

PHOTO COURTESY OF KEN PLUM VIA FACEBOOK OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14 FOLLOW ON TWITTER: @LFSCONNECTION

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

**GET A JUMP ON
THE HOLIDAYS!**
We will help make your home sparkle in time for the holidays!

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 11/11/18. Not valid w/any other offers. †Some restrictions apply.

Fairfax Station **CONNECTION** Clifton & Lorton

WELLBEING
PAGE, 8

Wexton Helps Dems Take the House

NEWS, PAGE 3

Girl Scouts Commemorate
Founder Through Service
NEWS, PAGE 9

Advocating for
Immigrant Protection
NEWS, PAGE 4

Jennifer Wexton celebrates with supporters
her victory in Virginia's 10th District Tuesday
night. She said that Congresswoman Barbara
Comstock was gracious when they spoke and
thanked Comstock for her service.

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 11-9-18

PR5RT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

Celebrating 35 Years of Family Dentistry at Burke Centre



Leonard A. Jones Jr., D.D.S., P.C.

*Dr. Jones provides comprehensive dental care for children and adults
while emphasizing preventive dentistry.*

- Night Guards
- Crown & Bridge
- Cosmetic Dentistry & Teeth Whitening
- Sealants
- Root Canals
- Oral Surgery

About the Doctor:

Dr. Jones was graduated from William and Mary. After attending their Physics Graduate School, CPT Jones was employed by USAEHA and the UN Command as a Nuclear Physicist. Dr. Jones graduated from SUNY at Buffalo Dental School with additional training in a General Practice Residency at DeWitt Army Hospital. After being assigned to Flint Kaserne, Germany (10th Special Forces) LTC Jones was Chief of General Dentistry at Ft. Belvoir, VA.

Dr. Jones participates in most of the new *FEDVIP* plans for *TRICARE*.
Please call the office, Kathie has information and explanation for you.

Hours:

Wed. 11-6 Thurs. 10-6
Fri. - 9:30-6:00pm
Emergency Service:
Available by appointment

(703) 250-3111

www.lajonesburkedental.com

Leonard A. Jones Jr., D.D.S., P.C.

Burke Centre Professional Plaza

5631 Burke Centre Pkwy.—Suite M
(Burke Centre Pkwy. and Rt. 123)
Burke, VA 22015

TOP DENTIST - Washingtonian Magazine • TOP DENTIST - Virginia Living Magazine

THE NUTCRACKER



presented by
The Burke Civic Ballet

Come share in the magic of the holiday tradition!
Featuring 3-year-old miniature dolls to professional dancers courtesy of Colorado Ballet, this production will enchant all ages. Be mesmerized by a growing tree, magic tricks, leaping mice, toy soldiers, falling snow, authentic costumes made in the Ukraine, seventy-five dancing flowers and delectable confections from the Kingdom of Sweets. Treat yourself and friends to a wonderful entrée to the spirit of the season.

Makes a perfect holiday gift!

Order your tickets online at www.buffas.com



Saturday, November 17th at 2:00 & 6:00 p.m.
& Sunday, November 18th at 1:00 & 5:00 p.m.
Ernst Community Cultural Center Theater • NVCC Annandale Campus

Adults – \$28 • Children/Seniors – \$20

For organized groups (10+) and
handicapped seating, burkecivicballet@gmail.com





PHOTO BY MARCUS SIMON VIA FACEBOOK

Packed house to celebrate Jennifer Wexton's win in the 10th Congressional District.



PHOTO BY MICHAEL LEE POPE

Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

BY MICHAEL LEE POPE
THE CONNECTION

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980. For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen. John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone," said Republican consultant Dan Scandling, who served as Wolf's chief of staff. "Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation."

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican candidates for Senate in places like North Dakota and Missouri, it provided a huge burden for Comstock. Kavanaugh and Comstock had been friends since they served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to charge Comstock was guilty of an "unacceptable failure of leadership." In the closing days of the campaign, television ads branded the incumbent "Barbara Trumpstock."

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading



PHOTO BY KEN PLUM VIA FACEBOOK

Jennifer Wexton

caravan of foreigners failed to resonate outside rural Virginia.

"Corey Stewart and Barbara Comstock followed President Trump's playbook. They stoked fear about immigrants. Both lost big," said Frank Sharry, founder and executive director of immigration-reform group America's Voice. "It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump."

Kaine CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a "vicious" campaign and delivered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking

supporters and volunteers that helped her win in the most expensive congressional race in Virginia.

Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, \$6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day. In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly

Results

U.S. SENATE

- ❖ Democrat Tim Kaine: 1.9 million votes, 57 percent
- ❖ Republican Corey Stewart: 1.4 million votes, 41 percent
- ❖ Libertarian Matt Waters: 62,000 votes, 2 percent

HOUSE DISTRICT 10

- ❖ Democrat Jennifer Wexton: 203,000 votes, 56 percent
- ❖ Republican Barbara Comstock: .. 158,000 votes, 44 percent

taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer

chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

With two other Democratic women challengers defeating incumbents in Virginia Congressional Districts, Virginia's Congressional delegation shifts from seven Republicans and four Democrats to seven Democrats and four Republicans.

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) announced her run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-fire series of special elections to install new members of the General Assembly ahead of the January session. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."



Members of the Fairfax for All Coalition outside Government Center demanding that the Board of Supervisors adopt their Ordinance to Protect Equal Justice for All which would end sharing information with ICE, end releasing immigrant detainees to ICE, and establish a legal fund for immigrants among its components.



PHOTOS BY ANDREA WORKER/THE CONNECTION

From left, Mary Lareau (DMV Sanctuary Congregation), Michelle LaRue, M.D. (CASA in Action) and Sookyung Oh (NAKASEC) speak on behalf of their Fairfax for All coalition. The group says that the county's One Fairfax Resolution fails to address the immediate issues being faced by immigrant residents.

Advocating for Immigrant Protection

Fairfax for All Coalition demands more immigrant protection from County supervisors.

BY ANDREA WORKER
THE CONNECTION

A determined group of citizens advocating for immigrants' rights held a press conference outside the Fairfax County Government Center on Tuesday, Oct. 29, before heading inside where several members of the Fairfax for All Coalition provided testimony during the Board of Supervisors' meeting.

