impervious surface, parking spaces and seniors who wish to keep their cars.

"As we've seen in other cases, senior living often needs more cars because people who live there are keeping their cars longer," said Braddock District Planning Commissioner Ellen Hurley.

Vice Chairman and at-large commissioner James Hart asked, "Do we have a formula or other criteria for evaluating how many parking spaces are needed for senior housing generally?"

Hurley said, "I believe that the current formula is one parking space for four units which is found to be way under."

"Is the formula obsolete," said Hart? "Do we have a formula that needs to be revisited?" he asked.

Lynne Strobel, land use attorney, represented Woodlands Retirement Community, in the specific case before the Planning Commission and Board of Supervi-



Residents of retirement communities have more than the one-car-per-four-apartment formula, leading to planners to consider increasing parking.

sors. "So what has happened, and I think this is not just on this property, I've seen this at other locations that I've worked on, if someone who is older does not use their car, they want to have a car, because it's a symbol of independence. They know it's something they could use it if they wanted to," said Strobel.

"Parking is such a quality of life issue, it makes people so angry that there aren't enough parking spaces and we have enough apartments or town houses where people are fighting about that sort of thing. If the formula is stale, maybe it's a suggestion to put it on the work program to reevaluate."

said Hart.

More parking will affect environmental issues too, said Hurley. "When you're building more parking you now have to balance the trees versus the storm water."

"To your point that we're going to have to consider this more and more, I think it is a good work plan item," at-large commissioner Timothy Sargeant said.

"If it's 55 year olds living in apartments, they're all going to have cars. 85 year olds in apartments are probably going to have cars, too," said Hart.

Dranesville Commissioner John Ulfelder said, "One of my favorite questions. We're

"If it's 55 year olds living in apartments, they're all going to have cars. 85 year olds in apartments are probably going to have cars, too."

— James Hart, at-large planning commissioner

dropping the minimum age from 62 to 55. So for a married couple, can or do both have to be 55 to move in?"

"One has to be 55," said Zachary Fountain, county planning staff.

"So the other partner can be younger," said Ulfelder. "The point here being at age 55 somebody who wishes to maximize their social security in the current plan would be working for 15 more years. So they would be going and coming at least on a weekly basis, or a daily basis, to go to work.

"Does that potential have impact on the transportation issues, traffic issues?" said Ulfelder.

Food and Wine Fundraiser

Earth Fare is holding a food-and-wine sampling fundraiser for FACETS, on Wednesday, Sept. 12, from 5:30-7:30 p.m. A \$5 donation is suggested to participate. Earth Fare is at 11052 Lee Hwy. in Fairfax.

11th Congressional District Forum

The public is invited to the Candidate Forum for the 11th Congressional District 11. It's set for Sunday, Sept. 16, from 2-4 p.m., at the Sherwood Community Center, 3740 Old Lee Hwy. in Fairfax. The three candidates featured are U.S. Rep. Gerry Connolly (D, incumbent); Jeff Dove (R) and Stevan Porter (L). The nonpartisan League of Women Voters of the Fairfax Area is hosting this event. For more information, go to www.lwv-fairfax.org.

BULLETIN BOARD

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

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections

(12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Tuesday/Sept. 11, 10 a.m.-1 p.m., The Woodlands Retirement Community, 4320 Forest Hill Ct, Fairfax.
- ❖ Monday/Sept. 17, 11 a.m.-2 p.m., Heatherwood Retirement Community, 9642 Burke Lake Road, Burke.
- ❖ Wednesday/Sept. 19, 10 a.m.-2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield.
- ❖ Tuesday/Sept. 25, 11 a.m.-2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke.

❖ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal

SEE BULLETIN, PAGE 7

KING STREET

KING STREET IN OLD TOWN ALEXANDRIA, VA

ART FESTIVAL

FREE ADMISSION
Visit AlexandriaVA.com/ArtFestival



**SATURDAY,
SEPTEMBER 15
10AM-7PM**

**SUNDAY,
SEPTEMBER 16
10AM-5PM**



ArtFestival.com
A Howard Alan Event
(561) 746-6615



**THE LINCOLN
MOTOR COMPANY**



**McNairy
ASSOCIATES**



**ROBINSON
LANDSCAPING**



**Gutter
Helmet**



Alexandria



**Alexandria
Gazette Packet**



LORIEN



Celebrating
39 Years
of Dance
Excellence!

(Established in 1980)
Home of Burke Civic Ballet

buffa's dance studio

- Pre-School Dance Movement – Ages 3 and 4
- Hip Hop • Lyrical/Contemporary • Ballet • Tap
- Jazz • Pointe • Modern • Acro • Musical Theater
- Aerial Silks • Performing Companies Grades K-12
- Beginner to Advanced • Professional Instructors



Come Join the fun!

12,000 sq. ft. of performing space
with professional sprung floors

CALL 703-425-5599

QUALITY INSTRUCTION
IN A QUALITY
ENVIRONMENT

9570-H BURKE RD.
BURKE VILLAGE
CENTER II

www.buffas.com • buffadance@msn.com

CELEBRATING AMERICA'S ARMY

AN EVENING WITH HEROES AND VOICES



A SPECIAL PATRIOTIC LIVE SHOW PERFORMED IN THE TRADITION OF A MILITARY CONCERT SHOWCASING THE ARMY'S CONTRIBUTIONS TO THE BUILDING OF THE NATION.

FREE AND OPEN TO THE PUBLIC
RESERVE TICKETS AT WWW.HEROESANDVOICES.COM

WHERE

PERFORMANCES AT CONMY HALL ON
JOINT BASE MYER-HENDERSON HALL,
ARLINGTON, VIRGINIA

SAVE THE DATE

FRIDAY, SEPTEMBER 7 AT 7:30PM
SATURDAY, SEPTEMBER 8 AT 3PM
SATURDAY, SEPTEMBER 8 AT 7:30PM
SUNDAY, SEPTEMBER 9 AT 3PM



@MDW_USARMY



@MDW_USARMY



@MDWUSARMY








OPINION

Do Something

BY WENDY GRADISON
CEO PRS

The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact, we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope. To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of death for young people aged 15-24. But for every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline, we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.



Using the hashtag #CallTextLive, the campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around is-

suues contributing to suicide and provide each other the tools to get help. #CallTextLive uses social media, activities and events to drive community conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care. Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.

De-Gerrymandering Continued

BY KENNETH R.
"KEN" PLUM
STATE DELEGATE (D-36)

Sorry, but this is yet another column on the continuing effort to de-gerrymander House of Delegates districts in Virginia as directed by the federal courts. In this instance it was the Republican Party who in the majority after the 2010 census drew district lines that were designed to keep them in the majority until the next census in 2020 when lines must be drawn again. They ran into trouble when to dilute the votes of African Americans who traditionally vote Democratic they packed them into eleven districts in the Richmond and Hampton Roads regions. A panel of federal judges found the practice violated the constitutional rights of the individuals involved and ordered the districts to be redrawn.

