

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

HomeLifeStyle

PAGE 7

Girls on the Run of Northern Virginia is celebrating its 20th year of empowering girls to be confident, healthy and strong.

Change in the Landscape
NEWS, PAGE 3

Legislators Reflect on the
Week One of the Session

VIEWPOINTS, PAGE 4

Girls on the
Run Celebrates
20 Years

NEWS, PAGE 9



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.

THURSDAY/JAN. 30

Chairman McKay's Reception. 5-7 p.m. At the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Join the new Chairman of the Fairfax County Board of Supervisors, Jeff McKay, for the annual New Year Reception. Bring food donations for Stuff the Bus and pet supplies for the Fairfax County Animal Shelter.

NOVEC SCHOLARSHIPS

Northern Virginia Electric Cooperative and the Virginia, Maryland & Delaware Association of Electric Cooperatives are offering higher-education scholarships to public, private, and home-schooled high school seniors whose families receive electricity from electric cooperatives. Online applications at novec.com for NOVEC's scholarships are due Sunday, March 15, 2020. VMDAEC applications are due Friday, Feb. 28, 2020. Students may apply to both organizations. The NOVEC Scholarship Program will award \$1,500 college scholarships to 11 qualified graduating public high school students in NOVEC's service

territory in Fairfax, Fauquier, Loudoun, Prince William and Stafford counties, and the City of Manassas Park. In addition, the overall outstanding student will receive the \$1,500 J. Manley Garber Scholarship, for a total of \$3,000 in college assistance. For more information about the NOVEC Scholarship Program, contact Ashley Arnold at scholarships@novec.com.

GROW AND PLANT UNDERWATER GRASSES

Volunteers are needed across Virginia to restore native underwater grasses by growing them at home, school, or work through the Chesapeake Bay Foundation's Grasses for the Masses program. These wild celery grasses grow underwater in Virginia's tidal

rivers and offer many benefits for both wildlife and clean water. While submerged grasses in Virginia have been seriously depleted by pollution, they are beginning to make a comeback.

To participate, volunteers must attend one of several upcoming workshops in the area. Volunteers then grow grasses from seed in trays submerged in the provided tubs. They nurture these grass sprouts until late spring, when they will transplant their grasses to restoration sites in the James, Rappahannock, Chickahominy, and Potomac rivers. Advance registration is required. Participants will receive a self-contained indoor growing kit, seeds, and instructions at any of the

following workshops:

- In Northern Virginia, on Jan. 22 at Daniels Run Elementary School in Fairfax and on Feb. 2 and Feb. 8 at Alexandria ReNew Enterprises; there is a \$40 fee per grass growing kit. Visit www.cbf.org/grassesworkshops.

Britepaths Seeking Volunteers

Fairfax-based nonprofit Britepaths is seeking volunteers to sponsor families in need who live throughout the Fairfax County area. Sponsors are matched with

SEE BULLETIN, PAGE 11

COMMUNITIES OF WORSHIP



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



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



**TELL US
WHAT
YOU
THINK**

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

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

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

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



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com

Change in the Landscape

BY MERCIA HOBSON
THE CONNECTION

When the Virginia General Assembly reconvened for the 60-day 2020 Session, the week opened with a series of firsts. The first time since 1993, Democrats took the reins with a trifecta: In the 2019 election, they garnered decisive majorities in the House of Delegates and state Senate, with a Democratic governor.

Women rose to power in numbers and leadership positions. Gov. Ralph Northam announced the new 'Virginia 2020 Plan', and with it said, "The landscape has changed."

For the first time in a long time, Republicans could not stop the Democrats from advancing landmark legislation such as the Equal Rights Amendment, gun policies and climate control measures. Democratic legislators, many from the Fairfax County delegation filed bills and resolutions, rallying in support of the 2020 Plan.

TUESDAY, JAN. 7 - With Speaker-designee Eileen Filler-Corn (D- 41), incoming Senate Majority Leader, Richard L. Saslaw (D-35), incoming House Majority Leader Charniele Herring (D-46), and incoming Senate Caucus Chair Mamie Locke (D-2) standing by, Northam talked about his 'Virginia 2020 Plan.' "It's more forward-looking," he said.

The 11-Point Plan includes: pass the ERA; restore women's reproductive rights; ban discrimination in housing and employment; raise the minimum wage; make voting easier with no-excuse early voting and make Election Day a state holiday; reform crimi-

nal justice by ceasing suspending driver's licenses for unpaid fines; advance common-sense gun safety measures, universal background checks, "Red Flag" laws, restore one gun a month limits; fight climate change; protect natural resources; increase education funding including free community college for low- and middle-income and people going into high-demand fields with in-state tuition for DREAMers; and expand transit and broadband.

Incoming Senate Majority Leader Saslaw (D-35) said they were going to be sure that Virginia became a better place to work and do business.

Speaker-designee Filler-Corn added: "We intend to protect Virginia's greatest assets."

WEDNESDAY, JAN. 8 - The Virginia General Assembly officially reconvened. Outside the capitol building, demonstrators aired their concerns — ERA, gun reform, climate change, and more.

Inside, shortly after 1 p.m., applause welcomed Del. Filler-Corn as she entered the House floor before being sworn in as House Speaker by Virginia Supreme Court Chief Justice Donald W. Lemons. House Speaker Filler-Corn became the first woman and first Jewish person to hold the office.

"This session brings many firsts. We will have the first women of color to lead committees and have a historically diverse group of committee chairs and vice-chairs. And these leaders are Members of the most diverse House of Delegates in Virginia history. This House is not only diverse in terms of race or gender. The Members of this House represent a wide range of experience, thought, orientation, religion and backgrounds... The people demanded we act on

401st VA General Assembly reconvenes with a tsunami of filed legislation.



PHOTO CONTRIBUTED

Lawmakers elected Eileen Filler-Corn as the 56th Speaker of the Virginia House of Delegates and the first woman to hold the role in the 401-year history of the body. "We were the country's first legislature, and I strongly believe that Virginia can lead — by showing the country the rewards that collaboration can bring," Speaker Eileen Filler-Corn said in her address.

many areas where Virginia has lagged behind. This House will pass the Equal Rights Amendment. And we will address discrimination in our laws. We will take common sense measures to prevent gun violence and keep Virginians safe. And, we will address the threat that climate change poses to our entire Commonwealth, especially our coastal communities."