The coalition is demanding that the Board adopt their "Ordinance to Protect Equal Justice for All" which they drafted and presented to the Supervisors in February of this year.

In a recent written response to the group, Board Chairman Sharon Bulova cited the joint passage of the One Fairfax Policy by the Board and by the Fairfax County Public Schools' Board in 2016, which pledges their commitment to "intentionally consider equity when making policies and delivering programs and services." One Fairfax outlines 17 areas of focus, including housing, health and human services, and public safety, as areas that "must be addressed to create an equitable community."

In the response, the Chairman wrote "As I have said in the past, I do not plan to pursue the Ordinance to Protect Equal Justice for All." Bulova's reasoning, beyond the existence of the One Fairfax resolution, is that the ordinance calls for the complete severance of the county's cooperation with ICE (Immigration and Customs Enforcement), something the county is not prepared to do since "we work with outside law enforcement agencies like ICE on criminal matters like gang prevention, human trafficking, and cyber crimes."

SPEAKING FOR FAIRFAX FOR ALL at the press conference, Michelle LaRue, M.D., Virginia State Director for CASA, fired back

that One Fairfax without their ordinance "lacks teeth."

Sookyung Oh, a member of the coalition and the Area Director of the National Korean American Service and Education Consortium (NAKASEC) added that without the accountabilities and direction of the ordinance "One Fairfax is just an abstract," applied to nothing tangible and basically just another "checklist."

Both speakers acknowledged that the Fairfax County Sheriff's Office has terminated its "Intergovernmental Service Agreement" with ICE as of May 23, 2018. Under that agreement, the Sheriff's Office would hold detainees for ICE past their release dates. In a statement announcing the termination, Sheriff Stacey Kincaid said "We intend to comply with all federal obligations as they pertain to ICE but the current contract is not necessary for us to do this we found it expedient to no longer have an agreement that requires us to extend our resources beyond these obligations."

"But they are still collecting the personal information of people arrested and detained and sharing that information with ICE and others," said Oh. Even with the termination of the agreement between the Sheriff's Department and ICE, Oh says that 73 people were released to the Immigration authorities between August and September of this year alone.

"Of those 73 people, 50 of them were never even convicted of the charges they were arrested for," said Oh, adding that for many of these same charges, "others have been let off with warnings or fines, not sent to jail and then ripped from their families. That is not equality for all in Fairfax County."

The coalition thinks that without their ordinance, the county is basically leaving many of its most vulnerable residents open to discriminatory actions and adversely impacting thousands in the region. Accord-



Elizabeth Benson and Sharon Canner of Reston show their support for the Fairfax for All Ordinance to Protect Equal Justice for All. "We should do everything we can to protect and support all of our residents," said Canner. "Immigrants to our area are vital to our growth and success. It's a business issue as well as a human one."

ing to the coalition speakers, 1 in 4 families in Fairfax County have a parent or guardian born outside the county.

"And it's not just about collaborating with ICE," said LaRue, and Mary Lareau with the DMV Sanctuary Congregation.

Fear of family separation is keeping children from school, parents from work or from seeking needed medical attention, says Lareau. Lareau and her fellow advocates say that this same fear is hampering the safety of us all, as immigrants fail to report criminal activity or to come forward to cooperate in criminal investigation.

"Turning people over to ICE, that's the real crime. How is any of this helping us to make our communities safer places?" asks LaRue.

Reached for comment, Karla Bruce, the county's Chief Equity Officer charged with championing the One Fairfax Resolution, said she has met with members of the coalition, and other immigrant and civil rights advocate groups.

"I can't speak to the individual Board members' stance on the group's proposed

ordinance, but I can say that since taking over this role in June, I have been meeting with as many parties as possible, internally and externally. I want to listen, to hear what the concerns are and see how our policies may be negatively affecting, even if inadvertently, our residents."

Bruce said the County is sincere in the desire to implement One Fairfax, but that it's not something that can be achieved overnight, even while she acknowledges the frustration of groups like Fairfax For All.

"We are trying to see where changes are needed in the entire system," she said. "Yes, there are individuals who are experiencing negative impacts today. We have to keep at it and I want to keep hearing from groups like this."

AFTER THE PRESS CONFERENCE, several of the coalition representatives gave testimony before the board, some recounting personal struggles as immigrants or family members of immigrants, including a young man named "William" who is fearful that his stepfather is about to be deported. "He has been everything to me. I need him. I still need him."

Others, like Ruth Maul of Herndon, spoke of how domestic violence victims refuse to come forward for treatment or protection because of their fears of being deported or separated from family members.

Marcella Levine told the Board that "you don't have to be a sanctuary county to adopt more non-compliance regulations."

Before the meeting was gavelled out of session, the members presented more than 500 signed petitions they had collected in support of their ordinance.

"They say we don't have support from the community," said Oh of NAKASEC, "but we do, and we are gathering more each day."

Fairfax for All vows to continue to advocate for immigrants in the region and to continue to "bring these friends, neighbors, co-workers, families, and congregants under our full protection."

The full text of the proposed ordinance is available on the website www.fairfaxforall.org.

STOP suffering with chronic PAIN

JOINT & BACK PAIN

NEUROPATHY

Experience healing with regenerative stem cell therapy at Stem Cell Centers!



Stem Cell Centers

Cutting Edge Treatments, Amazing Results

As a national leader in stem cell therapy, we have successfully treated thousands of patients suffering from chronic pain and other conditions.

Our network of top medical providers utilizes stem cells that are ethically and safely donated. Our advanced treatment protocols include rigorous testing and processing of the stem cells at an FDA approved biologic lab.



