


Burke CONNECTION

PET CONNECTION

PAGE, 6

Burke Historical Society hosts a lecture on enslaved women's midwifery by Sara Collini, PhD candidate at George Mason University.



Burke Historical Society Provides Glimpse Into Midwifery in Area

NEWS, PAGE 9

Burke Civil Air Patrol Cadets Win State Competition

NEWS, PAGE 5

Black History for A New Generation

A+, PAGE 7

NEWS

Animal Bill Town Hall to Be Held in Springfield

Virginia state elected officials want to make life better for dogs and cats. Several bills were introduced in the General Assembly this session to benefit pets and the humans that care for them.

Select legislators will speak about companion animal bills in a post-session recap. On hand to discuss bills that passed or failed will be co-chair's of the General Assembly animal caucus, Senator Dave Marsden, Del. Kaye Kory and Del. Kathy Tran, Chairman of the House Natural Resources subcommittee. Senator Marsden also chairs the senate's Compan-

ion Animal subcommittee.

Manassas Animal Control Officer Marc Daigle will recount the successful cruelty investigation which led to closing a local puppy store.

The event, hosted by the VA Dog Army, an animal advocacy group working for law enforcement and legislation, is free and open to the public. West Springfield Government Center, 6140 Rolling Road, Springfield, March 28, 2-4 p.m

—SUSAN LAUME

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.

SUNDAY/MAY 17

Psychic Fair. 9-5 p.m. At Arlington-Fairfax Elks Lodge, 8421 Arlington Boulevard, Fairfax. Psychic Fair for both those who are serious and for those who are just curious. Event can be a life-changing experience or just a fun time. Many of the best psychics, mediums, healers, and readers of all types, along with related arts and crafts vendors from Virginia and the surrounding areas. Note: 75% of tables offer some type of

readings, 25% of tables offer related arts, crafts, books, oils, crystals, sage, herbs, information, jewelry, etc. There will be 44 vendors. All under one roof, all in one room, indoor event, free parking. Cost: \$5 in advance \$10 at the door. Visit the website: <https://va-psychic-fair-2020.eventbrite.com>

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.

Welcome Zaher Aymach, D.D.S.
Diplomate of the American Board of Orthodontics


Gary Kramer, D.D.S.
Sara Bunin, D.D.S.

DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
Dentistry for Children, Adolescents & Special Needs
703-978-0051 KBPediatricSmiles.com



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA • 22015

COMMUNITIES OF WORSHIP



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

JUBILEE CHRISTIAN CENTER
"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

Remodeling Your Kitchen?

Make sure it's Nicely Done!

Call (703) 764-3748 or stop by our showroom for a free design consultation.



- Family Owned
- Licensed and Insured
- Part of your community since 2003

www.NicelyDoneKitchens.com

NICELY DONE
Kitchens and Baths
8934 Burke Lake Rd.
Springfield, VA 22151

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

NEWS

County Launches JET Task Force

Joint Environmental Task Force addressing climate change and environmental sustainability.

BY MERCIA HOBSON
THE CONNECTION

Following their first meeting of the year on Jan. 22, a public meeting of the Joint Environmental Task Force, or JET for short, met on Wednesday, Feb. 19 at the Fairfax County Public School Gatehouse Administration Center in Falls Church. The Task Force is a collaboration between the Fairfax County Board of Supervisors and the School Board. Its mission is to join the political and administrative capabilities of the county and the school system to address climate change and environmental sustainability proactively.

Membership includes Supervisors Penny Gross (D-Mason) and Dan Storck (D-Mount Vernon), School Board members Karl Frisch (Providence) and Elaine Tholen (Dranesville), as well as community partners from higher education, industry, community and student advocacy groups. The work of the Task Force is to “set and meet aggressive goals in areas of common influence, such as workforce development; infrastructure and sustainability of public facilities and transportation; land use planning; communication and community engagement; and other challenges and opportunities as they arise,” according to fairfaxcounty.gov.