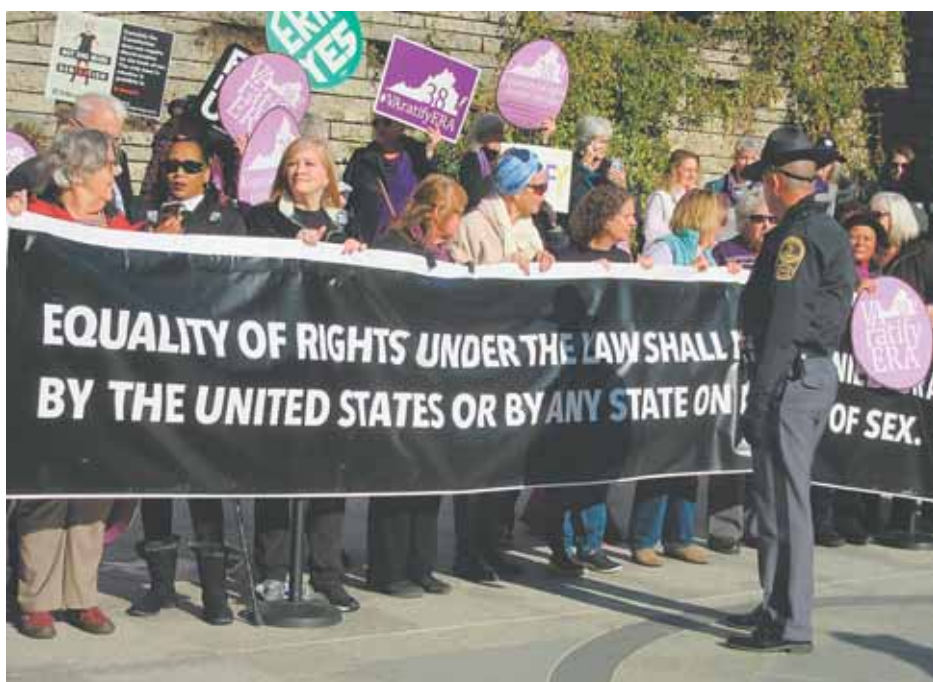
Del. David Bulova (D-37), later said, "I couldn't be more proud of my colleague Eileen Filler-Corn, who my wife and I have called friend for more than 20 years."

That evening, Gov. Northam, 73rd Governor of Virginia, delivered the annual State of the Commonwealth address. He highlighted accomplishments and shared his vision to continue building a "stronger, fairer, and more equitable Virginia." he said.

Afterward, Sen. Dick Saslaw (D-35) tweeted, "This evening, @GovernorVA delivered a resounding message that the state of our Commonwealth is strong! VA is a better place to live and work for so many people. I look forward to the progress the Senate can deliver working with Gov. Northam over the coming months."

Attorney General of the Commonwealth of Virginia Del. Mark Herring tweeted, "I'll be pushing to Decriminalize marijuana Resolve past convictions Move toward legal adult use Pass the ERA Pass common-sense gun safety laws Address the rise in white supremacist violence Stop predatory lending Let's go."

FRIDAY, JAN. 10 - By early morning, the Virginia Legislative Information System posted 2,574 bills and resolutions filed by delegates and senators for the 2020 Session.



Advocating for Equal Rights

On Jan. 9, 2020, advocates for the Equal Rights Amendment to the U.S. Constitution rallied in Richmond at the entrance to the state capitol as legislators entered to convene on the first day of the 2020 session. Many observers believe that the General Assembly will pass it this year, which would make Virginia the 38th and last state needed for ratification.



PHOTOS BY GLENDA C. BOOTH

OPINION

VIEWPOINTS

Legislators Reflect on the First Days of the 2020 Session

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Del. David Bulova (D-37) introduced HB 1012

Early childhood care and education; establishment of system, licensure. “A child’s earliest experiences - and particularly those in the critical years between birth and age five - have lifelong impacts on their likelihood of success. However, according to statistics from the Virginia Department of Education, 40 percent of students entering kindergarten lack the key literacy, math and social emotional skills that predict success. Further, only 25 percent of Virginia’s early childhood programs that receive public funding participate in the state’s voluntary quality measurement system. I am pleased to be carrying House Bill 1012 on behalf of the Governor, which directs the Board of Education to consolidate and simplify Virginia’s early childhood education programs and create a uniform quality rating system for programs that accept public funding. This will improve quality, foster continuous improvement, and help parents better understand their options. As the parent of three children, this is very important to me. I have personally witnessed the difference that a quality pre-school program has made on my children.”



Sen. Jennifer Boysko (D-33):

My top priority is recovering the local funding for our regional transportation. Today (*Monday - Jan. 13), I cast my first votes on the Senate Judiciary Committee and was able to vote for four life-saving bills to prevent gun violence: universal background checks, giving municipalities local control about allowing firearms in government buildings, a red flag law and restricting gun purchases to one gun a month. Last week I cast my first vote on the Senate Privilege and Elections Committee to make Virginia the 38th state to Ratify the ERA.



Del. Ibraheem Samirah (D-86)-

introduced *HB 152 Middle housing allowed on lots zoned for single-family use.* “Middle housing is defined as two-family residential units, including duplexes, townhouses, cottages, and any similar structure. Such structures shall not require a special use permit or be subjected to any other local requirements beyond those imposed upon other authorized residential uses.” Samirah said, “Across the country, there is a shortage of affordable units that is putting a squeeze on working families and contributing to rises in rents for existing units...I will certainly get pushback for this”



Del. Mark Keam (D-35)

HB 572 Distributed renewable energy; promotes the establishment thereof. Del. Keam said, “This bill would free up the solar market, not only for local governments... but also for residents, businesses, schools, institutions and non-profits that want to install solar for their own use... (It would) remove the rule that limits customers to installing only as big an array as would have served their needs in the past year ... Today, residential customers are penalized with so-called “standby charges” if they install more than 10 kilowatts of solar (enough for a larger home, or a modest home with electric vehicles) ... Many Virginians do not have access to solar at all, especially if they live in rental apartments or condominiums, because the building owners are not allowed to install solar panels and sell the output to tenants. My bill would make this legal.”



