

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

**OUR
BEST
OFFER
EVER!**

In Plant Express or Signature Rug Cleaning

FOR EVERY 2 RUGS CLEANED GET THE 3RD RUGS CLEANED **FREE!**

SAVE up to 35%

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

703-836-1111 | JoeHadeed.com | **FREE PICKUP & DELIVERY!** *Hurry! Offer Expires 2/10/19. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING
PAGE, 6

Some of the St. Christopher's Episcopal Church hypothermia shelter volunteers (from left, front row): Kathy Barnard, Sarah Wilsey, Pam Branstetter, Zach Manning, Christina Manning and (back row) David Wilsey, Rev. Peter Ackerman, and Debbie Brandt.

Sheltering Homeless Neighbors

NEWS, PAGE 3

Rolling Valley Sign
Becomes an Accident Victim

NEWS, PAGE 5

Be Part of the
Pet Connection

OPINION, PAGE 4

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 2/28/19.

**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 2/28/19.

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

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 2/28/19.

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 PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**SIGHT LINE
WIPER BLADES**

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 2/28/19.

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 2/28/19.

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 2/28/19.

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 2/28/19.

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 2/28/19.

Jack Taylor's
ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201811026

Check your windshield. Does your sticker say **12/18, 1/19,
or 2/19**? 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 2/28/19.

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

Sheltering Homeless Neighbors

Extreme cold sees increased need.

BY ANDREA WORKER
THE CONNECTION

The polar vortex swept down upon the region all last week, with near-record cold temperatures and accumulations of snow and ice to make life less-than-pleasant.

For most, the effects of that arctic blast were at worst uncomfortable and annoying, causing chaotic schedule changes with school closures and hazardous road conditions, but at least most were able to turn up the thermostats in their homes, huddle around fireplaces, or turn on the electric blankets and space heaters to keep themselves cozy despite the elements at play outside.

For some of area neighbors, however — like the homeless and the more vulnerable — the effects of winter weather are more dire, even life-threatening.

Even before the worst of the weather hit the region, Fairfax County Police were investigating three apparent weather-related deaths. An 86-year-old resident of a Reston senior living facility was found outside the housing center by local police officers, called in to assist in a search when the elderly woman was determined to be missing.

A 47-year-old man, with no fixed address, was found asleep in the laundry room of an apartment complex. He was pronounced dead by Fairfax County Fire and Rescue when they arrived on the scene.

On Jan. 14, officers arrived at the assisted living center in Great Falls, responding to a CPR call for an 88-year-old resident who was found outside the facility and succumbed to the effects of the cold.

"It doesn't take long for a person to become endangered by exposure to cold weather," said Brenda Dushko.

Dushko is the director of development for FACETS, a nonprofit that has been serving our neighbors in need since 2003 and a founding and active partner in the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness.

FACETS works year-round to help break the cycle of poverty and homelessness, but a major portion of their mission is dedicated to running the Hypothermia Prevention and Response Program for the county's Human Services Region 4 - Western County/Fairfax and Centreville areas.

HYPOTHERMIA is a life-threatening condition, brought on when the body temperature drops below 95 degrees — not far below the average normal temperature. With a warm coat, gloves and a hat, a warm car to travel in and a warm home to avoid prolonged exposure to the cold, hypothermia



PHOTO BY ANDREA WORKER/THE CONNECTION

Some of the St. Christopher's Episcopal Church hypothermia shelter volunteers (from left): Rev. Peter Ackerman, Zach Manning, Christina Manning, Kathy Barnard, Sarah Wilsey, David Wilsey, Debbie Brant, and Pam Branstetter.

Where To Find Help

Several other partners join FACETS in the mission to prevent and end homeless and to keep the homeless from being another Fairfax County Police Department statistic during the cold.

In **Human Services Region 1**— the South County — **New Hope Housing** operates the Eleanor U. Kennedy Shelter in Ft. Belvoir as well as managing the temporary shelters in the area. Call 703-799-0200 or visit the website www.newhopehousing.org/programs/shelter for more information on Region 1 assistance.

Human Services Region 2— Eastern County/Falls Church/Annandale — is also served by **New Hope Housing** with a year-round shelter at Bailey's Crossroads Community Shelter and the rotating faith community facilities. Call 703-820-7621 or the New Hope Housing website.

doesn't present a problem for most.

"But if you spend much of your time outdoors, looking for a warm place to stay, that's another story," said Dushko. "Now imagine being outside for hours overnight and you can quickly see why our homeless are in extreme danger, even more than usual, during these winter months."

Dushko spoke on Friday, Feb. 1, during a tour of the temporary hypothermia shelter at St. Christopher's Episcopal Church on Hanover Lane in Springfield.

"The good people of St. Christopher's have been running their week-long shelter as part of the program for 15 years, right from the very beginning," she said.

From November through March each year, between 30-45 faith communities gather a small army of volunteer congregants and open their doors for a seven-day stretch to offer hot meals, a warm place to sleep, other items of need, and companionship.

Christina Manning is one of the St. Christopher volunteers and she has been giving her time to this cause for all 15 years that

Human Services Region 3— North County/Reston and Herndon is served by **Cornerstones** operating the Hypothermia Program and the year-round Embury Rucker Community Shelter. See the website at www.cornerstonesva.org or call 703-437-1975.

The City of Falls Church is also under the assistance umbrella of **New Hope Housing** with contact available through the website or by calling 703-799-0200.

Visiting the Fairfax County website for the Office to Prevent and End Homelessness will also yield related information and resources.

Citizens are urged to check on vulnerable relatives and neighbors. When seeing someone who is unsheltered and may be in distress, call the non-emergency police phone number at 703-691-2131 (TTY 711) and a police officer will respond and so a wellness check on the individual in question, transporting them for medical assistance or to shelter as required.

the church has been involved.