On Jan. 22, Supervisor Storck discussed Board member and governmental leadership. He said that the task force wanted to harness the membership’s energy and “may be able to move things more quickly than CECAP” (the Community-wide Energy



Mount Vernon Supervisor Dan Storck (D)



Providence School Board Member Karl Frisch



Mason Supervisor Penny Gross (D)



Dranesville School Board Member Elaine Tholen

PHOTOS COURTESY OF FAIRFAX COUNTY

and Climate Action Plan of the nine district-level Focus Groups). School Board Member Frisch suggested JET “should develop very clear, achievable stretch goals with a plan to achieve and way to measure success.” Supervisor Gross noted the need to recognize and identify associated costs. Members agreed JET needed staff technical support on subcommittees. Members noted consideration of waste management, workforce development and a clean energy plan.

Subcommittee leadership is as follows: Storck-Energy; Gross-Waste Reduction/Recycling; Frisch-Transportation and Tholen-Workforce.

Members will establish an understanding of County/Schools existing practices, goals and targets, as well as restrictions on what County/Schools can and cannot do. Members would identify what additional information was needed to make recommendations to the County/Schools.

Meetings will be on the first Wednesday of the month. The next meeting is March 4 at the Fairfax County Gatehouse Administration Center, first floor – Gatehouse Café, 8115 Gatehouse Rd. Falls Church.



PHOTO COURTESY OF LWVFA

Del Vivian Watts (D-39) describes her own more than 50 years as a League member.

League of Women Voters Celebrates 100th Anniversary

The League of Women Voters of the Fairfax Area (LWVFA) celebrated the 100th anniversary of the League of Women Voters on Feb. 23, 2020. More than 100 LWV members attended the afternoon tea, held at the Country Club of Fairfax. The League was founded by Carrie Chapman Catt in 1920, just six months before the 19th Amendment to the U.S. Constitution was ratified, giving all American women the right to vote after a 72-year fight for women’s suffrage.

Vivian Watts, Member, Virginia House of Delegates, was the featured speaker and described her own more than 50 years as a League member, including as President of LWVFA (1975-77). She recounted the strong influence and encouragement of League mentors as she launched her political career and how greatly she benefitted as a delegate from the subject-matter expertise she had developed during her years as a League member. Watts described members as “engaged with energy and spirit” as they “not just ensured that people vote but that the voters are informed.”

LWVFA Co-President Nancy Roodberg honored the 28 women who have been members of the League for 50 or more years. One of them, Leslie Byrne, former member of the U.S. House of Representatives

and LWVFA President (1982-83) described the critical support she had received from Vivian Watts in starting her own political career. She also credited the League in providing her with her first experience in fundraising.

In a congratulatory letter read at the event, United States Senator Mark Warner praised the “extraordinarily important role” the League has played in U.S. democracy. “You have worked to empower citizens by helping them understand policy issues and through your advocacy efforts.”

Capital Harmonia, a community women’s chorus based in Northern Virginia, dedicated to bringing music written for women’s voices, opened the event by performing songs that celebrate and inspire women.

The League of Women Voters is a nonpartisan citizens’ organization that has fought since 1920 to improve the government and engage all citizens in the decisions that impact their lives. The League operates at national, state and local levels through more than 700 state and local Leagues, in all 50 states as well as in DC, the Virgin Islands and Hong Kong. Membership in the League of Women Voters is open to anyone — men and women — age 16 and older. More at <http://www.lwv-fairfax.org/>

K9 Doby-End of Watch: Feb. 22

Police canine served alongside law enforcement officers.

BY MERCIA HOBSON
THE CONNECTION

K9 Doby, Fairfax County Police Department, Virginia, died after suffering a medical emergency while on an active track of two robbery suspects in the 2000 block of Arlington Drive in the Mount Vernon area of the county. K9 Doby, a Belgian Malinois-German Shepherd mix, was two years old and served a tour of 11 months.

According to Officer Down Memorial Page, Remembering All of Law Enforcement Heroes, fallen officers and K9s, “(K9 Doby) and his handler had

tracked the suspects several buildings away and were attempting to reacquire their scent when K9 Doby suddenly collapsed. His handler immediately initiated CPR before transporting him to an emergency veterinary clinic. K9 Doby was not able to be revived.”