ASSEMBLY - WEEK ONE

Highlights of Some of the Bills Proposed

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Sen. J. Chapman Peterson (D-34) introduced *SB 26 Plastic bags; tax in the Chesapeake Bay Watershed* which imposes a five-cent per bag tax on plastic bags provided to customers by certain retailers in localities located wholly within the Chesapeake Bay Watershed and directs revenues to be used to support the Chesapeake Bay Watershed Implementation Plan.



Sen. Scott Surovell (D-36) introduced *SB 436 Establishment of the Virginia Voluntary Do Not Sell Firearms List; penalty.* The bill creates the Virginia Voluntary Do Not Sell Firearms List (the List) that prohibits the possession, transportation and sale of firearms to any person who voluntarily registers himself to be enrolled into the List.



Del. Karrie Delaney (D-67) introduced *HB 547 Virginia Energy and Economy Transition Council; established, report.* The bill establishes the Virginia Energy and Economy Transition Council, consisting of 28 members, to develop plans to assist the Commonwealth in transitioning from the use of fossil fuel energy to renewable energy by 2050



Del. Paul Krizek (D-44) introduced *HB 15 Public school buses seat belts.* The bill requires the Board of Education to make regulations to require each new public school bus purchased for the transportation of students to be equipped with a seat belt consisting of a lap belt and shoulder strap or harness in every seat. He also introduced *HB 16 Safety belt system; all occupants of motor vehicles to utilize.*



Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, libel, grammar, civility, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com
On Line: www.connectionnewspapers.com/contact/letter

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
debfunc@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

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

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



NEWS

Eagle Scout Projects at the Fairfax Station Railroad Museum

Two Eagle Scout projects were completed at the end of 2019 at the Fairfax Station Railroad Museum. Greg Arpin of Troop 1137 (Centreville) and Patrick Comer of Troop 995 (Springfield) led separate projects to improve the museum's nature walk area.

Greg and his fellow Scouts extended the hard surfaced path deeper into the station's wooded areas while Patrick and his troop's Scouts constructed a water conservation and drainage system that helps preserve existing trails and natural runoff. Jack Migliaccio, President of The Friends of the Fairfax Station commented, "We have benefitted in so many ways over the years from Scout projects. We are truly grateful."

The Museum is located at 11200 Fairfax Station Road in Fairfax Station. www.fairfax-station.org, www.facebook.com/FFXSRR, 703-425-9225.

Greg Arpin (front, center) and members of the troop.



Patrick Comer (third from right) and members of the troop.



PHOTOS COURTESY OF THE FRIENDS OF THE FAIRFAX STATION

FCPS Students Get One Day for Civic Engagement

Beginning Jan. 21, 2020 FCPS students in grades 7-12 will be allowed one partial school day absence each school year to participate in civic engagement activities.

"Historically, students in Fairfax County, with its proximity to the nation's capital, have been engaged in civic activities. Civic engagement is something that is emphasized in our government classes and the new regulation recognizes that our students are offered multiple opportunities to participate because of our location," said FCPS School Board Chair Karen Corbett Sanders.

Under the revised regulation, students and parents must complete the appropriate prearranged absence form and include documented evidence of participation in an organized event or activity. Parents or guardians must authorize student participation and are responsible for their students' participation. Other than those activities required by FCPS course curriculum, civic engagement activities are optional. As such, civic engagement activities are not supervised by FCPS staff.

Civic engagement could include a wide variety of activities, including meetings with elected officials, volunteering for a campaign or participating in other activities within the community.

"The new regulation makes sense for our students as they can learn firsthand about the important role each of us can have in our communities," said Corbett Sanders.

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

Adopt Donate Volunteer

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



lostdogandcatrescue.org



Your "Nicely Done" Kitchen or Bath is Right Around the Corner!
A "One-Stop Shop" That Goes Above and Beyond Your Imagination



Find us on Houzz,
Facebook, & Angie's List!



NICELY DONE
Kitchens and Baths

Kings's Park Shopping Center
8934 Burke Lake Road, Springfield VA 22151
703-764-3748 www.nicelydonekitchens.com





PHOTOS COURTESY OF FAIRFAX COUNTY

Previously installed solar panels at Franklin Sherman Elementary School, McLean. (Illustrative purposes only)

Environmental Benefits and Lower Electric Costs

Fairfax County awards solar power purchase agreement contracts.

BY MERCIA HOBSON
THE CONNECTION

After Fairfax County's June 2019 release of a request for proposals for roof-mounted and canopy/carport-mounted solar installations at 113 sites, and following its evaluation of the proposals and negotiations, County officials announced on Dec. 10 contracts with multiple solar power purchase agreement service providers.

The County awarded contracts to three teams of solar providers. They are Sigora Solar/Standard Solar, BrightSuite, a subsidiary of Dominion Energy, /Sun Tribe Solar, and Ipsun Solar/SunLight General Capital, according to county officials. The contracts allow for the installation of solar photovoltaic arrays at Fairfax County government, school and park sites, and provide the potential for both substantial cost avoidance and environmental benefits over time.

"Fairfax County is excited to take a major step toward a more sustainable energy future," said Bryan Hill, Fairfax County Executive. "Implementing on-site solar will hopefully lower our electricity costs as we support our Board of Supervisors adopted priorities. Fairfax County is striving to promote and encourage the use of renewable energy as we reduce our carbon footprint. We are committed to making choices around energy resources that benefit the residents of Fairfax County now and in the future," he said.

According to Fairfax County, this is the

largest solar power purchase agreement initiative by a local municipality in Virginia to date. Kambiz Agazi is the director of the county office of Environmental and Energy Coordination. He said when the County asked fifteen solar companies, it included 113 potential sites as a sample to the companies showing the possible program magnitude. The County could increase the number of sites or reduce the number of sites he said, taking into consideration the impact of tree canopies, orientation, and such on solar gain for given sites.