"It's really just helping out a friend," she said in between stirring a steaming pot on the church's kitchen stove, unwrapping other food items, and mixing up some macaroni and cheese. "So many of us are just one step away from being in the same situation. I talk with a lot of our visitors who have full-time jobs, but circumstances and the lack of affordable housing in our area have brought them to this place."

Volunteering runs in the family, as Manning was joined in her kitchen duties by her 15-year-old son, Zach. "He's been coming here since before he was actually born," laughed Manning, "then he came in his stroller, and eventually he became a full-blown helper."

On this night at St. Christopher's, Zach wasn't the only young person doing their part to help others: 16-year-old Sarah Wilsey was also doing food preparation at the steel kitchen work table, while her father, David Wilsey, worked the roux on the stove.

"The people who come here, they are just

like us, just in a bad situation," said Sarah. Dad David has been volunteering at the St. Christopher's shelter event for the last 10 years. "This is something I can do to give back, to help others — and I can cook."

Katy Dunlap, who organizes St. Christopher's turn as a shelter, says it takes about 15 people per day to keep things running. In addition to those who cook, serve and clean, there are people who help with intake, the overnight volunteers who stay with the guests, and those "who just come for a while to talk to our visitors."

NOT EVERYONE wants to talk, but some do and seem to just be happy to have a conversation, to be seen and listened to."

"J" — a young woman who is hampered by a brain injury that affects her memory and other cognitive abilities — was shyly willing to talk a bit about herself. "J" who was once employed as a teacher and also worked in retail, has been moving from shelter to shelter since the cold weather descended.

"I am really trying to make it, to find a stable living situation and get back to work," she said. She is being aided in her endeavours by a FACETS caseworker, but the fact that she was turned down initially for any disability assistance is making her transition to "normal life" (as she puts it) difficult to say the least. "But I won't give up. And I really appreciate all these people who care and help."

"A" was also employed before, working for a grocery store. "It was pretty good. I liked it." He even had housing accommodation, but was suddenly left homeless again when a change at the place where he lived left no room for him. Now on dialysis, "A" is back on the streets, but working with a case manager and hopeful that his situation will improve. He, too, says he is grateful for the people who open their doors to help.

"It gets lonely sometimes, people don't want to see you. Some are afraid of you, so it's nice to be here, have a good meal and people to talk with."

The lay volunteers at the participating churches are supported by trained FACETS staff and volunteers, also on sight overnight and offering guidance and resources to the clients. During the season, Dushko noted that some 3,800 volunteers donate more than 33,000 hours to running the shelters, providing transportation and other services to their neighbors in need.

The extreme cold has seen the numbers of clients at all of the county's shelters, both the permanent and the temporary, rise sharply, Dushko reported. Last year, the county assisted almost 1,100 people in need of shelter during the winter months.

"We had about 40 people here last night," said St. Christopher's pastor, Peter Ackerman, and a line had already formed outside the doors by 4:30, although the official opening hours don't begin until 5 p.m.

OPINION

Week of Absurdities

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

The 2019 session of the General Assembly has reached its mid-point, or crossover, when the two houses start to consider bills that have survived the other house. It also represents the final action on many bills giving an indication of what the ultimate legislation for the session is likely to be. In the back of most legislators' minds is the fact that when the legislature adjourns *sine die* (until another day) the election season will begin. The thought of going home to meet their voters motivates many votes. After all, that is the way it should be in a representative democracy. The results, however, create some absurdities.

Republicans appear to be planning to focus once again on abortion. Although *Roe v Wade* decided in 1973 was supposed to set the rules for abortions, the debate still goes on. This week in a massive media campaign linked to fundraising, the opponents accused Governor

Ralph Northam who is a pediatrician and first term Delegate Kathy Tran, a mother of four the youngest of whom she was nursing during session last year, of favoring infanticide! I witnessed the verbal ambush by some of the most skilled lawyers in the House who with some editing of the tape of their cross-examination of her created a false impression of her bill and what it did. Calling the episode absurd is a mild description; I think Governor Northam came closer to an accurate description when he called it disgusting. (Read more at https://wapo.st/2GduVpd?tid=ss_mail&utm_term=.814210c15403)

Thirty-seven states have ratified the Equal Rights Amendment. It is looking doubtful that Virginia will join that group this year. In floor speeches on the amendment one of the women opposing the amendment said that she did not need "words on a piece of paper" to get what she wanted.

Bills that would have created an independent redistricting commission including my perennial bill have been defeated in the House. A bill introduced by the Speaker of the House that would create a commission to redistrict the legislature is far from independent in that it still has legis-

lators picking their voters in order to protect incumbents and hold onto the majority. If the bill makes it through the legislature it will be amended or vetoed by the governor. It remains difficult for the majority to play fair especially when it holds control by such a slim sliver of power. A two-vote shift in both houses would put Democrats in charge of the legislature.

Major divisions continue to exist between the parties on finalizing the budget. Republicans favor a plan that continues the federal approach of giving tax breaks to those with the highest income. My bill to establish a partially refundable Earned Income Tax Credit (EITC) was defeated. About half the states have used an EITC to help raise the income of working families. There is a slight possibility that Governor Northam could get the EITC in a compromise budget as he is a strong proponent of it.

Several weeks remain for the legislature to work its will. Some good bills are passing that will be favorable to the people of the Commonwealth, and I will discuss these in future columns. With an election looming in the fall, we may still see more absurdities!

Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and

your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt

your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone

number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

LETTERS TO THE EDITOR

Assistance League Receives Grant

To the Editor:

Assistance League of Northern Virginia recognizes The Allstate Foundation and Allstate volunteers for being positive forces for change in our community. Twenty-two Allstate volunteers came together to host a day of community service that enabled the all-volunteer, non-profit organization to secure a \$22,000 Helping Hands Grant.