The Governor called the General Assembly into special session last week to carry out the court's di-



COMMENTARY

rective. The legislature went home without success after one day of effort.

Why is the Republican majority failing to do as the court directed? The reason is quite simple. If it took

an unconstitutional drawing of district lines to maintain their majority in the House of Delegates, an undoing of those lines would likely take away their majority. Is the court favoring Democrats in what they are doing? No, the court is protecting the constitutional rights of individuals. The court does not take into account partisan outcomes. You simply cannot deny equal representation in the legislature of a class of people without running afoul of their constitutional protections.

When the court found Virginia's Congressional districts to be unconstitutional several years ago, the remedy of that situation was new districts that resulted in the election of an additional African

American congressman from the state that up to that point had only one. Both happen also to be Democrats.

The court has denied an appeal from the Republicans of their directive to resolve the unconstitutional districts. If the General Assembly fails to carry out the court's mandate, the court will redraw the districts themselves. Presumably there would be special elections held right away in the new districts.

In the meantime, House Democrats have proposed a redrawing of the legislative lines to make the districts constitutional which unsurprisingly could result in the election of as many as five new Democrats. The authors of the new maps insist that they did what needed to be done to follow the court's directive and not what would give them more seats. The day of the special session was spent with the Republicans picking apart the proposed map in an attempt to show that it was too partisan.

Republicans called the map hypocritical, and one of my Democratic colleagues, Del. Steve

Heretick, called it a "self-serving political power grab."

I draw two conclusions from the last several months: The court needs to take immediate remedial action to correct the constitutional problems with the current districts, and the General Assembly at its next legislative session must pass a constitutional amendment establishing a truly independent commission to do redistricting. The amendment would need to pass a second session of the General Assembly and a referendum of the people. Legislative bodies simply cannot rise above their own self-interests to do the job fairly.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:
Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com

Fairfax
CONNECTION

www.ConnectionNewspapers.com

@FfxConnection

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

Bonnie Hobbs
Community Reporter ♦ 703-778-9438
south@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

Debbie Funk
Display Advertising/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



BULLETIN BOARD

FROM PAGE 5

for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's

Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

THURSDAY/SEPT. 6

Capital Region Business Forum. 7:30-9:30 a.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Virginia Gov. Ralph Northam, Maryland Gov. Larry Hogan and D.C. Mayor Muriel Bowser will discuss their plans to

work cooperatively to bolster the regional economy. Visit www.bot.org/upcomingevents/dmmbizforum for more.

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

ESL Class Registration. 7 p.m. at

SEE BULLETIN, PAGE 15

Your Homecoming Headquarters!

- Lake Braddock • Robinson
- West Springfield

Wrist Corsages & Boutonnieres



flowers 'n' ferns

9562 Old Keene Mill Rd., Burke

703-455-3100

www.flowersnferns.com



OUR FAMILY OWNED AND OPERATED FRANCHISE IS CELEBRATING 20 YEARS IN BUSINESS BY GIVING OUR NEIGHBORS 20 DAYS OF GREAT SAVINGS!

PURCHASE ANY LARGE PIZZA AT MENU PRICE AND GET A SECOND PIZZA OF EQUAL OR LESSER VALUE

For Only
20¢

Offer valid at location below September 1st-20th 2018



THANK YOU!!! FROM YOUR LOCAL MANAGEMENT TEAM: LUIS, KARLA & JUSTIN

**ORDER ONLINE
@PAPAJOHNS.COM
AND ENTER
PROMO CODE:
GMGFAMILY20
OR CALL OUR STORE
AND MENTION OUR
20TH ANNIVERSARY!**

Offer Valid at the following locations:

Annandale - 6920 Braddock Rd - 703-813-6262

Burke - 9570 Burke Rd - 703-978-7272

Fairfax - 9929 Main St - 703-352-0700

Fairfax Station - 9013 SILVERBROOK RD - 703-493-8181

Lorton - 7756 Gunston Plaza Dr - 703-550-2345

Springfield - 6228 Rolling Rd - 703-913-7272



Fairfax County Parkway Widening Fairfax County

Public Information Meetings

Attend one of three public information meetings near you.
All meeting times are 6:30 p.m. to 8:30 p.m.
Presentation starts at 7 p.m.

Tuesday, September 25, 2018

Willow Springs Elementary School
5400 Willow Springs School Road, Fairfax, VA 22030

Thursday, September 27, 2018

Fairview Elementary School
5815 Ox Road, Fairfax Station, VA 22039

Wednesday, October 3, 2018

Oak View Elementary School
5004 Sideburn Road, Fairfax, VA 22032

Find out about plans to widen Fairfax County Parkway (Route 286) from four to six lanes between Route 29 (Lee Highway) and Route 123 (Ox Road). The proposed project design also includes an interchange at Popes Head Road and the future Shirley Gate Road extension, improvements to the existing trail in the Fairfax County Parkway right of way and construction of a new shared-use path to make the trail continuous within the project limits.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design, including Popes Head Road interchange options under consideration. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-691-6710 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **October 15, 2018** to Mr. Sitaram Kodali, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Fairfax County Parkway Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Mr. Sitaram Kodali at 703-691-6710 or TTY/TDD 711.

State Project: 0286-029-259, P101, UPC: 107937, Federal: STP-5A01 (775)

SEPTEMBER IS SUICIDE PREVENTION MONTH



Ask.
Keep Them Safe.
Be There.

#CallTextLive is PRR CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

1-800-273-TALK
prsinc.org/calltextlive

WELLBEING

Aiming for Long-Term Fitness

Study shows physical declines can be detected as early as age 50.

BY MARILYN CAMPBELL

I've been doing it since before I retired," said Rich White, a former accountant who lives in Alexandria. "It's easier to get up and get it out of the way so I don't miss it. Both of my parents died prematurely of heart attacks. That's when I decided to start running to get in shape. Eventually that turned into a habit of daily strength and aerobic exercise."

White's assumptions about preserving his physical health are underscored by a report from the Center for the Study of Aging and Human Development at Duke University School of Medicine which found that physical decline begins when people are in their 50s, much earlier than people might notice or expect.

The study looked at 775 adults ranging in age from 30 to 90 to assess changes in fitness abilities like endurance, balance, speed and strength. Researchers found that exercise efforts must begin before the age of 50 in order to help halt the decline and maintain mobility and independence longer in life.

"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair," said lead author Katherine S. Hall, Ph.D. in releasing the study.

By having participants stand on one leg for 60 seconds to measure balance and sit and rise from a chair for 30 seconds to measure lower body strength, researchers were able to detect a decline beginning in

Emma Warner, 72, meets her trainer at a Montgomery County Recreation Center gym twice a week. Together they perform a combination of exercises aimed at improving her strength, balance, endurance and flexibility.