The United States Environmental Protection Agency defines a solar power purchase agreement as: "A financial arrangement in which a third-party developer owns, operates, and maintains the photovoltaic (PV) system and a host customer agrees to site the system on its property and purchases the system's electric output from the solar services provider for a predetermined period."

SOME OF THE KEY BENEFITS to a host customer using the agreements are, according to the Environmental Protection Agency, there are no installation, management and maintenance costs; the solar power service provider is responsible. Also, the host customer avoids other traditional barriers to the installation of on-site solar systems such as complex design and permitting processes. A third benefit is that the contracts established by Fairfax County with the solar power purchase agreement vendors are rideable, said Agazi. This means neighbor-

ing jurisdictions - cities, towns, municipalities, and the like could also take advantage of the competitive rates and reduce their greenhouse gas emissions. They would be guaranteed the same with solar photovoltaic arrays installed on their government buildings, town offices and such according to Agazi. A fourth significant benefit to the host customer is the contracts include favorable electricity rates that, in most cases, are fixed for the duration of the contracts according to Agazi "They will be selling us electricity at power rate lower than incumbent electric Dominion Energy, Inc. and Dominion Virginia Energy," he said. Finally, the solar power purchase arrangements can be cash flow positive for the host customer from the day the system is commissioned. According to Fairfax County: "This initiative could potentially yield over \$60 million in electricity cost avoidance over the terms of the contracts." Agazi said the term length is 25 years.

While cost avoidance is important, solar power purchase agreement contracts offer significant environmental benefits as well. "Over the contracts' terms, approximately 1.73 million megawatt-hours of clean, renewable energy could potentially be delivered to Fairfax County facilities - an amount roughly equivalent to the electricity used by 213,680 homes in a single year. In terms of greenhouse gas reductions, the contracts have the potential to avoid the emission of more than 1.2 million metric tons of carbon dioxide equivalent or an amount comparable to the emissions of 260,155 pas-

senger vehicles over the course of one year," according to County.

IN RETURN, the solar services provider or another party acquires valuable financial benefits, such as tax credits and income generated from the sale of electricity, according to the Environmental Protection Agency.

"We're excited to be partnering with the County in a movement that's good for our students, families, and our environment," said Fairfax County Public Schools Superintendent Scott S. Brabrand. "Lower energy costs through solar power purchase agreements will enable FCPS to save millions of dollars while freeing up additional funds for classroom investments. We look forward to working with the County to expand this initiative to as many FCPS schools and facilities as possible. Our solar investment will also become an amazing learning lab for our students to reinforce the value and sustainability of solar energy," said Brabrand.

According to Fairfax County officials: "This initiative is one piece of a larger set of strategies and actions Fairfax County is undertaking to address energy and climate-related issues. With the advent of the newly established Office of Environmental and Energy Coordination (OEEC), the County is placing a renewed and concerted focus on energy use both in county facilities and in homes and businesses. The OEEC is principally responsible for the Community-wide Energy and Climate Action Plan and will engage county residents and stakeholders to devise a plan to reduce greenhouse gas emissions in the coming year."

HOME LIFE STYLE

A Classic Blue sofa is complemented by other shades of blue in this living room designed by Keira St. Claire

PHOTO BY
JOHN COLE



Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

BY MARILYN CAMPBELL
THE CONNECTION

Dependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in



PHOTO BY STACY ZARIN GOLDBERG

For this Arlington, Virginia breakfast room, designer Allie Mann incorporated Pantone’s color of the year by using Classic Blue fabric on the chairs, window seat cushion and pillows.

blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”

Thank you for choosing *Le Refuge*
as your restaurant for the past
decades. We look forward to
serving you in 2020!

Le Refuge
Restaurant

Winter Specials

- Split Pea Soup with Smoked Sausage
- Asparagus with Fresh Smoked Trout
- Beef Wellington
- Rack of Lamb
- Bouillabaisse
- Dover Sole
- Cassoulet
- Frog Legs



Find us on
Facebook

127 N. Washington St., Alexandria • 703-548-4661
Smoke-Free Restaurant
www.lerefugealexandria.com

THE CONNECTION
Newspapers & Online

Special Edition: PET Connection

Publishes:

Feb 26, 2020

Ads close:

Feb 20, 2020



The Pet Connection will
publish on February 26
and photos and stories of
your pets with you and your family
should be submitted by February 20.

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

**For Print & Digital Advertising Information:
Please Call 703.778.9431**

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

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet	• Fairfax Connection	• Oak Hill/Henderson Connection
• Arlington Connection	• Fairfax Station/Citizens/Lorton Connection	• Potomac Almanac
• Burke Connection	• Great Falls Connection	• Reston Connection
• Centre View	• McLean Connection	• Springfield Connection
• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Dulles Connection

ENTERTAINMENT

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

ONGOING

Oculus: A Place of Unseen. Now thru Feb. 2. At The Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Workhouse Arts Center presents the interactive exhibit Oculus: Of A Place Unseen featuring works of artists Elaine Buss, Edgar Endress, Michelle Repiso and Steve Wanna. The use of the word 'oculus,' most known as an eye-like form in architecture, gestures towards the enlightening narratives discovered throughout the show. Each referencing feelings of solitude and contemplation, the storylines range from institutional boundaries to societal oversights and mantra meditations. Some works are as light as silk, some as heavy as stone, but the overall space is quiet — both literally and figuratively.

All You Need is Love. Now thru Feb. 16. At Torpedo Factory Artists @ Mosaic, 2905 District Ave., #105, Fairfax. In celebration of Valentine's Day, Torpedo Factory artists are tackling one of society's most complex human emotions — Love. In its newest exhibit titled All You Need is &e, the gallery is presenting a selection of original paintings, photographs, jewelry, scarves, ceramics and more, that reflect its artists' interpretations of love. Open Wednesday thru Sunday 11 a.m. – 7 p.m.