Allstate volunteers, including David Akers, Christine Angles, Rudolf Alston, Jose Bernal, David Bowen, Sharon Driscoll, Shelley Driscoll, Kevin Dupree, Matthew Henaghan, Joyia Lytle, Mike Mazri, Sharon Neighoff, Jason Passarell, Ricardo Paz Soldan, Christopher Ruby, Tonya Semones, Jason Sengpiehl, William Simkins, Miguel Villegas, Michael Wallach, William Waughn and Don Wright, gave their time to support the nonprofit's program that reduces hunger in our vulnerable communities.

For more than 60 years, the Allstate Foundation has been bringing out the good in millions of lives, committing financial and human resources where they can make the most impact. Weekend Food for Kids was selected as the featured service activity for the "Feed Your Future Volunteer Relay" that took place in Washington, D.C., in October 2018. Assistance League was honored to be included as a partner providing innovative and lasting solutions to enhance the community's well-being.

The Allstate Foundation supports the causes that its employees care about most. Allstate executives and regional advisory board members, including exclusive agents and exclusive financial specialists from D.C., Delaware, Maryland, Virginia, and West Virginia, participated in a relay race to pack more than 500 bags of nonperishable food for less advantaged children in our region.

Allstate senior communication consultant, Caitlyn Barron, and Allstate exclusive agent, Christine Angles, organized the group activity and orchestrated the

group grant.

"This is all beyond outstanding! We are so proud to hear that our efforts benefited some of the most vulnerable in our society - our children," said Shaundra Turner Jones, Allstate corporate relations manager. "This impactful event has our hearts full and we look forward to being involved in many more," she added.

The Allstate Foundation Helping Hands Grant will help Assistance League advance its mission to transform the lives of children and strengthen our community. The funds will be used to purchase three-months' worth of food for underprivileged children in six partner schools enrolled in the 2019-20 Weekend Food for Kids program.

Allstate Foundation and Allstate volunteers bring out the good in their community, helping organizations like Assistance League bring important programs to those most in need. To learn more, visit www.alnv.org.

Karen Smith Amster
VP Resource Development
Assistance League of Northern Virginia

Extremely Disappointed

To the Editor:

I graduated from college in 1986. I went to the University of Mississippi my freshman year and half of my sophomore year. My freshman year (1982), the school was still waving Confederate flags at football games and was in the process of transitioning to using a flag that just said, "Ole Miss" in red on a blue background. To protest, the Ku Klux Klan showed up at at least one football game. It was terrifying. The KKK is not funny. Not even a little bit.

I am extremely disappointed to discover that Mr. Northam participated in photo wearing Blackface with someone in a KKK outfit. He knew better. I voted for Mr. Northam, so this makes the discovery even more painful.

Everyone does stupid things in college. This was not stupid. It was mean and it wasn't funny. Mr. Northam should resign in order to show respect for his Black constituents and, really, all Virginia voters.

Amy Dickson
Springfield

Springfield
CONNECTION

www.ConnectionNewspapers.com

@SprConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
south@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

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

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

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

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



The evening of the crash, Sue Erskine watched the commotion with the police, fire and rescue.

PHOTOS BY SUE ERSKINE



PHOTO BY MIKE SALMON/THE CONNECTION

Rolling Valley Sign Becomes an Accident Victim

BY MIKE SALMON
THE CONNECTION

Bob and Sue Erskine were sitting down to dinner on Friday, Feb. 1 when they heard a loud bang, followed by another bang just outside the front window. Living on the corner of Rolling Road and Greeley Blvd., the accidents they'd heard don't surprise them anymore, so they went out to investigate. A car had come off Rolling Road and hit the Rolling Valley monument sign, which was letters on a brick structure. "This was the first time anyone has come that far up," said Bob Erskine.

"That's the first one that ran into the sign," added Sue Erskine, who went out with her cell phone camera just as it was getting dark. "The car was embedded in it," she said.

Supervisor Pat Herrity (R-Springfield) heard about the crash and talked to the police who told him the car that hit the sign had gone through the stop sign on Greeley Boulevard. He does know it's a challenging intersection, and has backed some measures to make it safer, such as the "painted lines to stop cars from going around," he said.

The Virginia Department of Transportation (VDOT)

SEE INTERSECTION, PAGE 10

Rolling Valley will be temporarily without an entrance monument.

NESBITT

REALTY & MANAGEMENT

providing real estate services for
buyers, sellers, renters & landlords

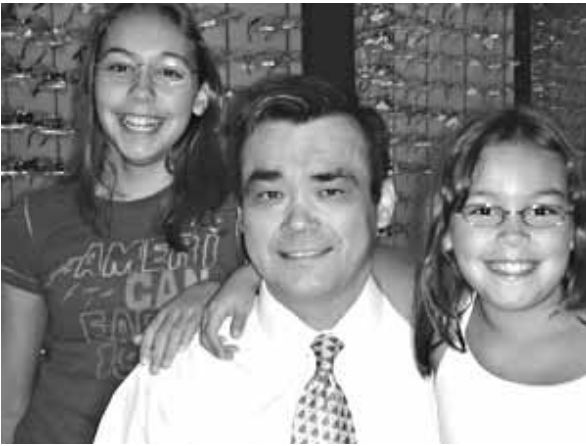
February Special Offers!
1 free month of property management to new clients!
Offers expire 3/1/19

Offices in:
Alexandria, Arlington
McLean & Reston

(703) 765-0300

**DR. GENE SWEETNAM
DR. GRACE CHANG**

O P T O M E T R I S T S



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

Most Insurances Accepted:

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Cigna, DavisVision, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS, VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