"We stretch and do yoga poses, sometimes we speed walk outside and I also do exercises with two or three pound dumbbells," she said. "But my mother is 98 and is in pretty good health, so I figure I have good genes. I just need to work on fitness to maintain."

As people age, change and decline is inevitable, but the rate and severity can vary based on genetics and the level of activity in one's lifestyle. Regular exercise can have a profound effect on the way in which one ages.

"People have their actual age, which they can't do anything about, and their biological age," said Martin.

"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

Fitness instructor Amy Traum has clients who run the age gamut from college students to retirees, but her overarching advice to getting in shape is similar. "Everyone needs a well-rounded exercise program that includes stretching, balance exercises,

strength and cardio," she said. "I always begin and end classes with stretching and I try to add strength and balance elements like a weighted deadlift."

Those new or newly returning to exercise should start slowly and gradually, says Traum. "It sounds like common sense, but I can't tell you the number of people who come to my classes with no experience and try to work way above their fitness level

"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair."

— Katherine S. Hall, Ph.D.

"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

— Joel Martin, Ph.D., assistant professor of Kinesiology, George Mason University

one's 50s. The findings show the need to understand and preserve muscle strength.

"Most tissues in the body respond to stress placed on them by becoming stronger or adapting to handle the stimulus you place on them," said Joel Martin, Ph.D., assistant professor of Kinesiology at George Mason University. "If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles then they get smaller and become weaker. Use it or lose it."

and either get injured or discouraged," she said. "There's nothing wrong with starting out slow, sticking with it and making gradual progress. Also make it fun, like walk or jog with a friends or take a dance or Zumba classes."

"Eating a healthy and nutritious diet is also important," added Martin. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process."

HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs! †

Now Offering a More Affordable Menu of Cleaning Services!

That Are Faster!	Will Save You Money!	Same Quality!	Same VIP Treatment!
-------------------------	-----------------------------	----------------------	----------------------------

The Same Deep Down Professional Clean you Expect from Joe Hadeed

NEW EXPRESS SERVICE*			HADEED SIGNATURE SERVICE! Handmade Wool Rugs
Handmade Tufted Rugs	Machine Made Synthetic Rugs	Machine Made Wool Rugs	

*FOR RUGS THAT QUALIFY.

In-Plant Rug Cleaning Express or Signature Services. Expires 9/9/18. Not valid w/any other offers.	15% off
In-Plant Rug Restoration Expires 9/9/18. Not valid w/any other offers.	10% off
Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing Expires 9/9/18. Not valid w/any other offers.	20% off

BACK TO SCHOOL SAVINGS!

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

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

NEWS



PHOTOS CONTRIBUTED

Some of the GirlsTooCode Program attendees with program leader Riya Dabbi. From left, back row: Kyndall Johnson, Gianna Park, Vera Mensah, Isabella Nazari, Mia Martin-Escandarani, Izzy Meyers; Front row: Ana Mensah, Sol Martin-Escandarani, Savannah Phipps

‘GirlsTooCode’ Program Held at Richard Byrd Library

The meeting room in Richard Byrd Library was abuzz with girls waving their hands to answer Riya’s question, “What are the 4 lobes in the human brain?” Riya Dabbi, program leader for the GirlsTooCode Program, was testing the girls to check their progress.

Girls from grades 4 to 12 had enrolled in the early part of summer when it was announced on the library calendar. The program was a huge success even before it started with enrollment spilling way beyond the planned program size of 15 girls. Many girls had to be put on a waitlist for the next session of GirlsTooCode.

Earlier in the spring, National Council for Women in Technology honored Riya Dabbi, class of 2019, from Thomas Jefferson HS with National Runner up Award and a Virginia State Winner Award in the Aspirations in Computing program. Riya was then encouraged by NCWIT, to apply for a grant under their AspireIT K-12 Outreach program.

Riya approached Richard Byrd Library in Springfield with a plan for the GirlsTooCode Program. The then-branch manager Lorraine Culhane liked the idea and ap-

proved it to be run from mid-July to mid-August for five Saturdays. Isha Bhangui and Ankita Vadiala, rising seniors, from the Academy of Science in Loudoun joined Riya and helped plan and execute the program.

Girls learned Scratch programming with fun and interactive stories, games, and animation. They learned about the nervous system, how computers can be made to simulate the brain, Artificial Intelligence, and neural networks.

They were introduced to a variety of careers open to women with coding skills. In the last session, girls showcased their community challenge projects culminating with an award ceremony. Branch Manager Sandy Freund distributed the awards and participation certificates and congratulated the girls for successful completion.

Riya Dabbi said, “I love seeing the wonder in girls’ faces after learning something new and interesting.”

Girls came from diverse backgrounds and formed new friendships. Izzy Myers, a fifth grader, asked Riya, while leaving, “Are you going to do the program again next summer? I want to come again!”



Community Project Award Winners with Library Branch Manager. From left: Sandy Freund, Ana Mensah, Mia Martin-Escandarani, Riya Dabbi, Izzy Meyers.

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



Free Estimates
703-214-8384



Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Visit our website: www.twopoorteachers.com

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.

At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at alz.org/walk.

Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 23 | 2:00 pm



Additional Walks available.
Find one near you at alz.org/walk
or call 703.359.4440.

2018 NATIONAL PRESENTING SPONSOR

Edward Jones®

ENTERTAINMENT

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

ONGOING

Pop-Up Art show. Through Dec. 16 at Gallery 57, 11899 Grand Commons Ave., Fairfax. Emerging Artists Initiative and the Peterson Companies are partnering to bring an artistic and creative facet to the Fairfax community. A new pop-up art gallery at Fairfax Corner Center will be exhibiting paintings and sculptors by four resident artists in the vacant retail space. Free. Email director@eaiinc.org or visit eaiinc.org.

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/.

THURSDAY/SEPT. 6

History of Belvoir Manor. 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Learn about the fascinating history of Belvoir Manor with Patrick O'Neil from the Burke Historical Society. Discover the mansion's past from its Fairfax family ties to its role in the War of 1812 and creation of Fort Belvoir. Adults and teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4454036.

FRIDAY/SEPT. 7

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Call 703-273-3638 or visit www.fairfaxvfd.com.

SATURDAY/SEPT. 8

Marketing for Writers. 8 a.m.-3 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Join Capital Christian Writers for a one-day writers marketing conference. Aspiring writers have their own track to learn the nuts and bolts of getting published. \$75-\$115. Email ccwriters@gmail.com or visit capitalchristianwriters.org/index.php/2018-conference-marketing-for-writers/.

Annual Crab Feast Dinner. 3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton, in the Common Room. The 26th Annual Crab Feast, sponsored by the Brotherhood of St Andrew, will include crabs, fried fish, steamed shrimp, potato salad, pork and chicken barbecue sandwiches, and hot dogs for children. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under the age of 12 are free. Contact Rodger Jones, rodgerjns125@gmail.com, or Fred Crawford, frccrawford205@comcast.net, or call the church office at 703-339-6572.