Hip & Shoulder Pain

"When I got my second treatment it got even better; I'm just so happy with what Stem Cell Centers has done for me. I finally fell asleep and the next morning, that pain, it was gone. It was gone!" ~ Moises

View more testimonials on our website!

www.StemCellCenters.com

Gain the Knowledge at one of our free Educational Seminars

Our National Educational Speakers will share with you their expertise and passion about stem cell therapy. Have your questions answered and discover how stem cells could end your chronic

FREDERICKSBURG	ALEXANDRIA	ARLINGTON	MCLEAN	VIENNA
Mon. November 12 12p & 6p Homewood Suites 1040 Hospitality Ln	Tue. November 13 12p & 6p Courtyard by Marriott 2700 Eisenhower Ave	Wed. November 14 12p & 6p Courtyard by Marriott 1533 Clarendon Blvd	Thu. November 15 12p & 6p Courtyard by Marriott 1960-A Chain Bridge Rd	Fri. November 16 12p & 6p Embassy Suites by Hilton 8517 Leesburg Pike

RESERVE YOUR SEAT TODAY!
or schedule a **FREE** in-office consultation

(703) 884-8084

SPACE IS LIMITED, CALL NOW!



Veteran-A-Day

Treating Our Heroes with Honor

Our Treat a Veteran-a-Day-For-Free ministry is one of our proudest endeavors. Under this ministry we treat one veteran a day. Learn more at Veterans.StemCellCenters.com

Financing options available. **GreenSky**

VISA

MasterCard

DISCOVER

AMERICAN EXPRESS

*Stem cell therapy is still considered experimental by the FDA.

OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

EDITORIAL We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

- ❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

Join Us to Learn, Engage and Act to Save Our Environment

Mount Vernon District to hold first Environment Expo on Saturday, Nov. 10.

BY SUPERVISOR DAN STORCK
(D-MT. VERNON DISTRICT)

Join me and the Mount Vernon District Environmental Advisory Committee at the District's first Environment Expo on Saturday, Nov. 10, 2018 from 8 a.m. – noon at Walt Whitman Middle School. Spend the morning exploring how each of us can help save our planet, with the theme "Saving the Earth One Person at a Time." The morning will feature an Exhibit Hall with a variety of County agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat". Read more about the Expo at www.fairfaxcounty.gov/mountvernon

As we recognize that climate change is impacting our lives here in the Mount Vernon District, we all need to do our part to protect Mother Earth. In our District, environ-



PHOTO CONTRIBUTED

Scouts plant natural landscaping at Mount Vernon Governmental Center.

mental concerns range from coastal and inland flooding to extreme heat, as well as increasing more intense storms. The Expo will educate and inspire attendees to be more engaged in the protection of our natural re-

sources and our heritage.

While the County has taken steps to be good environmental stewards, like adopting a Countywide Energy Policy, Environmental Vision and Operational Energy Strategy, these steps are not proportional to the challenges we face. I strongly believe we need to move forward quickly to adopt a Community Climate Action Plan and a Resiliency Plan. We also need to enter into an Energy Savings Performance Contract and advocate for Solar Freedom legislation to come before the General Assembly this session. One of the most immediate steps we can take is to quickly adopt CPACE, a potential County financing program where commercial building owners can borrow money for energy efficiency, renewable energy, or similar projects, and then make repayments via an assessment on their property tax bill.

As a County, we can do far more, and adopting more aggressive goals will result in significant cost savings and a faster environmental and budgetary return on our investments. Come to the Environment Expo on Nov. 10, to learn what you can do as an individual to protect our people, places and property.

LETTERS TO THE EDITOR

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you

did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan chal-

lenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engage-

ment we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction

SEE LETTERS, PAGE 15

Fairfax Station,
Lorton & Clifton
CONNECTION

www.ConnectionNewspapers.com

@LFSCConnection

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
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com





Switch to a Medicare Advantage plan built to help you age actively

Your total approach to health and wellness is now here

Medicare Annual Enrollment has started

Call today to request an in-home appointment or enroll in a plan

1-855-273-4103 (TTY: 711)

8 a.m. to 8 p.m., 7 days a week.

An Innovation Health representative will answer your call.

Plans starting at

\$0

monthly plan
premiums

Choose coverage that takes care of your body, mind and spirit

With Innovation Health Medicare Advantage plans, you'll enjoy:

- Triple \$0: \$0 premium/\$0 annual medical deductible/\$0 90 day Mail Order Drugs available
- Access to doctors and hospitals you know and trust such as Inova, with no referrals for in-network specialists
- Health and wellness programs like SilverSneakers® at no additional charge

Get answers and help at
a sales meeting near you

Other meetings may be
available. RSVP now at
IHMedicare.com/Inova2

FAIRFAX

INOVA FAIR OAKS HOSPITAL
3580 JOSEPH SIEWICK DR
11/15 & 12/3, 6:00 PM

FAIRFAX

COURTYARD BY
MARRIOTT FAIRFAX
FAIR OAKS
11220 LEE JACKSON
MEMORIAL HWY (RTE 50)
11/28 & 12/4, 10:00 AM



Get a \$10 Visa Reward Card when you call
to learn more.* There's no obligation to enroll.



Innovation Health Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This information is not a complete description of benefits. Call 1-855-273-4103 (TTY: 711) for more information. Other Physicians/Providers are available in our network. A sales person will be present with information and applications. For accommodation of persons with special needs at meetings, call 1-855-273-4103 and TTY 711. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Innovation Health. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. Tivity Health and SilverSneakers are registered trademarks or trademarks of Tivity Health, Inc. and/or its subsidiaries and/or affiliates in the USA and/or other countries. © 2018 Tivity Health, Inc. All rights reserved.

*All persons eligible for Medicare may receive a \$10 Visa Reward Card with no enrollment obligation. Non Innovation Health members must attend a sales meeting, schedule an appointment, or request an information kit to receive the offer. Current Innovation Health members, must call the number in the advertisement and participate in the member survey to receive the offer. Not to exceed more than one \$10 Visa Reward Card per person. Offer valid while supplies last.

The OmniCard Visa Reward Card is issued by MetaBank®, Member FDIC, pursuant to a license from Visa U.S.A. Inc. The Visa Reward Card can be used everywhere Visa debit cards are accepted. No ATM access. This optional Offer is not a MetaBank nor a Visa product or service; and neither MetaBank nor Visa endorse this Offer.

©2018 Innovation Health Insurance Company and Innovation Health Plan, Inc.

Y0123_4002_13120_M Accepted 08/2018

A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big uissie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
 DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
 Dentistry for Children, Adolescents & Special Needs
 703-978-0051 KBPediatricSmiles.com

SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. 22015
 MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
 WEEKDAYS • SATURDAYS • EVENINGS 24 HOUR EMERGENCY CARE

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

Be the first to know – get your paper before it hits the press.