WE WELCOME YOUR DOCTOR'S PRESCRIPTION

5206A Rolling Rd.
Burke Professional Center
Burke, VA 22015

703-425-2000

www.drsweetnam.com • www.sightforvision.com

WELLBEING

American Heart Month

Making healthy diet and exercise choices are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of

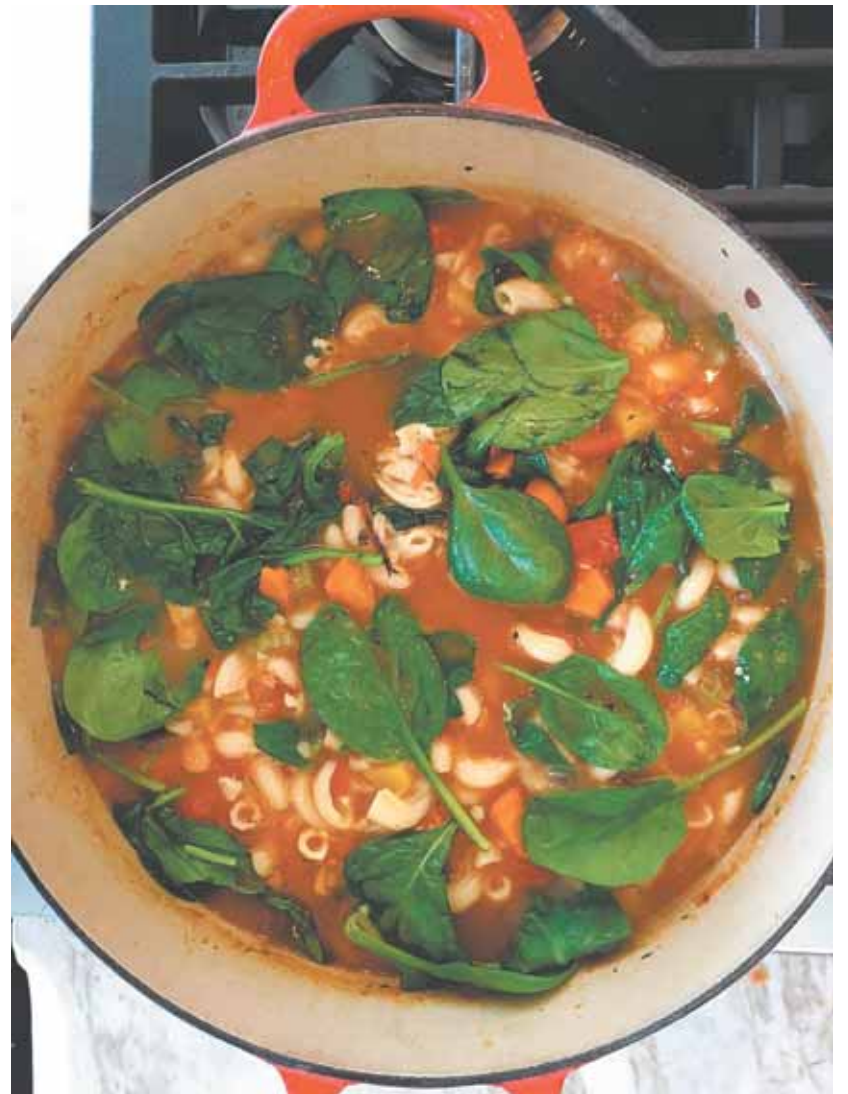


PHOTO CONTRIBUTED

Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.

fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

REACH YOUR ONLINE AUDIENCE

THE CONNECTION
+
Google Ads

**CALL 703.778.9431
TO GET STARTED**

The Connection you know and trust now offers advertising on Google. Our display ads can help you promote your business when people are browsing online, watching YouTube videos, checking Gmail, or using mobile devices and apps.

**Reach 90% of
Internet users!**

Email sales@connectionnewspapers.com
for more info

Focus on Safer Driving

Bans on holding cellphones while driving.

BY ANDREW GIONFRIDDO
CAPITAL NEWS SERVICE

The Virginia Senate and House of Delegates on Tuesday, Feb. 5, each passed bills prohibiting motorists from touching their cellphones while driving.

The Senate approved SB 1341 on a vote of 34-6, and the House passed HB 1811, 69-27. The bills would explicitly ban using a hand-held communication device, unless it is in hands-free mode, while operating a vehicle.

State law currently prohibits only reading email or text messages or manually entering letters or text in a hand-held personal communications device while driving. The legislation would extend that ban to using the device for making phone calls, checking social media and other purposes.

“It is unlawful for any person, while driving a moving motor vehicle on the highways in the Commonwealth, to hold a handheld personal communications device,” the bills state.

Drivers would still be able to operate their phones if they are lawfully parked or stopped or are reporting an emergency.

The chief sponsors of the House bill were Republican Dels. Christopher Collins of

Frederick County and Michael Webert of Fauquier County and Democratic Del. Michael Mullin of Newport News.

Speaking as a former police officer, Collins said the existing law needed improvements.

“Our current texting while driving statute has just not been enforced,” he said. “The enforcement numbers went way down during the last several years.”

The penalty for a first offense is a \$125 fine that rises to \$250 for a second or subsequent violation.

“This is going to be straight up — if you have your phone in your hand, you are in violation of a law,” Collins said.

The Senate bill was sponsored by Republican Sens. Richard Stuart of King George County and Frank Wagner of Virginia Beach and Democratic Sen. Scott Surovell of Fairfax. Under the legislation, the ban on using hand-held devices would not apply to citizens band radios. The bills also would exempt hand-held communication devices that are physically connected to the vehicle and used for navigation or audio transmissions. Although the House and Senate bills are identical, the legislation still hasn't cleared the final hurdles. Now, the House must pass the Senate bill, or the Senate must pass the House bill, and then the governor must sign the legislation.



New Year. New Plan. Fresh Start. Fairfax Divorce Workshop.