K9 Doby served with the Fairfax County Police Department for 11 months and was certified in patrol and narcotics detection. Like other fallen K9s, K9 Doby gave his life to ensure his handler, fellow officers and citizens stay safe. “Today, we remember K9 Doby, our four-legged brother who died unexpectedly while responding to an armed robbery due to an undiagnosed medical condition. We honor K9



FAIRFAX COUNTY POLICE DEPT

K9 Doby is remembered by Fairfax County Police after he died unexpectedly due to an undiagnosed medical condition while responding to an armed robbery.

Doby today and every day. Rest in peace, Doby,” tweeted @FairfaxCountyPD.

Budgeting the State's Resources

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



COMMENTARY

In contrast to the federal government's method of budgeting, the budget for the Commonwealth of Virginia is more than balanced. The state Constitution prohibits the borrowing of money for operations, and it requires a "rainy day fund" of reserve monies that can be drawn upon in an economic downturn. That is in part why the state has a perfect AAA bond rating giving it the best terms when monies are borrowed for capital projects. Both the House and the Senate have completed work on their versions of the budget that was proposed by Governor Ralph Northam earlier this year. The two budgets will be reconciled in a conference committee that will resolve differences between the two. Total spending for the biennium will be about \$48 billion in general funds raised through taxes. Individual and corporate income taxes provide three quarters of the revenue with sales tax providing about seventeen percent and additional smaller taxes making up the rest. General funds coming from taxes make up about

36 percent of total revenue. Non-general funds that consist of fees such as motor vehicle and gas taxes, college tuition, federal grants and other fees make up 64 percent of the budget. Noteworthy features of the House and Senate budgets that are being reconciled and are subject to change before a final budget is adopted include a much needed increase in rates for personal care providers in Medicaid programs, an increase in developmental waiver disability slots by 1,135 in the Governor's budget to 1,635 in the Senate version of the budget. While the increase will help, the number of persons on the waiting list still number in the thousands. The Governor and the House budgeted for 630 supportive housing slots for persons with serious mental illness while the Senate provided 1,630. Budget language provides for the establishment of a state-based exchange for health insurance. The budgets of both houses provided for teacher raises as did the Governor's budget.

The amount differs in each with an expected three to four percent over the biennium. The ratio of counselors to students in the public schools will be improved. The Governor proposed a ratio of one counselor per 250 students. The House ratio is 325 and the Senate's is 300. Likewise, the ratio of teachers for English learners will be improved. A major point of contention among the Governor's and the House and Senate budgets is that only the House has proposed to restore the cost to compete funding for Northern Virginia schools because of the high cost of living in the region. The average per pupil direct aid for public school students range from \$6,206 in the Governor's budget \$6,297 in the House budget. A major emphasis in the budget is an increased investment in preschool education that was championed by the First Lady. The Governor's "Get skilled, Get a job, Give back" (G3) funding to provide tuition assistance to low- to moderate-income students who meet certain criteria is receiving significant funding. The Housing Trust Fund will receive a much-needed infusion of cash proposed in all the budgets. For information comparing the three budgets, go to www.thecommonwealthinstitute.org.

We Both Deserve \$15. Why Don't Our Senators Think So?

BY NICK RIVIERE AND
TONY HEDGEPEETH



Riviere



Hedgepeeth

Like millions of Virginians, we work hard. As home care providers, we work every day to help older adults and people with disabilities live independently at home and in the community. By keeping people out of costly nursing homes and institutions, we save taxpayers money and deliver quality care. We do the same work but in different parts of Virginia – Fairfax County and City of Richmond – and have different backgrounds. One of us is a 21-year-old assisting young adults with developmental disabilities and one of us is a 61-year-old Army veteran helping his fellow vets who suffer from PTSD. However, we both love what we do. It's a blessing to be able to help others live with dignity. We both deserve to make at least \$15 per hour and live with dignity ourselves. Unfortunately, our Virginia state Senators seem to disagree. Earlier this month, the Virginia House of Delegates passed a bill to raise the minimum wage to \$15 for all workers by 2025. They recognized that working families are falling behind no matter how hard we work, and that we need to build an economy that works for everyone. The Senate, however, passed a bill which would create different minimum wages in different regions, even for workers who do the exact same jobs like us.