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

Questions?
 E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS

Everything Christmas
 In One Extraordinary Place

Make lasting memories with an overnight stay!
ChristmasOnThePotomac.com
 The Fun Ends January 1

PRESENTED BY

Two Free Acupuncture Treatments

Allergies
 Arthritis
 Back Pain
 Cancer Support
 Carpal Tunnel
 Fertility
 Fibromyalgia
 Headache
 Insomnia
 Knee Pain
 Menopause
 Migraine
 Sciatica
 Sinusitis
 Soft Tissue

You may benefit from acupuncture, so please accept our invitation to try this valuable therapy at no cost to you. Experience the benefits of acupuncture with an evaluation and two free treatments.



Schedule online at

www.NOVAacupuncturist.com



Anita Tadavarthy

MAcOM, LAc

Some restrictions apply.

New patients only.

8346 Traford Lane,

Unit B106

Springfield, VA 22152

703.223.4671



PHOTO CONTRIBUTED

Girl Scouts from SU 52-11 Troops 1796, 2429, and 52060.

Girl Scouts Commemorate Founder's Birthday Through Service

The founder of Girl Scouts, Juliette Gordon Low, was born on Oct. 31. To commemorate her birthday, Girl Scouts of Service Unit 52-11 (Springfield) collected and donated "Birthday Bags" to the Lorton Community Action Center (LCAC) in Lorton. The LCAC Mission is to provide basic needs (food, emergency financial assistance, etc.) to low-income individuals, senior citizens, and families in the Fort Belvoir, Lorton, and Newington area.

Forty-three Birthday Bags were delivered to LCAC

by Girl Scouts from Troops 1796, 2429, and 52060. Birthday Bags included cake mixes, frosting, candles, gift bags, tissue paper, plates, napkins, party hats, and party favors. In addition to the 43 bags, additional cake mixes and frosting were donated for distribution to clients by LCAC.

To find out more about LCAC, visit LortonAction.org, or call 703-339-5161.

To find out more about Girl Scouts, visit www.GSCNC.org or call the Kingstowne Office at 571-642-0253.



*Celebrating Life's Little Pleasures
Our 22nd Year in Burke, 1996-2018*

November
Sailing
to the
Greek Islands



Visit Us
in our
new larger
home near
Wal-Mart

- Souvlaki
 - Spanakopita
 - Pastitsio
 - Baklava
- and more!

20% Discount

Valid Mondays and
Tuesdays Only
Offer expires 11/27/18.
Not valid with any other offers.

10% OFF

Entire Check

Offer expires 11/30/18.
Not valid with any other offers.

6030 Burke Commons Road • Burke • 703-239-9324

HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

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

GET A JUMP ON THE HOLIDAYS!
You Have a Lot on Your Plate, Hadeed Will Help Make Your Home Sparkle in Time for the Holidays!

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

Hadeed, The People You've Trusted for Over 63 Years, Now Bring the Same Quality Cleaning to Everyone! Now Servicing Every Type of Rug from Machine Made Synthetic to the Finest Handmade Silk. We Bring the Same Quality to Everyone with Our Multi-Pricing Level Menu that will Match Your Rug.

In-Plant Rug Cleaning Express or Signature Services. Expires 11/11/18. Not valid w/any other offers.	15% off*
In-Plant Rug Restoration Expires 11/11/18. Not valid w/any other offers.	10% off*
Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing Expires 11/11/18. Not valid w/any other offers.	20% off*

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.

Welcome Home

Whether you enjoy the order of a well-organized day, complete with a vibrant social calendar or living at your own tempo, you'll always feel at home.

Ranked "Highest in Customer Satisfaction Among Senior Living Communities" by J.D. Power.

Visit RetireFairfax.com/Connections or call **703-799-1200** to learn more about our current promotional pricing.

The Fairfax
A SUNRISE SENIOR LIVING COMMUNITY
Developed for the Anne Retirement Residence Foundation Project

Sunrise Senior Living received the highest numerical score at the J.D. Power 2018 Senior Living Satisfaction Study based on 2,539 total responses among 7 senior living communities measuring experiences and perceptions of residents/family members/friends, surveyed October-December 2017. Your experience may vary. Award applicable to United States only. Visit jdpower.com

© 2018 Sunrise Senior Living

ENTERTAINMENT

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

ONGOING

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/.

WEDNESDAY-SUNDAY/NOV. 7-11

Grand Opening Fundraiser. 10 a.m.-9 p.m. at Jersey Mike's Subs, 8971 Ox Road, Lorton. The new restaurant is circulating 10,000 coupons throughout the community offering a free regular sub for a minimum \$3 contribution to Lorton Community Action Center. Customers must have a coupon to be eligible. Call this location at 703-646-4087 or visit www.jerseymikes.com.

THURSDAY/NOV. 8

Annual Charity Holiday Auction.

11 a.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. Northern Virginia Women's Club will hold a charity fundraiser for the Fairfax County Area Agency for Aging. Registration and social hour are followed by their November luncheon and live auction. Prospective members and guests interested in joining our festive activities for this event, should call Anna at 703-281-4811.

Holiday Preview Party. 2-6:30 p.m. at George Mason's Gunston Hall Museum Shop, 10709 Gunston Road, Mason Neck. Kick off the holiday season as the museum unveils this year's holiday merchandise. Receive up to 30 percent off a purchase. Light refreshments served. Free. Call 703-550-9220 or visit gunstonhall.org.

SATURDAY/NOV. 10

SantaFest. 10 a.m.-1 p.m. at Springfield Town Center, Grand Court, Lower Level, 6500 Springfield Mall, Springfield. Merry and bright festivities for children of all ages will include magical holiday characters, treats, games and make-and-take crafts. Free, but tickets required: springfieldtowncenter.com/calendar/view/3421. Keepsake photos with Santa are available to purchase.

Goat Yoga. Noon-1 p.m. and 1:30-2:30 p.m. at The Liberty Green — the former baseball field on the Liberty campus. Please note this event is NOT located at the Workhouse Art Center. Goat yoga has been a big craze around the nation with classes popping up all over northern Virginia. The class is taught like any other yoga practice, but with baby goats who have free reign to interact with attendees. Register at thelibertylife.com/goat-yoga/.