What everyone needs to know about divorce.

Start the New Year off with a plan. Empower yourself with knowledge! Join us for our Second Saturday Divorce Workshop and get the information, support and guidance from a family law attorney, a financial advisor, an estate planning attorney, and a family therapist (speakers vary for each workshop).

| | | |
|---------------|---|---|
| Date: | Saturday, February 9, 2019 Saturday, March 9, 2019 Saturday, APRIL 13, 2019 | No Fee Pre-registration recommended as space is limited. |
| Time: | 9:00-9:30a.m.-Registration 9:30-1:00 p.m.-Workshop | Online Registration www.secondsaturdaynova.com |
| Place: | Duff & Kronfeld, P.C. Fair Oaks Commerce Center 11320 Random Hills Road/Suite 630 Fairfax, VA 22030 | Email: nduff@secondsaturdaynova.com Call: (703) 591-7475 |

Support. Information. Hope.
You've come to the right place!



Give your money a raise

Make your money work harder by earning higher interest rates.

Talk to a banker for more details. Offer expires March 22, 2019.

Platinum Savings Account

2.10% Annual Percentage Yield
for 12 months¹

Enjoy a special interest rate for 12 months with new money deposits of at least \$25,000 and a minimum daily account balance of \$25,000 or more.

Fixed Rate CD

2.60% Annual Percentage Yield for 11 months¹

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. *Portfolio by Wells Fargo*® customers are eligible to receive an additional interest rate bonus on these accounts.³

1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer **only** and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

Investment and Insurance Products:

| | | |
|--|----------------|---|
| Are not insured by FDIC or any Federal Government Agency | May Lose Value | Are not a Deposits of or Guaranteed by a Bank |
|--|----------------|---|

© 2019 Wells Fargo Bank, N.A. All rights reserved.
Deposit products offered by Wells Fargo Bank, N.A. Member FDIC.
NMLSR ID 399801

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

ONGOING

Workhouse Student-Faculty Exhibition. Through Feb. 10 at Workhouse Arts Center, 9518 Workhouse Way, Lorton. The Workhouse Arts Center Student and Faculty Exhibition will survey works from course instructors, faculty and their students. Explore paintings, drawings, glass works, clay works and fiber art created in Workhouse's classes and workshops. Call 703-584-2900 or visit workhousearts.org.

Art Exhibit: Amazing Art Jam. Through Feb. 24, gallery hours at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Curated by Ackshun Jackson, the show will feature works in various mediums including interactive, sculpture, murals, paintings and works on paper from over 40 regional artists. Visit www.workhousearts.org/event/amazing-art-jam for more.

Winter Golf. Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered ranges at Burke Lake Golf Center and the newly renovated Oak Marr Golf Complex. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Or try the indoor studio at Pinecrest Golf Course's Valis Family Golf Learning Center. Visit www.fairfaxcounty.gov/parks/golf.

Fine Arts Enrichment Camps. The Youth Arts Camp & Education Outreach (ages 13-17) programs at the Workhouse provide rich experiences in fine arts year-round. Campers work alongside professional artists and professional educators to excel in different mediums, learning various techniques, and creating quality artwork with every visit. Find upcoming camps at reservations.workhousearts.org.

FRIDAY/FEB. 8

Gunston Hall Game Night. 6-9 p.m. at Gunston Hall, 10709 Gunston Road, Mason Neck. Gunston Hall is opening its doors after-hours to welcome game enthusiasts to immerse themselves in a variety of 18th-century card, board, and dice games. \$35 registration includes beverages and heavy hors d'oeuvres, including some items made from 18th-century recipes. Visit www.gunstonhall.org for more.

FRIDAY-SATURDAY/FEB. 8-9

Small Plates Choreography Festival. 8 p.m. at Building W-3 (Theatre), Workhouse Arts Center, 9518 Workhouse Way, Lorton. Small Plates creates a growth environment by holding guided Q&A feedback sessions with the audience after each performance. The Friday performance will feature pre-professional dance created by student choreographers, or by professional choreographers performed by students. Saturday's performance will mainly feature professional artists with limited space for pre-professional work. \$15-\$20. Call 703-584-2900 or visit workhousearts.org.

SATURDAY/FEB. 9

Animal Sweetheart's Dance. 2-4 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Dance, laugh, and learn at the social

Sparkling Wit, Magical Love Potion

Virginia Opera brings 'The Elixir of Love' to the Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

Time for some lightening up courtesy of the Virginia Opera. The comic opera "The Elixir of Love" by Gaetano Donizetti will be bringing a plentitude of remedies for the February cold. "Elixir" is an operatic romantic comedy about the pursuit of love with help from a very special tonic.

Donizetti's charming "The Elixir of Love" is performed in the bel canto opera style in which expressive voices transport the audience into a bubbly, vibrant tale of comedic misunderstandings and endearing characters.

What is "The Elixir of Love" about? It is centered upon a shy peasant named Nemorino who is secretly enthralled with a rather feisty socialite Adina. Alas, Adina has her eyes on a dashing military man, Sergeant Belcore. Nemorino decides a love potion is his best hope to win over Adina. He uses his paltry savings to purchase a special potion from a very skillful traveling salesman named Dulcamara.

Nemorino is convinced the potion is magical and will make Adina fall in love with him. But, will the elixir help love find its way? Will the path to love be simple?

Directed by Kyle Lang, "The Elixir of Love" features sumptuous arias, beautiful musical melodies and scenes with rapid-fire comic pattern. Adam Turner, Virginia Opera's artistic director will conduct the Donizetti score. The opera features one of the more celebrated tenor arias, "Una furtiva lagrima." ("a furtive tear"). In the song Nemorino vividly recalls a tear on his beloved Adina's cheek; he convinces himself that she loves him.