SEPT. 8-16

Workhouse 10th Anniversary. At Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center invites the residents of Fairfax County and guests from throughout the region to visit for a week of free



“Mason and his Legacy,” performed inside the mansion as part of a naturalization ceremony.

Citizen Naturalization Ceremony

George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in naturalizing candidates. Before the ceremony, guests may enjoy activities and crafts and explore Gunston Hall's grounds. The ceremony is followed by a reception, an opportunity to register to vote, and Gunston Hall's exclusive theater performance, “Mason and his Legacy,” performed inside the mansion. Saturday, Sept. 15, 10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org.

and low-cost events and activities in celebration of its 10th anniversary. Experiences include classes and presentations, films and music, special tours, and more. Visit www.workhousearts.org/events/category/10th-anniversary/.

SUNDAY/SEPT. 9

Craft Show-Bazaar. 9 a.m.-2 p.m. at Springfield Masonic Temple, 7001 Backlick Road, Springfield. Various vendors inside and outside to showcase beautiful handmade craft. Shop for friends and family before the holiday season rush. There are vendor spaces available. Food and drinks available for sale. Free admission. Call 703-780-6519 or visit www.nelliecustis.org.

TUESDAY/SEPT. 11

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.

Cub Scout Registration. 6-7 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Cub Scout Pack 1347 invites boys, girls and family to “Hooked on Scouting Ice Cream Social and Sign up Night.” Includes free raffle giveaway and fun. Hosted by Troop 1347. Free. Email Pack1347@bumc.gmail.com or visit www.burke1347.mytroop.us.

Singers Wanted. 7:15 p.m. at the United Baptist Church, 7100 Columbia Pike, Annandale. Wakefield Chorale is looking for men and women who like to sing. The chorale welcomes singers of all voice ranges. No audition is required. Rehearsals are held on Tuesdays at 7:15 p.m. beginning Sept. 11. Call Johanna

Droel at 703-569-0214 or email jodroel@gmail.com.

FRIDAY/SEPT. 14

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Call 703-273-3638 or visit www.fairfaxvfd.com.

Movies Under the Moon: Matilda. 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

SATURDAY/SEPT. 15

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

14th Annual Merrifield Fall Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMBBA), in conjunction with URBNmarket and Mosaic, and held will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival.

Citizen Naturalization Ceremony.

10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in naturalizing candidates. Before the

ceremony, guests may enjoy activities and crafts and explore Gunston Hall's grounds. The ceremony is followed by a reception, an opportunity to register to vote, and Gunston Hall's exclusive theater performance, “Mason and his Legacy,” performed inside the mansion. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org.

CommUnity FunFest. 1-4:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Fun for the whole family with food, games, music, children's activities, and an auction is open to everyone. Free, open to all. Call 703-281-1767 or visit www.unityoffairfax.org/funfest.

Harry Ponder. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. While the wizards head to Hogwarts, the muggles can celebrate the start of a new school year at Hidden Pond. Learn about our magical beasts, make your own wand, have your fortune told by Professor Treefroggie, and defend against the dark arts of pollution. \$7. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

SUNDAY/SEPT. 16

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. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

TUESDAY/SEPT. 18

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.

THURSDAY/SEPT. 20

Hometown Thursdays: Sudden M-Pac. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Third Thursdays in May-September. The new series will host local bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays.

FRIDAY/SEPT. 21

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Call 703-273-3638 or visit www.fairfaxvfd.com.

SATURDAY/SEPT. 22

Mosby Civil War Bus Tour. 8:30 a.m.-5:30 p.m. Sponsored by the Stuart - Mosby Historical Society; tour leader will be Don Hakenson, Eric Buckland with special guest Tom Evans. The bus will leave Truro Parish (10520 Main St., Fairfax City). Will be visiting Mosby's Grave, Clover Hill (supposedly a safe house for Nick Carter), Wolf's Craig (the home of General Turner Ashby), The Mountain Home in Front Royal. Cost for Stuart-Mosby Historical Society members is \$65; non members is \$75. Reserve a seat by sending contact info to Don Hakenson at dhakenson@verizon.net.

Treasures Revealed. 9:30-11:30 a.m. and 12:30-2:30 p.m. at Army Navy Country Club, 3315 Old Lee Highway, Fairfax. The Salvation Army Ladies Auxiliary of Fairfax County hosts “Treasures Revealed,” an art and antiques valuation event. Everyone has something they own that they are curious about, whether it is something inherited, received as a gift, built in a collection over decades, or acquired yesterday in a garage sale. Register and reserve a valuation time slot at Give.virginiasalvationarmy.org/Fairfax-Treasuresrevealed.

Pig Roast. 5:30-7:30 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. The Springfield American Legion is hosting the 2nd Annual Pig Roast in support of the 8th Annual Virginia, State-Wide Motorcycle Rally for the Legion Riders. Tickets are \$20 until Aug. 22 and \$25 afterwards. Tickets are available at www.facebook.com/Squadron176 (“Events” tab), at the Post lounge, or at the time of the event. All are welcome and there is ample parking. Call 703-440-0336 or visit www.facebook.com/Squadron176.

Twilight Rock-n-Run 5K, Glow Walk, Kids' Fun Run. 5:30 p.m. Runners and walkers from across Fairfax County will converge in Lorton for the South County High School Band's 4th Annual Twilight Rock -n- Run 5K. This yearly family-oriented event also features a 1-mile Glow Walk and a Kids' Fun Run. The evening event benefits the South County High School Band program. Visit www.schsbands.org.

SATURDAY-TUESDAY/SEPT. 22-25

Lord Fairfax Motorcycle Ride Fundraiser. Multiple options to join Lord Fairfax and trace the boundaries of the original Lord Fairfax Land Grant with one-, two- and four-day options. Participants will cover their own expenses. Details and registration at lordfairfaxride.org.

September Is Suicide Prevention Month

September is Suicide Prevention Awareness Month, and National Suicide Prevention Week is September 9-15; a time to share resources and events and spotlight activities and actions people can take to help prevent the tragedy of suicide. Suicide does not discriminate – it can happen to anyone – but it can be prevented. Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention and help people in emotional crisis. Together, we can all help prevent suicide.

Five ways you can get involved in suicide prevention in our community.

ACT. Participate in PRS Inc.'s #CallTextLive campaign throughout Suicide Prevention Month. PRS Inc., a mental health, crisis intervention and suicide prevention nonprofit that runs the local crisis hotline and textline, has a list of daily actions and activities to help inform and erase stigma of suicide. PRS Inc. is a CSB community partner.

WALK. Walk in memory of a loved one...to end stigma...to raise awareness.

- ❖ Saturday, Sept. 22 – NAMI Northern Virginia's 10th Annual Walk for Mental Health

- ❖ Saturday, Sept. 29 – American Foundation for Suicide Prevention "Out of the Darkness" Fairfax Walk

VOLUNTEER.