SUNDAY/NOV. 11

Taste of Greater Springfield. 3-6 p.m. at Waterford Receptions, 6715 Commerce St., Springfield. The Rotary Club of West Springfield is hosting their 6th Annual Taste of Greater Springfield event. Come hungry and enjoy food from many local restaurants. All proceeds go to scholarships and community service projects. \$30 for adults, \$25 for

active duty/veterans, \$10 for ages 6-13. Purchase tickets online at rotaryofwestspringfield.org or contact Jim Kirkpatrick at 703-866-7078.

THURSDAY/NOV. 15

Historic Pohick Church Christmas Mart.

10 a.m.-2 p.m. at Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Attic Treasures, a Consignment Shop, fresh baked goods, homemade candy and apple butter, and frozen casseroles made by the women of Pohick Church. Booths will feature the work of artisans showcasing handmade jewelry, stained glass, Christmas decorations and many other crafts. Colonial-attired ladies will serve luncheon at three sittings (11 a.m., noon and 1 p.m.) for \$13. The Docent Guild will be leading tours of the historic colonial church and the Golden Dove Gift Shop will be open. Admission to the Christmas Mart is free. Visit www.pohick.org or call 703-339-6572.

Lunch N' Life. 12-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Steve Friedman, the guest author and lecturer, will present a program about Broadway musical theater. Sponsored by the Shepherd's Center of Fairfax-Burke. For reservations, call Bea Stephenson at 703-273-5730 by Nov. 9. Cost \$10.00; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org.

SATURDAY/NOV. 17

Civil War Tour. 8 a.m.-4 p.m. at Fairfax Station Railroad Museum and sites in Clifton, Centreville, 11200 Fairfax Station Road, Fairfax Station. Blake Myers, noted Civil War Historian, will lead a history tour of interesting Civil War sites in and around Fairfax, Clifton and Centreville. Meet at the Museum. Wear comfortable walking shoes and appropriate clothing for walking through wooded areas. Museum members, \$20; non-members, \$30. Register in advance and pay by Square at squareup.com/store/fairfax-station-railroad-museum.com. Payment may also be made the day of the Tour with cash, check or credit. Register at information@fairfax-station.org. Call 703-425-9225 or visit www.fairfax-station.org.

2018 Evening of Elegance with Jazz and Advocacy Gala. 6-11 p.m. at the Waterford Reception Center, 6715 Commerce St., Springfield. The National Coalition of 100 Black Women, Incorporated, Northern Virginia Chapter (NCBW NOVA) presents their inaugural Evening of Elegance with Jazz and Advocacy Gala. \$75. Purchase directly from coalition members or through Eventbrite at www.eventbrite.com/e/national-coalition-of-100-black-women-nova-presents-an-evening-of-elegance-tickets-49268297805.

Jazz4Justice. 8 p.m. at GMU's Center for the Arts, Fairfax. George Mason University's School of Music presents the 17th annual Jazz4Justice live concert and fundraiser. The events raise funds to support vital legal services and the George Mason University Jazz Studies program. Tickets available at 703-993 2787, or at cfa.gmu.edu.

SATURDAY-SUNDAY/NOV. 17-18

Gem, Mineral and Fossil Show. 10 a.m.-6 p.m. Saturday; 10 a.m.-4 p.m. Sunday. At The HUB Ballroom, GMU,

Mozart's 'Don Giovanni' at Mason

Saturday, Sunday at Center for the Arts from Virginia Opera.

BY DAVID SIEGEL
THE CONNECTION

Aiming to seduce audiences with its luscious memorable music, arresting comedy and challenging characters, Mozart's "Don Giovanni" features one of opera's most suave rogues. He is a shameless nobleman who outrages the women and men who encounter him as he journeys along his chosen path; a lustful life.

Mozart's "Don Giovanni" has been a treasure for centuries. It remains one of the most performed operas in the world. Last performed by Virginia Opera in 2010, "Don Giovanni" returns to the Center for the Arts full of bright comedy, tragedy and a journey to an ultimate fate.

With Mozart's "Don Giovanni" as with all Mozart works, "there is an abundance of humor and beauty, leading to

endless discoveries and fresh insights," said Adam Turner, Artistic Director, Virginia Opera and conductor of the Virginia Symphony Orchestra for the production.

"Mozart's soundscape reflects this constant back and forth between the serious and light qualities; particularly with the orchestra serving as sort of a 'Greek chorus', offering poetic and witty commentary throughout," said Turner. "The opera requires vocal pyrotechnics and deeply committed characterizations from singing actors. The virtuosity demanded by Mozart's score is unparalleled.

4400 University Drive, Fairfax. Admission \$6/adults; kids free. Presented by the Northern Virginia Club, Inc. and sponsored by the Dept. of Atmospheric, Oceanic and earth Sciences at GMU. Featuring over 20 dealers. Also demos, door prizes, exhibits and kids' activities including mini-mines for kids to dig in and get free minerals and fossils. Contact Tom Taafe at rockcllctr@gmail.com or visit www.novaminerclub.org.

Burke Civic Ballet's "The Nutcracker." Saturday, 2 and 6 p.m.; Sunday, 1 and 5 p.m. at Ernst Community Cultural Center Theater, Northern Virginia Community College, Annandale Campus. Share in the magic of this holiday tradition. Featuring 3-year old miniature dolls to professional dancers, this 25th Anniversary production will enchant all ages. Visit www.buffas.com to order tickets or email burkeciviballet@gmail.com.

SUNDAY/NOV. 18

Community Thanksgiving Dinner.

5-8 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Join Franconia United Methodist Church for a free community Thanksgiving Dinner. Turkey and all the trimmings will be provided and the entire family is welcome. Free. Call 703-971-5151 or visit www.franconiaumc.org.

THURSDAY/NOV. 22

Turkey Trot for Parkinson's.

9 a.m. at the Workhouse Arts Center, Lorton. Join Thanksgiving morning for the Turkey Trot for Parkinson's 5K Run/1 Mile Gobble Wobble. All race proceeds benefit The Michael J. Fox Foundation for Parkinson's Research and 100 percent of every penny donated will go directly to high-impact research programs to help speed a cure. Visit

"And now, more than ever, Mozart's masterpiece offers us the opportunity to reflect upon current day conversations, particularly inspired by the #MeToo and #TimesUp movements. Mozart and "Don Giovanni" may not have changed, but we have," noted Turner.