St. James Intramural High School Basketball League. Now thru March 10. At the St. James Sports, Wellness and Entertainment Complex, 6805 Industrial Road, Springfield. The St. James invites you to participate in its Middle School Basketball League for Boys & Girls (8th to 12th grade), Jan. 10- March 10, in the new 33,000 square foot Basketball Courthouse on four high school regulation sized courts. The TSJ Intramural High School Basketball League registration fee is \$250 per player and \$600 per team. All games are officiated and statistics provided. The TSJ Intramural High School Basketball league also includes a Playoff round where top teams in the league will meet. Visit <https://www.thestjames.com/sports/basketball/sessions/8/courses/tsj-basketball-winter-team> or contact Alpha or Pele with any questions at 703-239-6841.

JAN. 16-19

Shen Yun. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Show times are Thursday, Jan. 16 at 2 p.m.; Friday, Jan. 17 at 7:30 p.m.; Saturday, Jan. 18 at 2 p.m.; Saturday, Jan. 18 at 7:30 p.m.; and Sunday, Jan. 19 at 2 p.m. Prices starting at \$80. Shen Yun's artistic vision expands theatrical experience into a multi-dimensional, inspiring journey through one of humanity's greatest treasures—the five millennia of traditional Chinese culture. This epic production immerses you in stories reaching back to the most distant past. You'll explore realms even beyond our visible world. Featuring one of the world's oldest art forms— classical Chinese dance—along with patented scenographic effects and all-original orchestral works, Shen Yun opens a portal to a civilization of enchanting beauty and enlightening wisdom.

SATURDAY/JAN. 18

Valentine's Challenge. 9 a.m. to 12 p.m.; and 1:30-4:30 p.m. At City of Fairfax Volunteer Fire Department Station 3, 4081 University Drive, Fairfax. Approximately 500 volunteers will gather for the Volunteer Fairfax Annual Valentine's Challenge. The Challenge this year is to make 6,000 valentines for children in foster care and child protective services in Fairfax County and for youth in college who have recently aged out of foster care through Foster Care to Success. Offering two shifts, Volunteer Fairfax will be accommodating 250 volunteers each, to allow many in the community to join in to support at-risk youth desperately in need of support and encouragement. Visit www.volunteerfairfax.org and click on these opportunities in the community calendar.

SUNDAY/JAN. 19

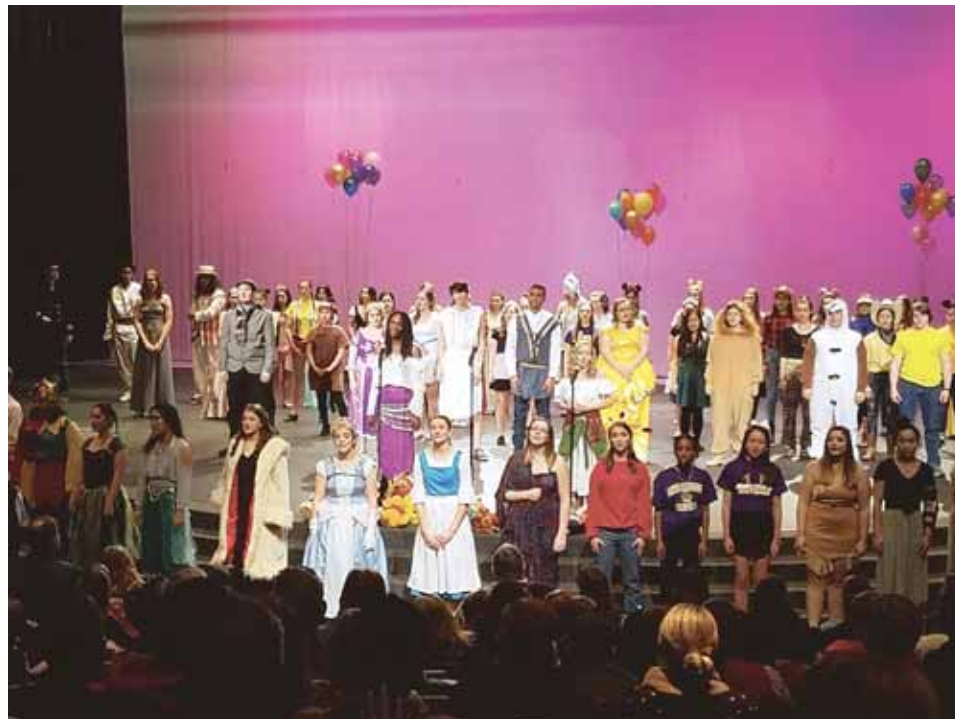
G-Scale Model Train Show. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station



The show “All You Need is Love will be held at Mosaic in Fairfax.

All You Need is Love

Now thru Feb. , At Torpedo Factory Artists @ Mosaic, 2905 District Ave., #105, Fairfax. In celebration of Valentine's Day, Torpedo Factory artists are tackling one of society's most complex human emotions — Love. In its newest exhibit titled All You Need is &e, the gallery is presenting a selection of original paintings, photographs, jewelry, scarves, ceramics and more, that reflect its artists' interpretations of love. Open Wednesday thru Sunday 11 a.m. – 7 p.m.



Lake Braddock Secondary School Chorus students perform songs and dances dressed as your favorite children's movie characters singing well-known songs.

Children's Concert

Jan. 24-25, Friday at 6 p.m.; Saturday at 12 p.m. At Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Annual Children's Concert presented by the Lake Braddock Choral department. A magical show full of well-known songs performed by your favorite characters. Children attending are encouraged to dress in costumes if they choose. Concessions will be available for purchase. Autographs and photos with characters following the performances. Cost: \$5 suggested donation or a new toy for Inova Children's Hospital. Visit the website: lbchorus.org.

Road, Fairfax. The Washington, Virginia & Maryland Garden Railway Society “WVMGRS” members will have a display running at the Fairfax Station Railroad Museum. Museum members, free; adults 13 and over, \$5; children 5-12, \$3; under 4, free. Seniors (65+ and military (active & retired), \$4. Information on the museum and shows is at www.fairfax-station.org or call 703-425-9225.