- ❖ Help answer PRS CrisisLink's 24-hour hotlines. Apply online.

- ❖ The National Capital Area Chapter of the American Foundation for Suicide Prevention (AFSP) is looking for volunteers to help fulfill their mission to save lives and bring hope to people affected by suicide. Contact Bo Kim with questions.

LEARN the warning signs of suicide.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or unbearable pain.
- ❖ Talking about being a burden to others.

"You are not the only one going through these problems ... you can verbalize them and you can cope with them in a healthy way to get you through."

– Survivor of a suicide attempt in his teens

- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

SIGN UP for one of CSB's Mental Health First Aid training courses. <https://www.fairfaxcounty.gov/community-services-board/training/mental-health-first-aid>

JOIN THE FIGHT. Get involved in the Suicide Prevention Alliance of Northern Virginia (SPAN). A partnership of the CSBs in the Northern Virginia region and PRS Inc., SPAN promotes confidential, online mental health screenings and important mental health resources. www.suicidepreventionnva.org

Suicidal thoughts can affect anyone regardless of age, gender, background, or income; it is the third leading cause of death among young people in the Commonwealth of Virginia.

If you or someone you care about may be at risk of suicide, reach out for help right away. Remember: suicide can be prevented.

Resources available 24/7 include:

- ❖ CSB Emergency Services at 703-573-5679.
- ❖ Text "CONNECT" to 855-11 to contact PRS CrisisLink.
- ❖ Call PRS CrisisLink at 703-527-4077.

SOURCE: FAIRFAX-FALLS CHURCH COMMUNITY SERVICES BOARD.

Tech Painting's got you covered



inside and out!



Serving: VA DC MD OBX

703-684-7702
www.techpainting.com

WINTER IS COMING! ASK ABOUT OUR 2018-19 INTERIOR DISCOUNT!

THE CONNECTION
Newspapers & Online

SENIOR LIVING

This special focus will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special focus section with the award-winning Connection Newspapers print and digital media.

Publishes:
October 3, 2018
Advertising Closes:
September 27, 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.

call: **703.778.9431** or
email: sales@connectionnewspapers.com


Perfect Marketing Opportunity for:
Retirement Homes | Assisted Living | Real Estate | Home Remodeling | Home Cleaning & Staging | Home Health Care | Doctors | Dentists | Cosmetic Surgery | Vision Services | Counselors | Physical Therapy | Spas | Hearing Aids | Medical Equipment | Travel | Education | Second Career Planning | Trusts



COMMUNITIES OF WORSHIP

JCC JUBILEECHRISTIANCENTER
"Loving People to Life"

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**

What's New, Exciting in Area Schools

Principal's Back-to-School Report.

In the first week of the new school year, The Connection has asked the area school principals to respond to three questions:

1 - What are the most exciting developments in your school in the new school year?

2 - What would be your, one-sentence, message to parents, community?

3 - Any upcoming events, activities?

Here are their responses.



Dan Phillips, Principal, Providence Elementary School, greeting students and parents on the first day of the new school year.

Dan Phillips, Principal, Providence Elementary School:

1 - We are adding an advanced academics program for our third graders this year, and we are really excited about the opportunity to use these rich curriculum materials with all of our students in science and social studies this year. Daniels Run in Fairfax City is doing the same.

Candace Hunstad, Principal, and Courtney Korb, Assistant Principal, Fairhill Elementary.

1 - Our Tigers are excited for year two of being a partner school with The Positivity Project. Our staff and students really embody the mindset that Other People Matter as they continue to learn about the 24 character strengths of positive psychology that we all possess. As much as other people matter, our Tigers will also be learning that our environment matters as they explore environmental issues. We will build a sustainable rain garden and butterfly garden to foster awareness of environmental needs as our students use their critical thinking skills as one of the key components of Portrait of a Graduate.

2 - We see you, we welcome you and you belong here!

3 - Mark your calendars now for Fairhill's biggest fundraiser for the 2018-19 school year. For the week of Sept. 24-28, The Fairhill PTA is sponsoring a Fairhill Fitness Week. The entire week will feature lots of

2 - Our focus will be on providing opportunity for every student, making connections with every child and family, and providing solid instruction every day.

3 - Our awesome PTA has many events planned, including a Read-A-Thon in September and a book fair and movie under the stars October. We will also hold our annual STEAM and Family Heritage Nights this fall and winter. We love it when our families come together at our school!



Principal Candace Hunstad (right) and Assistant Principal Courtney Korb

high energy, creative fitness activities, led by our outstanding Physical Education team, and ending with a Pledge Fun Run Fundraiser for all Fairhill students. More information (in English and Spanish) is available at <http://fairhillpta.org/fundraiser-for-2018-2019-fun-run-fitness-week/>



Positivity Project Mega Morning Meeting held at Daniels Run Elementary.

Adam Erbrecht, Lauren Hein, and Michael Parker, Partner Principals,

Daniels Run Elementary:

1 - Daniels Run Elementary empowers our students to develop themselves, inspire others, and impact society in a positive way. We do this by giving all students access to opportunities that promote deep learning beyond just the academic curriculum. Through the Positivity Project, Project Based Learning, and Student Inquiry and Ownership, our students find strengths in themselves and others that foster positive relationships based on their assets rather than

their deficits. They develop a sense of identity, engagement, and well-being. They learn that other people matter.

2 - Other People Matter.

3 - Our Back to School Night Picnic will take place on Sept. 13. We invite all our Daniels Run families. There will be food trucks for food purchase or you may bring your own meals or snacks. Most importantly it's an evening to reconnect and connect with other Daniels Run families. Don't miss the moon bounce!

Erin B. Lenart, Principal, Fairfax High School:

1 - The vision of Fairfax High School was crafted by teacher leaders two years ago: Build one community committed to lifelong learning. Fairfax High School will take a deeper dive into the learning opportunities we provide our students, with our staff working in a structure of shared leadership and choice-professional development to improve and enhance classroom instruction.

With regards to community, we are on a mission to make school spirit and culture



Erin B. Lenart

our priority. We excel in academics (Virginia Distinguished School Award recipient last year), and though our teachers will continue to refine their teaching practices, we will continue to find ways to ensure that all students find a home and sense of belonging. We are Fairfax. We are Family.

2 - It will take the hard work, passion, and dedication of all of us to reach every single student.

3 - Sept. 6 — Back to School Night; Oct. 5 — Homecoming.

Sharyn Prindle, Principal, Wakefield Forest Elementary:

1 - We are excited to continue the school-based initiatives of weekly STEAM instruction, Friday electives (grades 5-6), Friday Innovation Hour (grades K-4), mindfulness integration, 1:1 technology and The Positivity



Sharyn Prindle

Project (character education).

2 - Wakefield Forest ES is a school that embraces the development of the whole child.

3 - Back to School Night is Sept. 12, from 6:30 - 8:30 p.m.