Lillian Groag directs Virginia Opera's "Don Giovanni." The production will showcase talented young singers making their Virginia Opera mainstage debuts. They include baritone Tobias Greenhalgh as Don Giovanni, bass-baritone Zachary Altman as manservant Leporello, and soprano Rachelle Durkin as Donna Anna and former Emerging Artist Sarah Larsen as Donna Elvira

"Don Giovanni" is complex with characters who want to do their own thing. "Everyone wants to break the rules," said Groag. The opera "endures because it is so funny - the definition of slapstick comedy. You will be laughing for an hour and a

half then it turns abruptly. It has supernatural elements, terrifying moments and the most wonderful music in the world."

"There's a reason audiences love watching Mozart's operas - it's like attend-

ing a sporting event, waiting for the performer to "cross the finish line" or "execute the triple axel" - exhilarating and electrifying performances at the highest artistic level." added Turner. "I hope that audiences are thoroughly entertained and engaged by this production."

Virginia Opera presents Mozart's "Don Giovanni" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performances; Saturday, Nov. 10 at 8 p.m. and Sunday, Nov. 11, at 2 p.m. Visit www.cfa.gmu.edu or call: 888-945-2468.

fundraise.michaeljfox.org/turkey-trot-for-parkinsons.

SATURDAY/DEC. 1

Holiday Extravaganza.

9 a.m.-3 p.m. at South County High School, 8501 Silverbrook Road, Lorton. Santa arrives at 8:30 a.m. courtesy of the Lorton Volunteer Fire Department kicking off the Candy Cane Kids Fun Run for kids age 12 and under. At 9 a.m., 170 vendors featuring all sorts of handcrafted items will offer everything from handmade glass ornaments and jewelry to soaps, lotions, clothing, and holiday décor. Cookies with Santa, free, 9:30-12; Fairfax Co Sheriff, Child ID and fingerprinting, free, 9-3; Santa's Book Emporium, 9-3. Proceeds benefit the SCHS All Night Grad Party, PTSO, Band Boosters and Athletic Boosters. Free, \$3. Visit www.southcountysptso.org.

NEWS

Veterans Day Commemoration At Historic Pohick Church

Historic Pohick Episcopal Church in Lorton will be holding a free Veterans Commemoration Day event on Saturday, Nov. 10.

The day will begin at 9 a.m. with the dedication of a Virginia Historical Highway Marker in honor of the "The Washingtons at Pohick Church." At 9:30 a.m. there will be a reception honoring Ann Arnhart, WWII Army Nurse, in the parish hall, followed by the premiere of the documentary film: "Ann Arnhart." The morning's events will conclude with a Colonial-period Morning Prayer Service in the historic church at 11 a.m.

Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road. For additional information, call the church office at 703-339-6572, or visit the website at www.pohick.org.



PHOTO CONTRIBUTED

Veterans Commemoration Day event will be held on Saturday, Nov. 10

12th Annual Alexandria Film Festival

November 8-11

**Free Opening Night Celebration
at Waterfront Park, 11/8, 7-9 p.m.**

Movies, Music, and Free Popcorn for First 100 Cinephiles!

AlexFilmFest.com

[#AlexFilmFest](https://twitter.com/AlexFilmFest)

[@AlexFilmFest](https://www.facebook.com/AlexFilmFest)

Celebrating Independent Film for 12 Years

Special thank to **THE CONNECTION** NEWSPAPERS

COMMUNITIES OF WORSHIP



"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**



5K & FUN RUN

SATURDAY, NOVEMBER 24, 2018

REGISTER AT
THELIBERTYLIFE.COM/EVENTS

THE LIBERTY GREEN (THE FORMER BASEBALL FIELD)

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

TWO POOR TEACHERS
Kitchen and Bathroom Remodeling

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



Free Estimates
703-999-2928



Visit our website: www.twopoorteachers.com

Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Teen Star and Photography Buff Comes to Town

Keenan Allen displays his laid back, Hollywood side.

BY MIKE SALMON
THE CONNECTION

Hollywood actor, writer and photographer Keenan Allen talked about his favorite photo that is on the back cover of his new book “Hollywood: Photos and Stories From Foreverland,” at a recent book signing at Springfield Town Center. He was taking a picture of a sunset in Hollywood, his hometown, but wasn’t sure he had the settings right, so everything was out of focus except the sunset, which he was focused on in the first place. “I blocked out all the craziness of Hollywood and focused on the sunset,” he said. “I wanted to highlight that in particular.”

The crowd of about 100 teenage girls hinged on his every word, clutching books and flashing smiles at the star, who just finished his seventh season of “Pretty Little Liars,” hit television series. When he’s not in front of the camera, he practices his hobby of writing and photography. At age 11 he was inspired to write “Hollywood,” and after six years of working on it, the finished product was the focus of his book tour.

The book has his impression of Hollywood, and contains a lot of the street performers and less famous people that are hoping for that big break. He wanted to show it as it is, without any point of view, and let people get their own impression. “There is a responsibility to portray your own point of view,” he said, but admitted that he was “worried about my prospective getting in the way,” he said. “I wanted to take people on a journey through Hollywood without telling them how to feel,” he said.

His view from the street provides a certain perspective he was going after. “Everybody just wants to be appreciated, I took the time to look people in the eye,” he said.

Sophie Runia, 14, liked that about him. “It’s very cool, that’s a good thing, everybody should be independent,” she said. Runia is a freshman at West Springfield and related to the book.

Mount Vernon residents Rachelle Deleon, 14, and Lizbeth Ramirez, 16, clutched their signed copies as they came off the stage. “I like how he’s an artist dedicated to his work,” said Ramirez. Allen grew up in the social media era and worked it into this event as well. He posed for selfies with everyone and before the signings, got down with the crowd for some pictures and video. “We’re on his Instagram,” said one girl who came up from Fredericksburg to see him and had her Instagram on throughout the event. Allen has 6.4 million followers, she said. “I’m about to cry.”

Allen had an arts background since he was a child, and his parents were immersed in the artist scene in California. At age 13, he



Up on stage, Keenan Allen was relaxed with the teens.