MONDAY/JAN. 20

Give Together. 9 a.m. to 3 p.m. At Pozez Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Give Together, a signature program of Volunteer Fairfax, helps to foster a legacy of volunteerism in the generations to come. The program recognizes MLK Day as a day of service bringing families together to work on projects that benefit the community. The event is free and encourages families of elementary school-age children to participate. Volunteer with your children to work on service projects benefitting the community. Together, you'll create Valentine's cards for youth in foster care, prepare cat adoption kits, assemble snack packs for food insecure children, create fleece lap blankets for veterans and more. Registration is required. Visit www.volunteerfairfax.org, click events, then click Give Together.

MLK Day of Service. In recognition of Dr. King's message of peace and empowerment, Martin Luther King, Jr. Day has been designated as a national day of service – “a day on, not a day off.” Volunteer Fairfax honors the MLK Day of Service and Dr. King's legacy locally through Give Together: A Family Volunteer Day. Volunteer Fairfax strives to foster a legacy of volunteerism in the generations to come with our Give Together event. Join your elementary school-aged children to work on service projects benefitting our community. Together, you'll create Valentine's cards for youth in foster care, prepare cat adoption kits, assemble snack packs for food-insecure children, create fleece lap blankets for veterans and more. This event is open to families with children between the ages of 5 and 12 years old. Older teens can be involved by registering as a Teen Event Volunteer. Sign up here: <https://www.volunteerfairfax.org/events/give-together-martin-luther-king-jr-day-of-service> If you have any questions, contact Hollie Gordon; hgordon@volunteerfairfax.org, 703-246-3703.

THURSDAY/JAN. 23

ESL Registration. 7-8 p.m. At Lord of Life Lutheran Church's two locations: 5114 Twinbrook Rd, Fairfax, and 13421 Twinlakes Dr., Clifton. Register for ESL classes in Fairfax or

Clifton/Centreville on Jan. 23. Classes meet Tuesdays and Thursdays, 7-9 p.m., January 28-April 2. Cost is \$40 for student text book. Visit the website: www.lordoflifeva.org

JAN. 24-25

Children's Concert. Friday at 6 p.m.; Saturday at 12 p.m. At Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Annual Children's Concert presented by the Lake Braddock Choral department. A magical show full of well-known songs performed by your favorite characters. Children attending are encouraged to dress in costumes if they choose. Concessions will be available for purchase. Autographs and photos with characters following the performances. Cost: \$5 suggested donation or a new toy for Inova Children's Hospital. Visit the website: lbchorus.org

SATURDAY/JAN. 25

Alonzo King LINES Ballet. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Since 1982, visionary choreographer Alonzo King has been redefining contemporary ballet by creating daring new works that marry the science of artistic movement with the beauty of other art forms. In his latest collaboration, Figures of Speech, King addresses the fact that languages of the world are vanishing at an alarming rate, and draws on the research of poet and activist Bob Holman, pioneer in the slam poetry movement and co-founder of the Endangered Language Alliance. His expressive choreography takes inspiration from a soundtrack of poetry recited by native speakers of languages nearing extinction and music played on traditional instruments. Cost is \$48, \$41, \$29. Visit the website: <https://cfa.gmu.edu/>

SUNDAY/JAN. 26

Game Day Activities. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. There will be train-related games for all ages and you can win a prize if you play. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older and active or retired Military, \$4. Visit the website: www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Steam Day. 3-5 p.m. At Gesher Jewish Day School, 4800 Mattie Moore Court, Fairfax. Tinker, experiment, create, and explore with Gesher JDS and PJ Library. Join in a free afternoon of around-the-world family fun. Your child's curiosity will take them to new and far-away places when they experience science, technology, engineering, art, math with hands-on projects for kids aged 3-8 and their parents. Free. RSVP at: <https://www.gesher-jds.org/steam-day/>

BHS General Meeting. 3:30-5 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. View a film on the history of Burke's Lee Chapel, with some accompanying remarks by Rev. Katie Carson Phillips and Burke Historical Society President Jon Vrana. Free. Visit the website: www.burkehistoricalsociety.org.

Keyboard Conversations with Jeffrey Siegel. 7 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Virtuoso pianist and storyteller extraordinaire Jeffrey Siegel is popular with classical music lovers and newcomers alike with his unique “concerts with commentary” format. Hear some of the most famous works by these two popular composers who have recently had anniversary celebrations in the musical world: the 100th anniversary of the death of Debussy and the 75th of Rachmaninoff. In this program, Siegel plays Debussy's Clair de Lune and Rachmaninoff's Prelude in C-sharp minor as well as colorful Preludes by both composers. Cost is \$44, \$37, \$26. Family Friendly. Visit the website: <https://cfa.gmu.edu/>

WEDNESDAY/JAN. 29

Troop Open House. 7-8:30 p.m. At Wood Community Center, 10100 Wards Grove Circle, Burke. Scouts BSA Troop 1345G will host an Open House for young women (ages 11-17) interested in learning more about Scouting and its focus on outdoor adventure, leadership development, and citizenship skills. Free. Visit the website: <http://www.troop1345.org>

SEE CALENDAR, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 8

Beau Soir Ensemble Performs. 7 p.m. At Fairfax City Regional Library, 10360 North Street, Fairfax. The Beau Soir Ensemble is a flute, viola, and harp trio dedicated to the performance of standard and contemporary repertoire spanning a variety of genres. Free. Call 703-293-6227.

JAN. 31-FEB. 1

The Mason Cabaret in Concert. Friday at 8 p.m.; Saturday at 2 p.m. and 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. A perennial favorite, the Musical Theater ambassadors, the Mason Cabaret, return with a fresh line-up of stellar vocalists offering showstoppers, ballads and duets, delving into the music of George Gershwin, Irving Berlin, Cole Porter, Duke Ellington, Harold Arlen, and many more. This "Fun-raiser" supports the Musical Theater program at Mason and will have you dancing in your seats and humming all the way home. Tickets are \$30 General Public; \$15 students, staff, seniors and groups. Visit the website: <https://cfa.gmu.edu/>

SATURDAY/FEB. 1

Sip & Scotch Whisky Tasting Party. 2-4 p.m. At Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Laurel Hill Golf Club invites guests, 21 years and older, to kick off the new Sip Series; classes and events that mix art and history with food, wine and spirits. Hosted by scotch expert Debbie Waugh, taste and learn about four single malt scotch whiskeys from the four different Scottish regions along with Scottish food accompaniments. Cost per person is \$45. Events will be hosted in the clubhouse and require advance registration. Visit www.fairfaxcounty.gov/parks/golf/laurel-hill.