From left — Liz Bumbrey (Principal) and Kyung-Joo An (Assistant Principal).

Liz Bumbrey, Principal, Fairfax Villa Elementary:

1 - This year, Fairfax Villa is excited to provide advanced math classes in grades 3-6. Students in grades 5 and 6 will take part in the 1:1 Technology Initiative as they are given laptops to use as a resource to support instruction. In addition, students will continue to learn how to develop positive character through the Positivity Project. Finally, we are introducing a current events class in grades 3 and 4 to support students in developing their skills in communication, collaboration, ethical and global citizenship, creative and critical thinking, as well as developing as goal-directed and resilient individuals.

2 - This year Fairfax Villa will continue to build success through equitable practices, active engagement, and using positive energy to support all students.

3 - Our PTA is hosting a movie night featuring Toy Story on Sept. 7, at 6:45 p.m. Our first PTA meeting is scheduled for Sept. 19, at 7 pm. The Advanced Academic Parent Information Meeting is scheduled for Sept. 26 at 9:30 am.

Frank A. Tranfa, Jr., Principal, Burke School:

"Burke School is excited to open the 2018-19 school year with a brand new elementary program. We will be supporting students with IEPs from across the county in our small public day school program. With the addition of the new program, Burke is home to a K-6 alternative learning center, a K-6 special education public day school, and a seventh and eighth grade

Mary Thomson-Martin, Finance Technician/Admin Assistant, Greenbriar East Elementary

1 — At Greenbriar East Elementary (GBE), we are thrilled to have been awarded a Digital Tech grant for equipment, including a green screen, to use in our news studio. Our students will be working collaboratively together to create digital media that will be broadcasted on the FCPS Red Apple Channel 21.

2 — At GBE, our students are growing into collaborative communicators, ethical digital learners, and global citizens. We look forward to partnering with parents for a year of fun and learning!

3 — GBE is excited to once again announce our Fall Festival scheduled for Oct. 20. This a fun-filled day for students, parents and the surrounding community to come enjoy games, outdoor activities and our ever popular, Basket Raffle. The Festival is hosted by the amazing PTA here at GBE — make plans now to join us!



Frank A. Tranfa

special education public day school.

At Burke School, we love the support of the Burke Community and our partner schools in the Lake Braddock Pyramid. We are excited to serve our entire district with the work that we do to help all students achieve. Burke School is a special place where we are Unique and United!"



PHOTO BY CARLYN KRANKING/THE CONNECTION

The \$50,000 USDA grant will help the Fairfax County Farmers Markets ensure that produce is affordable for SNAP recipients.

Ensuring Affordable Produce

Fairfax County Farmers Markets receive \$50,000 grant.

BY CARLYN KRANKING
THE CONNECTION

With a grant of \$50,000 over three years, the Fairfax County Farmers Markets will ensure SNAP (previously called food stamps) recipients can access fresh local produce. The farmers markets received this money because they partner with Local Environmental Agriculture Project (LEAP), which received \$1.8 million from the USDA through the Food Insecurity Nutrition Incentive (FINI).

This money will make a difference for SNAP recipients in Fairfax County, allowing them better access to the produce at farmers markets.

"Most people on SNAP, because they're so strapped for cash, they only buy processed foods because they're very cheap, and healthy food is expensive," Farmers

Market Coordinator Chelsea Roseberry said. "We're trying to bridge that gap so that little-income families don't feel like this is inaccessible to them."

At participating farmers markets, the value of SNAP dollars is doubled by the Virginia Fresh Match nutrition incentive program — for example, if a person spends \$20 in SNAP benefits at a farmers market, they will receive \$20 more to spend on fruits and vegetables.

With the grant money, this dollar-matching program will provide up to \$100,000 in added revenue to local farms as SNAP recipients purchase their products at markets. In this way, the local economy also benefits from the grant.

"Small farms are dying out," said Assistant Market Manager Sue Wolinsky. "A lot of the land is being given over to development. So, anything we can do to support family farms is in the plus column."

Farmers Market Season

How long do the farmers markets remain open?

Annandale — open through Nov. 1
Thursdays, 8 a.m. - Noon
6621 Columbia Pike

Burke open through Dec. 22
Saturdays, 8 a.m. - Noon
5671 Roberts Parkway

Government Center open through Oct. 25
Thursdays, 2:30 p.m. - 6:30 p.m.
12000 Government Center Parkway

Herndon open through Nov. 8
Thursdays, 8 a.m. - 12:30 p.m.
700 Block, Lynn St.

Kingstowne open through Oct. 26
Fridays, 4 p.m. - 7 p.m.
5870 Kingstowne Towne Center

Lorton open through Nov. 18
Sundays, 9 a.m. - 1 p.m.
8990 Lorton Station Boulevard

McCutcheon/Mount Vernon open through Dec. 19
Wednesdays, 8 a.m. - Noon
2501 Sherwood Hall Lane

McLean open through Nov. 16
Fridays, 8 a.m. - Noon
1659 Chain Bridge Road

Oak Marr open through Nov. 14
Wednesdays, 8 a.m. - Noon
3200 Jermantown Road

Reston open through Dec. 1 (closed Sept. 22 for Multicultural Festival)
Saturdays, 8 a.m. - Noon
11401 North Shore Drive

Wakefield open through Oct. 31
2 p.m. - 6 p.m.
8100 Braddock Road

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/
connectionnewspapers**
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

**You can read any of this week's
15 papers digital editions here:**

www.ConnectionNewspapers.com/PDFs



**Sign up for
FREE DIGITAL
SUBSCRIPTION**

to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



NEWS

'La Boheme' for Season Opening

**Fairfax
Symphony to
kick-off new
season Sept. 22.**

BY DAVID SIEGEL
THE CONNECTION

The powerhouse professional Fairfax Symphony Orchestra opens its 2018-2019 season with a special performance of "La Bohème" in concert. This is the first time the orchestra will present an entire concert-opera endeavor. The concert will feature renowned opera stars performing Puccini's beloved masterwork about a tragic love affair that has enthralled audiences for over a century.

The concert also celebrates music director and conductor Christopher Zimmerman's 10th anniversary season with the Fairfax Symphony (FSO).

"La Bohème" tells a story of love and death within a bohemian circle of friends in 19th century Paris. The opera is cherished for its arias enfolded a love affair between a poor poet and a poor seamstress. Soprano Danielle Talamantes will perform the role of Mimi, the down-on-her heels seamstress. Tenor Rolando Sanz will perform the role of Rodolfo, the broke poet. Colleen Daly is Musetta, as a seemingly carefree singer.

The FSO performance of "La Bohème" will also feature singers from the Potomac Vocal Institute lead by the celebrated opera performer Elizabeth Bishop.

"The arts are an essential source of creativity, education, and economic impact in Fairfax County," said Jonathan Kerr, Executive Director, FSO.