Down in front, the crowd had a few questions for Allen.

was in an independent film on Animal Planet, and went on to study video produc-

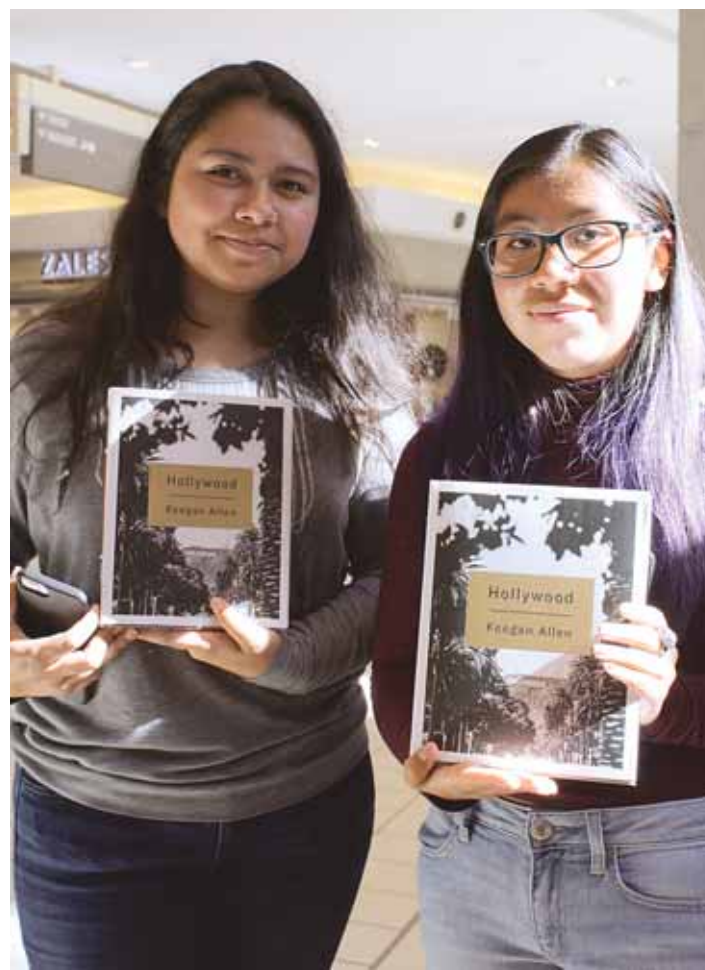
tion in high school. In addition to “Pretty Little Liars,” he’s been on “Young and Hun-

gry,” in 2015 and “CSI: Crime Scene Investigation,” in 2011.



PHOTOS BY MIKE SALMON/THE CONNECTION

Lorton resident Julie Pietrak, a South County High School student, shows the sunset Allen chose for the back cover.



Mount Vernon students Rachelle Deleon, 14, and Lizbeth Ramirez, 16, with their books.

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 11/30/18.

**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 11/30/18.

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

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000

**NOW
AVAILABLE**

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 11/30/18.

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 11/30/18.

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 11/30/18.

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 11/30/18.

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 11/30/18.

Jack Taylor's
ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201810009

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 11/30/18.

TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$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 11/30/18.

Check your windshield. Does your sticker say **10/18, 11/18,**
or **12/18**? 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 11/30/18.

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

Announcements	Employment
<p>We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.</p> <p>Schefer Antiques 703-241-0790 theschefers@cox.net</p>	<p>Forget Daily Commuting Print and digital media sales consultant for area's most popular and trusted local news source</p> <p>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</p> <p>Call Jerry Vernon 703-549-0004 Connection Newspapers & Digital Media Trusted Connection to Local Communities</p>
<p>Yard Sale</p> <p>Multifamily Garage/Moving Sale Priced to sell Household items and furniture Saturday November 10, 2018 8am to 2pm 12129 Queens Brigade Dr. Fairfax, VA</p>	
Announcements	Announcements

PROFESSIONAL TRUCK DRIVERS

As the freight market fluctuates, your paycheck and miles shouldn't have to.

Some carriers are scrambling for freight to keep drivers moving. At Schneider, drivers keep rolling, racking up reliable paychecks made possible by year-round customer freight.

It's because of the great work our drivers do that shippers keep Schneider busy.

Don't get stuck in neutral. Make the smart move, and get your career in gear with the busy carrier: **Schneider**.

SCHNEIDER

Apply: schneiderjobs.com
Call: 800-44-PRIDE

 **TELL US WHAT YOU THINK**

SUBMIT YOUR LETTER TO THE EDITOR HERE
www.ConnectionNewspapers.com/contact/letter

NEWS

Drug Take Back Initiative Nets a Ton of Medications

Fairfax County Police Department reported that the Drug Take Back Initiative was a huge success again this year: Fairfax County residents turned in a ton of medications – literally. More than 2,200 pounds of medications were collected at the events throughout the county.

BREAKDOWN:

- ❖ West Springfield District Station – 473 pounds
- ❖ McLean District Station – 351 pounds
- ❖ Fair Oaks District Station – 297 pounds
- ❖ Mason District Station – 279 pounds
- ❖ Mount Vernon District Station – 247 pounds
- ❖ Franconia District Station – 223 pounds
- ❖ Reston District Station – 221 pounds
- ❖ Sully District Station – 183 pounds

Total: 2,274 pounds

If you missed the event, you can still dispose of your unneeded medication at the drop box in the lobby of the West Springfield District Station (6140 Rolling Road in Springfield). It's open 24/7, and any unused prescriptions can be dropped off anonymously (pills or liquids only; no pressurized canisters or needles) - according to FCPD Media Relations Bureau.



PHOTO COURTESY FCPD MEDIA RELATIONS BUREAU

More than 2,200 pounds of medications were collected at the events throughout the county.

NOVA Relief Center Launches Refugee Blanket and Coat Drive

Fairfax County Board of Supervisors Chairman Sharon Bulova will officially announce and launch the 2018 Northern Virginia Blanket and Coat Drive for Syrian Refugees on Friday, Nov. 9.

"We are pleased to continue this wonderful humanitarian effort in Fairfax County, and join our other Northern Virginia local governments to assist approximately 3 million refugees living in Lebanon and Jordan," Bulova said.