Bill T. Jones/Arnie Zane Company. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. In this world premiere, Mason Artist-in-Residence Bill T. Jones examines group identity and its relationship to aloneness set to spoken word and live music. What Problem? includes three thought-provoking sections: Jones in solo performance; Jones alongside members of the Bill T. Jones/Arnie Zane Company; and, in conclusion, Jones and the company onstage with participants from the greater Northern Virginia community. For more than 35 years, the landmark Bill T. Jones/Arnie Zane Company has revolutionized modern dance while exploring issues of identity through social commentary. Tickets are \$48, \$41, and \$29. Visit the website: <https://cfa.gmu.edu/>

SUNDAY/FEB. 2

Super Bowl Fun Day. 1-4 p.m. At the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come learn about train travel and sports at the Fairfax Station Railroad Museum. Snacks and a craft will be provided and cost is included in the admission fee. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older and retired or active military, \$4. Visit the website www.fairfax-station.org or call 703-425-9225.

T-Trak Model Train Show. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold a N gauge Model Train Display. Admission: museum members, free; adults 13 and over, \$5; children 5-12, \$3; under 4, free. Seniors (65+ and military (active & retired), \$4. Call 703-425-9225. Visit the website www.fairfax-station.org.

SATURDAY/FEB. 8

Fairfax Symphony Orchestra. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Dr, Fairfax. Violinist Simone Porter is the virtuoso soloist in Vivaldi's dazzlingly imaginative evocation of the sights, sounds and sensations of the Italian seasons. The Four Seasons violin concertos are so richly detailed you can feel the sirocco of summer, hear the dancing villagers of Autumn and slip on the ice of a Venetian winter. The master of the New Tango, Ástor Piazzolla, brought the wild dance of Buenos Aires into the concert hall. There's an apt nod to Vivaldi in Leonid Desyatnikov's sensational string arrangements of the Estaciones Porteñas, but they have an atmosphere that's unique to Buenos Aires – fiercely sensual in summer, hazy and melancholic in winter, all moving to the heartbeat of the tango. Vivaldi's seasons unfold Piazzolla's in this dance around the year. Prices begin at \$25; \$15 for students. Visit the website: <https://cfa.gmu.edu/>

Girls on the Run Celebrates 20 Years

Inspiring girls to be strong, confident and healthy.

It's a new year and Girls on the Run of Northern Virginia (GOTR NOVA) is celebrating its 20th year of empowering girls to be confident, healthy and strong. Since it began in 2000, Girls on the Run NOVA has served more than 70,000 girls throughout the region. And, every step taken has a story.

This program for girls in third through eighth grade encourages participants to recognize their individual strengths and celebrate connections with others. Each season, girls gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships, and how they can have a positive impact on the world. Running is woven into the program to inspire healthy habits and teach life skills including treating others with care, practicing gratitude and managing emotions. The season culminates with the Girls on the Run 5K event that provides girls with a sense of accomplishment and instills the value of goal setting at a young age.

Studies show that by adolescence, girls' confidence drops about twice as much as boys'. Friendships become more complicated and challenging, girls' perception of their academic ability declines, the likelihood of anxiety and depression increases and participation in physical activity plummets. Girls on the Run NOVA provides girls the lifelong tools they need to face challenges.

An Arlington coach shared a highlight from this past Fall during their team's practice 5K: "A girl cried with pure joy at the end of our 5K practice. She was so proud of herself." Another coach from Falls Church described a girl who during her seventh season of Girls on the Run NOVA became a real leader with the younger members of her team.

"We are excited to celebrate 20 years of strong girls throughout the entire year. At GOTR NOVA we believe strong girls become strong women who build strong communities," says Nicole Wright, GOTR NOVA's Interim Executive Director. "The program's success is a result of the hundreds of dedicated volunteer coaches who mentor and lead teams in their communities and our generous supporters who ensure financial barriers do not prevent any girl from having access."

In 2020, Girls on the Run NOVA will celebrate this monumental anniversary with activities throughout the year. As well as continuing their focus on growth in Prince William and Loudoun Counties, increasing the number of participants receiving financial assistance, and aim to serve more than 80,000 by start of 2024.

They will kick off their 20th year with program registration for the Spring 2020 season opening on Jan. 27. Teams are now forming around the region at



PHOTOS BY EPNAC

The program for girls in third through eighth grade encourages participants to recognize their individual strengths and celebrate connections with others.



Since it began in 2000, Girls on the Run NOVA has served more than 70,000 girls throughout the region.



Girls on the Run NOVA will kick off their 20th year with registration for the Spring 2020 season opening on Jan. 27.

schools, community centers and in neighborhoods. For more information on how

to be a part of this celebration year with Girls on the Run visit www.gotrnova.org.

Legals

ABC LICENSE

JLF Enterprise, Inc. trading as To Sok Jib 7211 Columbia Pike Annandale VA 22003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Longqian Jin/President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Cleaning Service



Nais's Cleaning Services LLC

Great Service
Residency Cleaning
Laundry & Cleaning
Attention To Detail
Very Thorough
Weekly, Bi-Weekly, Monthly
703-992-3907

Announcements

Announcements

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

Announcements

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

Announcements

Announcements

TEACHER JOB FAIR
Saturday, January 25, 2020
Salem Civic Center, Salem VA
Filling 2020 - 2021 Teaching Vacancies
21 VA School Districts hiring in Southwest Virginia
REGISTER TODAY • www.wvpec.org

NEWS

Preserving Vintage Utility Poles

Crew members Scott Williams and Michael Small inspect and repair 1939 vintage utility poles in the Pohick Stream Valley to maintain area infrastructure.