Their bill also forces workers to wait even longer to get a raise. If the Senate bill becomes law, people working in Fairfax won't make \$15 until 2027, while those in Richmond won't make \$15 until 2032. Our fellow homecare providers and others working in Hampton Roads won't make \$15 until 2034. Delaying the minimum wage increase for 14 years, and paying different wages for the same work, is not only unfair; it's unacceptable. Every person who works hard and plays by the rules in Virginia deserves equal respect. We deserve living wages, paid sick days, affordable health care, a secure retirement, and the right to join together in a union. While the cost of living varies in different parts of Virginia, we all feel the same pain when we struggle to pay rent, buy groceries and pay utilities. Housing costs are skyrocketing in both Richmond and Northern Virginia. Health care costs, food costs and transportation costs are all increasing. We need a state-wide \$15 minimum wage to ensure that no one gets left behind. To our Senators, we ask: why should a home care worker in Richmond or Roanoke make less than a home care worker in Fairfax when we make the same contribution to Virginia's families? We elected Democratic majorities to the House and Senate because they promised to deliver a brighter future for working Virginians. It's time that our Senators delivered on that promise.

LETTERS

Targeted by Scammers

To the Editor:

Recently, I was stuck at home and unable to go to work for a few weeks due to health reasons. While to some people that may seem like a welcome respite from the drudgery of commuting to a 9 to 5 job, let me tell you it was not. While Week 1 wasn't too bad, one can only watch so many episodes of Law and Order: Special Victim's Unit! What I would like to share with everyone is just how many calls we all get on our house landlines each day. When we're at work and don't answer, most callers don't leave messages so we have no idea of the volume of these calls each day. I can honestly say that 99 percent of these calls are cold calling sales people or scammers! Yes, there is the occasional call from Giant Food that "a prescription from someone in your household is due for pickup," but for the most part they are from strangers trying to separate you from your hard-earned cash. Social Security scams, lower credit card interest rates, police benevolent association donations, hail damage inspection teams that

SEE LETTERS, PAGE 10





Burke Cadets retrieve the Colors during the Indoor Posting event.



The Burke Cadet Team with the winning trophy and the Joint Base Langley-Eustis Honor Guard judges in the back row.

PHOTOS BY C/SRA MATTHEW EARNHART

Burke Civil Air Patrol Cadets Win State Competition

Civil Air Patrol's Burke Composite Squadron team placed first in the Virginia Wing Cadet Competition on Sunday, Feb. 16. This year's competition was held at the Virginia Wing Civil Air Patrol Headquarters in Richmond with 5 squadrons competing to represent the state at the Mid-Atlantic Region competition in May.

Teams competed in presenting the colors (the United States and Civil Air Patrol flags) both indoors and outdoors. They also went head-to-head in physical fitness, uniform inspections, color guard drill, element drill, and finally an academic exam that encompassed leadership and aerospace current events.

The teams were judged on how well they completed the activities based on follow-

ing regulations. All judging was handled by the Joint Base Langley-Eustis Honor Guard.

The Burke squadron and its nearly 60 members rank among the top-performing units in the country, and its cadet program is in the top 10 percent of all squadrons nationwide, having been recognized the last two years in a row with the Quality Cadet Unit Award.

Civil Air Patrol, the long-time all-volunteer auxiliary of the U.S. Air Force, operates six squadrons in Northern Virginia carrying out Air Force-assigned emergency and disaster relief missions as well as congressionally chartered education activities in science, education, technology and math (STEM).

Civil Air Patrol, the longtime all-volunteer U.S. Air Force auxiliary, is the newest

member of the Air Force's Total Force. In this role, CAP operates a fleet of 560 aircraft, performs about 90 percent of continental U.S. inland search and rescue missions as tasked by the Air Force Rescue Coordination Center and is credited by the AFRCC with saving an average of more than 80 lives annually. CAP's more than 65,000 members also perform homeland security,

disaster relief and drug interdiction missions at the request of federal, state and local agencies. In addition, CAP plays a leading role in aerospace/STEM education, and its members serve as mentors to nearly 28,000 young people participating in CAP's Cadet Programs. Visit www.GoCivilAirPatrol.com or www.CAPnews for more information.