The Drive is organized by NOVA Relief Center and runs Nov. 10 – Dec. 8, 2018. Blankets and coats will be sent to refugees in three camps in Jordan this winter, through a partnership with Helping Hand for Development and Relief (HHRD). Anyone can donate. Those wishing to contribute can become involved in two ways. Blankets and coats should be new or gently worn and may be dropped off to one of the drop-off locations (see website for updates). Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. To make a tax-deductible donation, visit NOVA Relief Center's website at novareliefcenter.org.

Since 2013, Northern Virginia citizens, businesses, local governments, religious groups, schools and neighbors have come together to collect and donate over 100 tons of blankets and coats, to assist Syrian refugees who have fled their homes to other countries to escape the violence from the civil war in Syria.

Upon the conclusion of this drive, Paxton Van Lines will transport all items collected to the port where they will be shipped to Jordan via Maersk Shipping. Upon arrival in Jordan, HHRD will distribute the blankets and coats to refugees near the Syrian border. Previous shipments have been delivered to refugees in camps in Turkey and Lebanon. As with the previous Blanket and Coat Drives, both Paxton Van Lines and Maersk are donating their services this year. The generosity of these two companies allows anyone to donate.

NOVA Relief Center is a newly formed non-profit organization based here in Northern Virginia. NOVA Relief's mission is to improve the quality of life for refugees abroad, as well as for our own neighbors. Visit the website to learn more and see photographs from previous Blanket and Coat Drives.

Healing Wall

Members of the Vienna Arts Society have been visiting the Fort Belvoir Community Hospital since 2014, bringing art supplies and giant puzzle pieces to troops on the mend. The Healing Wall will be on display at the Unitarian Universalist Congregation of Fairfax (2705 Hunter Mill Road, Oakton) through the end of the year. Shari MacFarlane and Doré Skidmore prepared the thirteen panels to be moved from the Art Center, and pictured above, MacFarlane hangs the final panel. Email doreskidmore@aol.com to join this outreach.



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.

FOOD DRIVES

Scouting for Food. Scouts will collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit.PenFed.org. PenFed branch locations collecting donation items include:

- ♦ Kingstowne – 5775 Barclay Drive, Alexandria
- ♦ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
- ♦ National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield

Holiday Basket Donation. Thanksgiving basket donations by Nov. 19 and Christmas baskets by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. Visit www.koinoniacaes.org/holiday-baskets.html for suggestions and to sign up to donate a basket.

Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

LETTERS

FROM PAGE 6

in British Columbia is now set to expand to all of Canada. Washington State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate-to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

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		LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500	
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		ELECTRICAL 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!		GUTTER 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 violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net Single Family \$155 703-987-5096 Townhouse \$125		IMPROVEMENTS 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		PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
RYAN 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		ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with CONNECTION DIGITAL <ul style="list-style-type: none"> ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING			

Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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



BEST
WASHINGTONIAN
2017

Hermendorfer Associates
Top 1% of Agents Nationally



Fairfax - \$835,000
Open floor plan, sparkling hardwood floors, natural light throughout! Walk out lower level with 5th bedroom/ in-law suite & full bath. Renovated

master bath, newer furnace, hot water heater, roof and gutters! Multi-tiered deck, fenced backyard, quiet cul-de-sac. Great location, Great Schools, Convenient Access to all Amenities!



Clifton - \$895,000
Beautiful Colonial with Cedar siding, wrap around porches and balconies, three car garage with work shop above.

on 5 acres, located on quiet cul-de-sac. Gorgeous wide plank hardwoods, two fireplaces, updated Chef's kitchen, wonderful great room, main level library and walk out lower level, fourth level with huge guest suite area.

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



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



Alexandria \$504,900
PRICE IMPROVED
TO SELL TODAY!

Don't miss this beauty-looking onto a wooded wonderland! Offering 3 bdrms, 2 full/2 half baths, gleaming hardwoods on the entire main, MBR & stain! 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



Burke \$564,950

It's all been done for you: renovated granite & stainless kitchen, all baths renovated, master suite w/sitting room. Hardwood floors, replacement windows, quiet cul de sac. What a great opportunity for the savvy fall buyer.



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



Fairfax Station \$789,900

Private retreat on 5-acres of natural surroundings perfect for entertaining or casual living * 5 bedrooms & 3 baths * Updated kitchen, baths, roof plus much more * Wood floors * Fireplace in family rm * Master bedroom with private balcony * Multi-level decking & hot tub * Walk to Burke Lake Park * visit www.KilkenryLane.com for photos.



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



Arlington COMING SOON
Mid-\$400's

Move-in ready! Fresh paint, new carpet. Adorable 3BR/2BA townhome sited on quiet street. Designer colors. Gorgeous hwdw

floors. Remodeled eat-in KT w/SS appls & doors to yard. MBR w/large walk-in closet. Refreshed bathrooms. Rec room. Plenty of storage. Mins to Shirlington, 395, Pentagon, DC, Metro, buses. Assigned parking.



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 \$1,990

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

FEATURED LISTING OPEN SUNDAY!



Manassas • \$899,900 • 5-acre lot with Water Views

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

BEST
WASHINGTONIAN
2017

TOP 100
AGENTS
2017
NVAR



Burke Centre • \$635,000
SOLD IN 2 DAYS ABOVE LIST!



Clifton • Little Rocky Run • \$719,900
SOLD!



Clifton • \$409,500
SOLD IN 7 DAYS!



Fairfax Station • \$830,000
SOLD IN 1 DAY ABOVE LIST!

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



HAPPY THANKSGIVING
While interest rates are still low, it is a great time to buy a home. Call me today...I'd love to help you find your dream home!
LONG & FOSTER | **CHRISTIE'S**
REAL ESTATE | INTERNATIONAL REAL ESTATE



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



Fairfax \$729,900

Welcome to The Ridges of Glendilough Come and see this multilevel home tucked in the privacy of a half acre cul de sac location. Five bedrooms including 3 full bathrooms offer options for living in this home and the newer kitchen features 42 inch cabinets, recessed lighting while the updated bathrooms will please all. Woodson Frost Oakview Pyramid, minutes to shopping, dining, and George Mason University.



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