The cast features Cecilia Violetta López named a rising star by "Opera News" as Adina. Recent



PHOTO BY BEN SCHILL PHOTOGRAPHY

Cecilia Violetta Lopez as Adina and Carlos Enrique Santelli as Nemorino in Virginia Opera's "The Elixir of Love."

winner of the 2018 Metropolitan Opera National Council Auditions, tenor Carlos Enrique Santelli makes his Virginia Opera mainstage debut appearing as lovelorn Nemorino. Bass-baritone Matthew Burns is Dulcamar the animated purveyor of the magical love potions. Corey Crider sings the role of the dashing military man Belcore.

In an interview, Burns, originally from Richmond and a graduate of Virginia Commonwealth University, discussed his character of Dulcamar as not unlike a traveling salesman selling "the virtues of a dark looking drink as a cure to fix anything." When singing rapid fire comic songs his character Dulcamar is like "a modern day rapper, able to rattle off lyrics and names in quick seconds."

"The Elixir of Love," is one of the most performed operas worldwide. Visit the Virginia Opera production to enjoy its happy endings.

Virginia Opera presents "The Elixir of Love" at the George Mason University, Center for the Arts, 4400 University Drive, Fairfax. Performances: Saturday, Feb 16, 2019 at 8 p.m. and Sunday, Feb 17, 2019 at 2 p.m. Tickets: \$110, \$90, \$54. Call 888-945-2468, or visit www.cfa.gmu.edu. Note: Sung in Italian with English subtitles. A pre-performance discussion featuring "Dr. Opera," Glenn Winters begins 45 minutes prior to the performance.

event of the winter season. Space limited, register online (tinyurl.com/y9nz9q48) or call 703-451-9588 to save a spot. \$9. Email casey.riley@fairfaxcounty.gov or call 703-451-9588 for more.

Lorton Community Blood Drive.

3:30-7:30 p.m. at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Register online to donate. The INOVA Donation Bus which will be located right outside Workhouse Building W-16. After donating, stay for the monthly, free Second Saturday Art Walk, with the chance to meet nearly 100 Workhouse artists. Make an appointment at tinyurl.com/y7q7samt.

Create + Sip: Recreating Escher.

4-6 p.m. at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Monthly afternoons of wine and fun offer more than just painting. Each Create + Sip is taught by one of Workhouse's studio artists, offering techniques, plus fiber, glass and clay. With Workhouse artist Wendy Anderson, explore the unique world of tessellation via its modern master, M.C. Escher. Tessellations will be created on wooden art palettes with paint. \$35. Visit insidenovatix.com/events/create-sip

recreating-escher for tickets.

Chili Cook Off and Bingo Night. 6-9 p.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Ann Mason Guild of Pohick Church will hold their annual Chili Cook Off and Bingo event. Tickets are \$10 per person (without a chili entry) and \$5 per person (with chili entry). Children 10 and under are free. Hot dogs will also be available. Contact: Wendy Remaly at wendy.remaly@gmail.com or Angela Edgemon at Aedge619@aol.com, or call 703-339-6572 or visit www.pohick.org.

SUNDAY/FEB. 10

T-TRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold a N gauge Model Train Display. 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.

Handbell Dessert Concert. 3 and 6 p.m. at St. Matthews United Methodist Church, 8617 Little River Turnpike, Annandale. Be serenaded

by handbell choirs at their fundraising event while enjoying dessert at a candle lit table. Adults, \$15; ages 7-17, \$12; age 6 and under, \$8. Tickets at Shawn.Guth@verizon.net. Email mb.brooke@verizon.net for more.

SATURDAY/FEB. 16

"One Woman, One Vote." 10 a.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. All are welcome to the showing of the PBS video "One Woman, One Vote." The film documents the 70-year battle for women's suffrage in the United States, culminating in the passage of the 19th Amendment to the Constitution. The film, narrated by Susan Sarandon, is part of the general meeting of the Springfield-Annandale branch of the American Association of University Women. Contact Irene McGhee at 703-628-4048.

Valentine's Day Banquet. 6:30-11 p.m. at Waterford Receptions at Springfield, 6715 Commerce St., Springfield. The Family Ministry of the Greater Little Zion Baptist Church in Fairfax is sponsoring their Annual

Valentine's Day Banquet. All couples and singles are invited to fellowship and to enjoy an evening of fine dining, music, dancing and featured entertainment. \$60 per person (payment deadline is Feb. 10). Contact Anthony or Terri Bazemore at 703-239-9111.

Country-Western Dance. Lessons, 6-7 p.m.; open dancing 7-9:30 p.m. at Accotink Universalist Unitarian Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org.

Art for the Heart. 7-10:30 p.m. in the Parish Hall at Church of the Nativity, 2400 Nativity Lane, Burke. The Knights of Columbus Fr. Sikora Council 7992 is holding their Annual Art Auction. Join in a festive evening of viewing and bidding on a variety of fine art, memorabilia, and collectibles while enjoying complementary wine and specialty hors d'oeuvres prepared by A Bit More Catering. \$15 per person. For tickets contact Tom Savage at 512-983-5641 or tomkc7992@gmail.com.

SUNDAY/FEB. 17

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 Display at the Fairfax Station Railroad Museum. 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/FEB. 19

Serve Up Dinner for the Animals. 4:30-5:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. It may not be everyone's idea of dinner, but worms and insects are considered fine dining for the nature center's exhibit animals. Help a naturalist care for and feed the animals. Ages 3-adult. \$6 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond for more.

SATURDAY/FEB. 23

Orienteering Workshop. 10 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Put down the GPS and get around the old-fashioned way. Orienteering is the sport of navigation with map and compass. It's easy to learn but always presents challenges. Participants in this program will learn how to use a compass, read a topographic map and navigate orienteering courses. A compass is required. Designed for participants age 8-adult. \$31 per person. Call 703-323-6600 or visit fairfaxcounty.gov/parks/burke-lake.