Burke Cadets present the Colors during Standard Drill movements.

PHOTO BY MAJ JACOB BIXLER

2020 Fairfax County Teen Job Fairs and Career Building Workshops

Woodson High School Saturday, March 7th 10 am to 12 pm	Mount Vernon High School Saturday, March 21st 10 am to 12 pm
South County High School Saturday, March 7th 2 pm to 4 pm	West Springfield High School Saturday, March 28th 10 am to 12 pm
Chantilly High School Saturday, March 14th 2 pm to 4 pm	Full-time employment Part-time employment Seasonal positions Internships Volunteer Positions and More

Businesses, Nonprofits & Students
Register Free here:
<https://www.fairfaxcounty.gov/springfield/teenjobfairs>

Sponsored by
Supervisor Pat Herry, Connection Newspapers, and Fairfax County Public Schools
For questions, call Supervisor Herry's office at 703-451-8873

PET CONNECTION

Vizsla 'Love' Letters

They were, literally, all about "LOVE"

when "Vizsla Go" (VGO) members met to celebrate the Feb. 14 holiday. The new permanent home of the "LOVE" sign at the Workhouse Arts Center in Lorton provided a perfect backdrop for heart-themed pictures.

Valentine's Day or Vizslantime's Day, as it's referred to in the group, is a natural time to celebrate this affectionate, beautiful, and energetic red dog.

A pointing breed, originating in Hungary, the Vizsla has risen in popularity in the United States to 42nd in the national registry. Known for its versatility in dog sports, and its increasing use in bomb and drug detection, the dogs also are happy to be family dogs, as long as significant daily exercise is provided.

VGO is a small group of active Vizsla enthusiasts who meet regularly to exercise, socialize, and train their beloved animals. Several VGO members serve the community as therapy dog teams and can be found at the library reading with children, at the airport, schools, colleges, and retirement communities.... after a long run.

—SUSAN LAUME



PHOTOS BY SUSAN LAUME

Vizsla Go members Tia, Haley, Stella, Ryker, Lucy, and Skye make some "Love" letters.



Vizsla Go members Evelyn Novins, Michael Crossin, Barbara Autry, Alina Madalina, Ron Green, and Cynthia Fox pose with "Love"

A Perfect Friend

County Board of Supervisors Chairman Jeff McKay: "I have an adopted retired racing Greyhound named Pascal. Despite their reputation as fast dogs that can run 45 mph, they also live up to their nickname as the '40 mph couch potato.' Greyhounds are loving, calm, and relaxed; a perfect friend for me and my kids Aidan and Leann. Adopting older pets from places like the Fairfax County Animal Shelter is great too."



Pascal with Leann.



Pascal with Aidan.



PHOTO CONTRIBUTED

Allison Waldron: We have become the Irish Rover Family with all our furry friends.

Reflections of the Irish Rover Dog Walker

A crisp morning, blue skies, playful paws, an empty breakfast bowl, a leash ready by the door, and wagging tails can only mean one thing: Time to go for a dog walk. Seven years later, I am still dog walking and enjoying my career switch even more with every passing day. Supported by a passionate team, who are client focused, who enjoy pets, who appreciate the outdoors, we have become the Irish Rover Family with all our furry friends. We are not just walking for the sake of walking. Instead, your pet is taking in the wonders of their natural environment. Your pet feels at home with us.