"We're honored to dedicate this season to Maestro Zimmerman's 10th Anniversary. Under his leadership the Fairfax Symphony is increasingly recognized as one of the leading regional orchestras in the country."

Zimmerman has scheduled a broad repertoire for the coming FSO season with a varied and emotional musical experience for patrons. Zimmerman has a vision that the FSO "must continue to build its programs and reputation in Northern Virginia and the D.C. region, to represent Fairfax County as fully and relevantly as possible, and to provide meaningful and high-quality artistry."

Under Zimmerman's baton, the



Music director and conductor Christopher Zimmerman leading the Fairfax Symphony Orchestra.

PHOTO BY NESHAN NALICHAYAN/COURTESY FSO



Danielle Talamantes performs the role of Mimi in the Fairfax Symphony Orchestra concert of "La Bohème."

PHOTOS COURTESY FAIRFAX SYMPHONY ORCHESTRA



Rolando Sanz, performs the role of Rodolfo in the Fairfax Symphony Orchestra concert of "La Bohème."

Where and When

Fairfax Symphony Orchestra presents "La Bohème" in concert at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Performance Sept. 22 at 8 p.m. Tickets \$25, \$39, \$50, \$53, and \$65. Student tickets \$15. For tickets visit www.fairfaxsymphony.org or by phone at 703-993-2787. **Note:** Pre-Performance discussions at 7 p.m. with Fairfax Symphony Orchestra conductor Christopher Zimmerman and special guests for insights into the performance.

FSO has also engaged the Northern Virginia community by performing D.C. area premieres such as Philip Glass's "Piano Concerto No. 3" written for pianist Simone Dinnerstein, who is an FSO audience favorite.

The Fairfax Symphony Orchestra also provides a wide spectrum of educational and community outreach programs. The FSO has partnered with Fairfax County Public Schools for more than 50

years. The FSO performs before about 10,000 listeners each year.

The upcoming FSO season includes programs with composers including Tchaikovsky & Beethoven; Mozart, Gershwin and Eryilmaz; Mendelssohn and Schumann, as well as Verdi. There will also be special performances of "The Nutcracker" with the Fairfax Ballet, and Holst's "The Planet" with the Fairfax County All-Stars Youth Orchestra.

WWW.CONNECTIONNEWSPAPERS.COM

BULLETIN

FROM PAGE 7

Lord of Life Lutheran Church's two campuses: Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Registration fee \$15; Text book \$25. Class meets Tuesdays and Thursdays from 7-9 p.m.; start date is on Sept. 11 and ends Nov. 15, 2018. Call 703-323-9500 or visit www.lordoflifeva.org.

Public Hearing. 7 p.m. in the Oaks Room at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The Fairfax County Park Authority (FPCA) and the Northern Virginia Regional Park Authority (NOVA Parks) will hold a joint public hearing on the proposed adoption of an amendment to Park Regulation Section 1.17, Remote-Control Devices and Powered Models or Toys. The full text of the proposed amendment is available at www.fairfaxcounty.gov/parks/model-aircrafts-drones. Anyone wishing to speak on this subject may call Judy Pedersen, FPCA Public Information Officer, at 703-324-8662 or email parkmail@fairfaxcounty.gov, to be placed on the Speakers' List.

SATURDAY/SEPT. 8

Walter4FCPS Campaign Kickoff. 6-8 p.m. at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Robert Walter is running to represent the Springfield District on the Fairfax County School Board. With special guest: Donte Tanner. \$25. Email walter4fcps@gmail.com or visit www.walter4fcps.com/ for more.

SUNDAY/SEPT. 9

One-hour Tours. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Fairfax Station Railroad Museum volunteers will conduct one-hour tours (beginning at 1:15 and 2:45 p.m.) of the area immediately around the Museum in the historic Fairfax Station village to help visitors learn what life was like when it was an active depot. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THROUGH SEPT. 9

Pool Closure: South Run RECenter. Four Fairfax County Park Authority RECenter pools will be closing for regular, periodic cleaning and maintenance next month. Consider trying out another county pool during the temporary shutdown. RECenter passes are valid at all nine Park Authority RECenters. Dates are subject to change. Visit www.fairfaxcounty.gov/parks/recenter for more.

TUESDAY/SEPT. 11

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Presentation on "Refuse to be a Victim" by Lt. Brian Ruck, Fairfax County Police. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Sept. 7, 2018 at 703-280-2356.

Engaging the (ADHD) Student in Learning. 7-8:30 p.m. at The Oakwood School, 7210 Braddock Road, Annandale. Learn six research-based, active study methods that help make studying engaging, faster and result in learning – even for those with ADHD. This event is part of the CHADD of NoVA/DC Chapter's "Understanding ADHD" Lecture Series. Free. Email NoVADC@CHADD.net or call 703-829-6129. Get tickets at www.eventbrite.com, search "Engaging the ADHD Student."

WEDNESDAY/SEPT. 12

Christian Women's Luncheon. 11:30 a.m.-1 p.m. at Springfield Golf and Country Club, 8301 Old Keene Road, Springfield. The Springfield Christian Women's Club Luncheon will feature Stacey Hawkins presenting "Tea Time: The History of Tea" and inspirational speaker Judy Blevins with "Cheering Even When Life Has Given You Nothing To Cheer About." \$20. Reserve at 703-922-6438 or email springwmconn@yahoo.com.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM
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 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		LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates - Fully Licensed & Insured <ul style="list-style-type: none"> 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 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!		TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall 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	
IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoia voilation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 10% Senior Discount 703-987-5096		PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
A&S Landscaping <ul style="list-style-type: none"> 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		MASONRY Alfredo's Construction Company, Inc. <ul style="list-style-type: none"> Concrete Driveways Patios • Sidewalks Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com	
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		You can read any of this week's 15 papers digital editions here: www.ConnectionNewspapers.com/PDFs	
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		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	

Poise Under Pressure – Or Not



By KENNETH B. LOURIE

I don't want to self-indulge too much, but given the potentially life-changing seriousness of my upcoming Sept. 26 CT scan, I'm having a little trouble getting myself started in the morning – and throughout the day also, if you must know the truth? (I realize you all have your own lives to lead so that last sentence-ending question was more rhetorical than actual.)

Nevertheless, if you're still reading, you're still interested so I'll try to string together some "insightful commentary and thoughtful humor," (an original characterization of my columns) to keep you on the page. Although, given the subject of this week's column, it might be hard to tiptoe through the tulips.

The difficulty I'm having is being unable to ignore, "totally," (my mother loved to mimic the generation that popularized that word) the reality of my situation.

Typically, I've been able to maintain a relative calm and detached disposition as I go from one cancer-related thing to another. None of the tasks I must perform or the responsibilities I've assimilated into a routine (24-hour urine collection, pre-chemotherapy lab work, chemotherapy, quarterly CT scans, annual brain MRI, quarterly appointments with my oncologist, have changed who I like to think I am compared to who I was pre-cancer diagnosis, 2/27/09; despite having the weight of a "terminal" diagnosis/original "13 month to two year" prognosis on my shoulders/literally in my lungs.