Reception: Amazing Art Jam. 7-11 p.m. at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Curated by Ackshun Jackson, the show will feature works in various mediums including interactive, sculpture, murals, paintings and works on paper from over 40 regional artists. Visit www.workhousearts.org/event/amazing-art-jam for more.

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.

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

VOLUNTEERS WANTED

Interested in local Civil War or Railroad History? Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The

Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email volunteers@fairfax-station.org or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

The Shepherd's Center of Fairfax-Burke needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within

the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at recruiter@scfbva.org or call 703-323-4788.

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is

SEE BULLETIN, PAGE 11

CALENDAR

| | | | | | |
|----|----|----|----|----|----|
| | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | |

Let us know about an upcoming event

connectionnewspapers.com/Calendar

Enjoy those kisses early and make it Valentine's Week!

Place your order for Mon. Feb 11th or Tues. Feb 12th and receive \$5 off delivery or a free balloon.

flowers 'n' ferns
www.flowersnferns.com

9562 Old Keene Mill Rd., Burke • **703-455-3100**

--- NYT CRITICS PICK ---
"UNEQUIVOCALLY THRILLING."
-THE NEW YORK TIMES

BIG APPLE CIRCUS

GET TICKETS!

EXTRAORDINARY NEW SHOW!
FEBRUARY 14 - MARCH 24
NATIONAL HARBOR
BIGAPPLECIRCUS.COM

Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

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

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Free Estimates 703-214-8384

Visit our website: www.twopoorteachers.com

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

Hadeed, The People You've Trusted for Over 82 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.

OUR BEST OFFER EVER!

In Plant Rug Cleaning

FOR EVERY 2 RUGS CLEANED GET THE 3RD RUG CLEANED FREE!

3 Rugs = 1 Cleaned FREE! • 6 Rugs = 2 Cleaned FREE! • 9 Rugs = 3 Cleaned FREE! On & On

*Hurry! Offer Expires 2/10/19. Valid on Express or Signature Rug Cleaning Services. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

| | |
|--|----------------|
| IN-PLANT RUG RESTORATION Expires 2/10/19. Not valid w/any other offers. | 10% off |
| WALL-TO-WALL CARPET STEAM CLEANING OR HARDWOOD FLOOR CLEANING & POLISHING Expires 2/10/19. Not valid w/any other offers. | 20% off |

HADEED SINCE 1929

FREE PICKUP & DELIVERY!

Oriental Rug Cleaning & In-Home Services

| | | | | |
|-----------------------------------|------------------------------|------------------------------------|---------------------------------------|-------------------------------------|
| 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 |
|-----------------------------------|------------------------------|------------------------------------|---------------------------------------|-------------------------------------|

Grand Opening! » 330 North Stonestreet Ave., Suite A, Rockville, MD

703-836-1111 | JoeHadeed.com

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

COMMUNITIES OF WORSHIP

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

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER. CALL BY MONDAY 11:00 AM 703-778-9411

| 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</p> <p>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>Find us on Facebook and become a fan!</p> <p>www.Facebook.com/connectionnewspapers</p> <p>THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com</p> | |

Announcements

OUTER BANKS, NC - VACATION RENTALS

Over 500 vacation homes from S. Nags Head to Corolla's 4x4!

Brindley Beach
VACATIONS & SALES

877-642-3224
www.brindleybeach.com

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

www.ConnectionNewspapers.com/PDFs

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**

NEWS

Rolling Road Plan: On VDOT's Powerpoint, there are plans at the intersection for a traffic signal and crosswalks.



Intersection in Need of Improvements

FROM PAGE 5

is looking at widening Rolling Road and according to the presentation they gave the area residents in February 2018, this intersection will be rebuilt with a traffic signal and crosswalks. The \$56.1 million Rolling Road project is scheduled to start in 2019 and will be done in two phases. Construction on Phase I will begin in fall 2019, and focus on the Old Keene Mill Road intersection.

The Greeley Blvd.-Rolling Road intersection will be in Phase II, which "includes widening Rolling Road from two to four lanes between Viola Street and Old Keene Mill Road, signal upgrades, pedestrian and bike facilities and improvements to access

management," VDOT information stated. The whole project is scheduled to be completed in 2024. Herrity is trying to speed up the process and knows the challenges with Rolling Road in that area. "There's a short sight distance, we're straightening out the curve," he said.

The Erskine's have been to the VDOT meetings and know the plan for this intersection, but any action that will possibly alleviate the accidents is years away. They've seen the police on site, monitoring traffic and giving out tickets but it doesn't seem to be helping. "People are impatient," said Bob Erskine, and try to pass when cars are turning onto Greeley and there's no room to pass on the shoulders. "I've even been hit there," he said.

Patriot Harley-Davidson Donates \$2,500 to the Lamb Center

Patriot Harley-Davidson recently donated \$2,500 to the Lamb Center as part of Sheehy Auto Stores' Annual Giving Program for 2018, whereby \$135,000 was given to charities throughout communities in Washington, D.C., Baltimore, Md. and Richmond, Va. Pictured, from left, are Jon Torretta, Operations Manager for Patriot Harley-Davidson; Evan Reyle, Lamb Center;



Kevin Hardy, Marketing Manager, Patriot Harley-Davidson. The Lamb Center helps the homeless by providing care, food, clothing and educational training so they can gain employment and get back on their feet.

BULLETIN

FROM PAGE 9

beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

TUESDAYS THROUGH FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

THURSDAY/FEB. 7

Public Hearing on E-Bikes on Park Trails. 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, 9751 Ox Road, Lorton. A public hearing will be held on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. Draft guidelines for the use of e-bikes within Fairfax and NOVA Parks' will be presented. Visit www.fairfaxcounty.gov/parks/e-bikes for more.