PHOTO BY SUSAN LAUME

Announcements

Announcements

FREDERICKSBURG BOAT SHOW
Fredericksburg VA
JANUARY 17-18-19, 2020
Fredericksburg Expo & Conference Center
Friday, Jan 17
1:00 pm - 7:00 pm
Saturday, Jan 18
10:00 am - 7:00 pm
Sunday, Jan 19
11:00 am - 4:00 pm
Adults: \$9, Seniors: \$8
Kids under 12 Free
Seniors: \$5 (Friday Only)
See the newest:
Ski Boats, Bass Boats,
Pontoon Boats,
Jet Boats,
Personal Watercrafts
& much more!
BOATING SEASON STARTS HERE!
WWW.FREDERICKSBURGBOATSHOW.COM

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

For Sale

For Sale: Conference room table w/6 chairs, executive desks, executive chairs, bookcases, file cabinets, white boards, end tables, wood kitchen table w/6 chairs, map cabinet, and more. Contact Bill, 703-836-0100, to view all items.

Legals

ABC LICENSE

Kookjae LLC trading as Seoul BBQ, 7215 Commerce Street, Springfield, VA 22150-3411. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Kookjae Kim/Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

BULLETIN BOARD

FROM PAGE 2

families who have demonstrated need, and may opt to provide a December holiday meal and/or gifts for children under 18. Britepaths also has a great need for cash donations and gift cards to grocery stores or Target/Walmart to assist those who are not sponsored. A wonderful family, company or group holiday service project. Register and learn more at: britepaths.org. Contact 703-273-8829 or sryan@britepaths.org.

SUPPORT GROUPS

Parent Support Partners, a service of the [Healthy Minds Fairfax](http://HealthyMindsFairfax.org) initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileen.thompson1@gmail.com.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Haven of Northern Virginia is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Winter 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	
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!		IMPROVEMENTS IMPROVEMENTS TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	
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		Improvements Improvements Power Washing Free Estimates Holiday Special Go from green to clean houses. We clean houses, decks, sidewalks, patios and other surfaces. We also welcome small drywall jobs. LICENSED & INSURED 703-987-5096 email: jnave@comcast.net	
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		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com	
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			

Still Waiting for "Canswers"



By KENNETH B. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn't speak. As a result, after sitting in the examining chair, the first question the doctor asks is "So you have thyroid cancer?" I snickered and said something like "Hopefully," before I began to elaborate. Though she had access to my medical records, I can't say she was prepped and ready for our appointment. As she listened to my story, I could she see was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some of her medical questions, I kept saying/pointing to her computer for her to get the proper answer.

Nevertheless, eventually we were able to move forward in the determination of exactly what kind of cancer I have: thyroid cancer or lung cancer - or both (it's possible, she said). To that end-result, the doctor performed a biopsy on my "Adam's Apple" tumor, as I call it. The biopsy I had two weeks prior was from a lymph node. The results from which caused my oncologist to call me with his "exciting news." Apparently, those results were not enough for the endocrinologist (who had never seen me before) to make a definitive judgment, so in her office, that day, this second biopsy was performed. Fine with me since a second biopsy from a different tumor is absolutely moving the ball forward, as if is so often said these days; I just hope it leads to a touchdown instead of another possible fumble.

For the last nearly 11 years, I've been diagnosed with non small cell lung cancer, stage IV. Now after two biopsies, not so much. Right now, the assessment of my cancer status is somewhere between a definite maybe and a confirmed I don't know.

Will I now know - in another week's time (when the results of this most recent biopsy are confirmed) whether my non small cell lung cancer is actually thyroid cancer or will there be additional biopsies, additional diagnostic scans, injections of isotopes, etc., to make a once-and-for-all confirmation of what the heck is going on (or has been going on) in my body? If so, it's been a long time coming. I first went to the Emergency Room Jan. 1, 2009 so it's sort of an anniversary of sorts as I write this column. I'd just as soon we get it right this time, if in fact it was ever wrong.

I have a few questions, some of which were answered by the endocrinologist. Yes, I can have two types of cancer. Could my lung cancer have changed to become thyroid cancer? No. And the underlying curiosity/question: During this cancer life that I have lived, I have been told - and seen multiple times on discharge-type paperwork I've received that I have "metastatic cancer" meaning that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among "relevancies," (like inoperable) that the cancer has moved from its "primary" location. I remember asking my oncologist where did my lung cancer come from (I'm a lifelong non-smoker with no cancer history in my immediate family). His answer, if I recall correctly, and I may not due to "chemo brain," a confirmed side effect of chemotherapy) was that he didn't know, and if I further recall correctly, he wasn't particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misunderstood the answers we were given then (Feb., 2009). But as of this past Friday, Team Lourie is sort of wondering as was the endocrinologist.

As of this moment, our focus is on hearing back from the endocrinologist. Until then, we'll try to move forward. What's done is done and we'll hear back when we hear back. I have what I have (and have had what I've had) and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can't get past the fact that my oncologist called us in the first place, and in the last place, if he wasn't so sure, why call us and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it's proving extremely difficult.

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

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 11/30/19.

**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 1/31/20.

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Richmond Hwy • Alexandria, VA 22305



**SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710**

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 6:00am to 7:00pm
Saturday, 7:00am 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

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 1/31/20.

OIL & FILTER CHANGE

\$24⁹⁵

NON-SYNTHETIC

\$34⁹⁵

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 1/31/20.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1 FREE**

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 1/31/20.

**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 1/31/20.

NEW HOURS SPECIAL!

**DROP OFF YOUR VEHICLE BETWEEN 6AM & 7AM
WITH A SCHEDULED APPOINTMENT & RECEIVE
12% OFF ANY ONE REPAIR.**

MAXIMUM DISCOUNT, \$150

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 1/31/20.

Jack Taylor's

ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #201911022

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 1/31/20.

BG VITAL FLUID SERVICE

10% OFF YOUR FIRST SERVICE

15% OFF YOUR SECOND SERVICE

Power Steering • Automatic Transmission • Brake System

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 1/31/20.

TRUESTART™ BATTERIES

**SPECIAL
OFFER**

\$129⁹⁵

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 1/31/20.

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