To quote Popeye the Sailor Man: "I y'am who I y'am." (And I still don't like spinach, certainly not out of a can.)

And though I've done a pretty good job of flicking these flakes of pressure and anxiety off my shoulders like unwanted dandruff, the fact is – as with dandruff shampoo or any other personal hygiene product for that matter – unless one is diligent, vigilant and cognizant of its likely recurrence, nothing will change.

Unfortunately, cancer doesn't quite react that way. It will change and it can overwhelm even your best efforts and can cause harm not only internally but externally as well (emotionally). Fending off these emotional pressures is challenging and dare I say, presents as many problems as the growth and movement of one's tumors and the side effects of one's treatment does.

What makes my present situation feel different and a bit off-putting is that what has happened has happened after nearly five years of relative peace and quiet (I was never characterized as in "remission," by the way). It seems the possibility of having to go back, so to speak, and return to the scene of the crime – against my body/life expectancy; and moreover, having to restart the process, ratchets up the stress to previously unknown heights.

And part of me is wondering (worrying actually) if I'm up to the challenge again, emotionally and of course, physically as well; whether my body can sustain the damage its likely to experience if we have to reload.

I use the word 'reload' for a reason. Without invoking too many war metaphors, being diagnosed with cancer is like being drafted into the Army, except you have little training for the battles you're about to fight. And as much as fighting against cancer is a battle, it's more a war against attrition in which the bad guys (cancer) regularly defeat the good guys (people diagnosed with cancer). In general, the cancer experience is no picnic.

It reminds me of a long-ago M*A*S*H episode in which the doctors operated through a particularly difficult surgical session after which Henry (Lt. Col. Blake) and "Hawkeye" (Capt. Pierce) went outside the operating room/tent for some relief. "Hawkeye" clearly agitated over a patient he couldn't save; Henry tried to offer him some comfort with the following words: "There are certain rules about war. And rule number one is young men die. And rule number two is, doctors can't change rule number one."

What scares me about cancer is, it follows no rules and like war, leaves devastation in its wake. I just hope I'm not about to be another casualty.

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



BEST
WASHINGTONIAN
2017

Hermendorfer Associates
Top 1% of Agents Nationally



Clifton \$924,000

Wrap around porches and balconies, three car garage with work shop above, on 5 acres. Interior offers gorgeous wide plank hardwoods, two fireplaces, updated kitchen and master bath, wonderful great room with vaulted ceiling, main level library and walk out lower level.



Clifton \$769,000

Tucked away on 5 serene acres bordering parkland. A tailored exterior, custom slate walkway, huge sundeck, warm hardwood floors, 2 fireplaces, and an abundance of windows are just some of the features that make this home so special. Updated kitchen and baths create instant appeal, meticulous maintained.

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



KIM McCLARY
703-929-8425
kimm@lnf.com
Life Member NVAR Top Producers



Alexandria \$519,000

Don't miss this beauty—backing onto a wooded wonderland! Offering 3 bdrms, 2 full/2 half baths, gleaming hardwoods on the entire main, MBR & stairs! Tremendous country kitchen w/bay window, gorgeous deck leading to fenced yard w/gracious patio! One of No. Va's most sought-after communities, Kingstowne offers amenities galore & a dream location—hop to 2 Metros, Ft. Belvoir, 495/95—it's all here!



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



Town of Clifton

Fabulously updated circa 1925 home. Sited on 1.6+ private beautifully landscaped acres, outdoor living on the front porch, back deck and patio! 4 bedrooms, 4 baths, gorgeous in ground pool, 3 car garage, barn, & artist shed. Walk to the historic town of Clifton!



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



Fairfax \$889,000

Gorgeous Keys Crossing Colonial with 3 finished levels * 4 bedrooms * 4.5 baths * wood floors on main

level * 2 fireplaces * luxury master suite * 3 sides brick exterior * family room opens to deck in back yard * Call Judy & visit www.10955KeysCourt.com



Burke \$765,000

Beautiful classic colonial with 3 finished levels * 2-story foyer * formal living & dining rms * Main level den * Updated light

filled eat-in kitchen * Spacious family rm w/gas fpl opens to deck * Luxury master suite with updated bath * Wood floors * Updated half bath * 5 bdrms & 3.5 baths * Walk out lower level to lush back yard * Visit 9424WoodGlen.com



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



Fairfax \$399,900

Can't beat this price & location! Adorable, secluded 2-lvl end-unit sited on quiet cul-de-sac facing green space &

trees. New windows, appliances, light fixtures, brand new carpet, fresh paint. Open, airy floor plan w/windows galore. Spacious LR w/fpl, remodeled KT, sep DR w/doors to fenced patio. Lg MBR w/full bath. Assigned parking. 1 yr warranty. Mins to shopping, Metro.

Call Jim Fox @ 703.898.6717



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



Burke For RENT \$2200 Move In READY

Fresh Paint and New Carpet in this 5 LVL TH across the street from

Lake Braddock HS. 3 BR, 2 Full, 2 Half Baths, 21X12 LR, Separate DR, 21X11 Family Room with FP. Great Location near Metrobus Stop, Schools, Amenities. What a find!! Call Kay Hart for appointment 703-217-8444



JOHN ASTORINO
Realtor®
703.898.5148
NVAR Multi-Million Dollar Sales Club
Residential Top Producer

JA
JOHN ASTORINO & associates

NEW LISTING • OPEN SUNDAY!



Burke Centre • Updated. \$625,000

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

BEST
WASHINGTONIAN
2017

NEW LISTING OPEN SUNDAY!



Manassas • 5 acres Water View • \$899,900

Coming Soon!

Clifton - Little Rocky Run \$730,000

main level office and second Master Bedroom

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

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

Newly-Built Beazer® Home in Willowsford
5-BR | 4½-BA | Gorgeous Open Floor Plan



SOLD
24524 Lavendar Grove, Aldie
LONG & FOSTER

Gourmet kitchen, family room w/ fireplace, office, master suite w/ huge master bath, hardwoods, and 3-car garage.
Fabulous Amenities: 2 clubhouses, 2 pools, boat house w/ canoe & kayak rentals, farm stand, plus camping & picnic sites for homeowners!

Sold for \$749,900
CHRISTIE'S



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



Fairfax Station \$799,900

Architecturally design Contemporary nestled on richly wooded 5.75 lot. Award winning landscaped

yard enhances beauty of serene surroundings. 4 Bedrooms, 3 full Baths plus 2 Half Baths. Gorgeous wall to wall windows in every room offers spectacular views. Looking for something different, here it is.

Looking for a New Career?

Long & Foster
Is Proud to Offer Real Estate Scholarships for the Military



Contact Paul DiCicco to learn more about the P. Wesley Foster Military Service Scholarship
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.



Visit us at the Burke Centre Festival – September 8 & 9