FRIDAY/FEB. 8

"Why Won't My Child Go to School?" 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Dr. Lisa Batemen, of Neuroscience, Inc., presents this workshop sharing information on school refusal. Highlights include symptoms of school refusal, including behavioral symptoms, and patterns of behavior. Batemen will also share information on the differences between school refusal and truancy, causes of school refusal, strategies for parents and resources to help support students. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

SATURDAY/FEB. 9

Fairfax County NAACP Meeting. 10 a.m.-noon at West Springfield Government Center, 6140 Rolling Road, West Springfield. Join Fairfax County NAACP for their monthly meeting to review and discuss their 2019 Advocacy Agenda. The Youth Council will also host a food drive for the Capital Area Food Bank. Light refreshments will be served. RSVP at www.eventbrite.com/e/2019-agenda-presentation-and-meeting-tickets-55144018243. Visit www.fairfaxnaacp.org/ for more.

Hannah P. Clark Open House. Noon-3 p.m. at the historic Hannah P. Clark (Enyedi) property located at 10605 Furnace Road, Lorton. The Resident Curator Program provides the opportunity for individuals, non-profit and for-profit organizations to secure long-term lease agreements in beautiful public park settings such as Hannah P. Clark (Enyedi) in Fairfax County. The curator leases are without charge in exchange for a financial commitment towards approved rehabilitation of the Park Authority's underutilized historic properties. Visit online www.fairfaxcounty.gov/parks/resident-curator-program or contact Stephanie Langton at 703-324-8791.

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

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

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins **703-802-0483** free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

A&S Landscaping

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

703-863-7465

LICENSED

Serving All of N. Virginia



RN. CONTRACTORS, INC.

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

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: **703-887-3827**

E-mail: rncontractorsinc@gmail.com
www.rncontractors.com



LANDSCAPING

LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987

703-772-0500

J.E.S. Services

Free Estimates • Fully Licensed & Insured

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

All work Guaranteed

TILE / MARBLE

TILE / MARBLE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Fall Cleanup...



Tree removal, topping & pruning,
shrubby 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**



Sign up for

**FREE DIGITAL
SUBSCRIPTION**

to any or all of our 15 papers

WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



ATTENTION ADVERTISERS:

expand your
audience beyond
our weekly print
edition with

**THE
CONNECTION
DIGITAL**

- Email Marketing
- Social Media
- Sponsored Content

FOR MORE INFORMATION

CALL **703.778.9431**

OR VISIT

CONNECTIONNEWSPAPERS.COM/ADVERTISING



Find us on Facebook
and become a fan!

[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**THE
CONNECTION**

Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

My Own Sort of Groundhog Day



By KENNETH B. LOURIE

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing.

Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned.

And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was.

He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R.

Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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



BEST
WASHINGTONIAN
2018

Hermendorfer Associates
Top 1% of Agents Nationally



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



Clifton/Redlac Forest - \$975,000

Charming, custom Colonial on quiet cul de sac w/ authentic pine wood floors, 9' ceilings, metal roof, and detached garage w/ finished space above! Expert landscaping, flagstone patio and fish pond, too! Robinson HS.

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 • 703-503-1881



Real Estate Goals?

CALL ME TODAY
TO SEE HOW I CAN HELP.

703-509-3888

KAREN SCHIRO
BEAUTIFUL HOMES



For More Information: www.KeepCalmWithKaren.com

BEST
WASHINGTONIAN
2018



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



COMING SOON

Fairfax COMING SOON \$315,000
Fantastic condo right in the heart of everything! Over 1,120 sqft of beautifully updated living space. 2 master bedrooms with private baths. Updated kitchen. Main level condo with no stairs to climb. Walk to shopping and restaurants. Plus only 1/2 mile to Fair Oaks Mall and Costco or Fair Lakes! Easy access to Routes 66, Fairfax County Parkway and Vienna Metro. Perfect for a first time home buyer or even someone looking to downsize. Call Judy for information today!



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



Alexandria The Greenhouse \$339,900

Rarely available 3BR/2BA (1500+ sqft) unit w/2 gar spaces. Overlooks scenic courtyard. Expansive MBR w/3 closets & full bath. Freshly painted & brand new carpet. Dual HVAC. Extra storage. Community pool, tennis, gardens, gazebo & more. All utilities included in condo fee. Super convenient location. Bus stop at door. Close to Van Dorn Metro, shopping, major routes, Pentagon, airport and DC. Call Ki Hatch @ 571-214-1870



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@longandfoster.com
703.503.1860



Fairfax 22032 "Coming Soon" Mid-February
Great Location: close to VRE, Shopping, Metrobus stop. Beautiful and Spacious home with Great Features!

Ready for a Happy New Owner
Call Kay for more details 703-217-8444



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

JA
JOHN ASTORINO & ASSOCIATES

We Sell Townhouses at the Highest Price and Fast!



Fairfax • Sold in 1 Day Above List with 6 Offers!



Springfield • Sold in 1 Day with 3 Offers!



Previously Listed with another Agent • Sold in 7 Days at List!



W. Springfield • Sold in 3 Days Above List with 6 Offers!

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



Providence Village Townhouse/Condo
Totally Renovated | 3 Bedrooms | 2 1/2 Baths



335 Lancaster Square
Sterling, VA
Sold for **\$274,000**
Thinking of Selling?
Beat the Spring Market Competition!
Call me today. You may be delighted to learn what your home is worth!

LONG & FOSTER REAL ESTATE

CHRISTIE'S INTERNATIONAL REAL ESTATE



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



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.

Fairfax Station \$799,900
Architecturally design Contemporary nestled on richly wooded 5.75 lot. Award winning landscaped

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@longandfoster.com

Haymarket/Dominion Valley Country Club - \$1,100,000



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



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