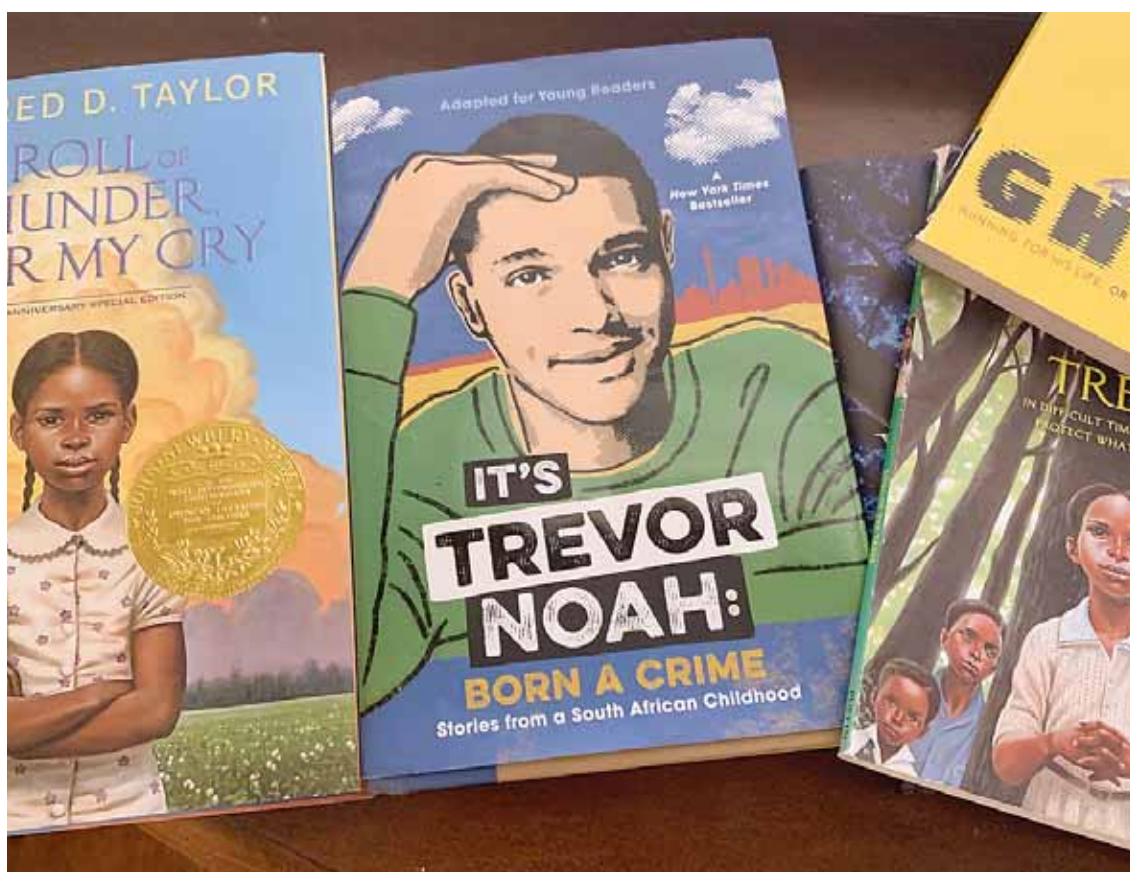
Last year, Irish Rover Dog Walkers and Pet Sitters continued to flourish and expand our team. Our approach has always been client and pet focused. Our philosophy is to understand the fundamental needs of the pet owners first before we even get to know their pet. This allows us to meet the expectation of the owner and to provide service tailored to their dog. We also have the expertise to care for other pets including cats, rabbits, guinea pigs, birds, fish, and bearded dragons.

One might ask, how difficult can it be to walk a dog? A dog walk is not just a dog walk. The walk should be pleasurable and stimulate the dog. When a dog is out in the great outdoors, they are using all of their senses

to explore their environment. Our goal is to make this experience as fun and exciting as possible. Irish Rover prides itself with great walks as we have a variety of trails to choose from. Not only are we walking dogs, but we are admiring nature all around us. Whether it's an early morning walk, we are listening to a chorus of birds, or if it is a late night, we might be enjoying the sounds of the frogs or the bugs. The pets always perk up when they see a heron wading in the pond, or a family of deer grazing, or a sly fox rambling around. Last year, we had the good fortune of seeing a brown owl who was secretly trying to disguise himself as a fallen log. That is the beauty of a walk, there is always something new to see that stimulates your pet's interest. The dogs also get to interact with their friendly neighborhood furry friends along the way.

Last year, the feeling of that extended family really came into play when we had our first human client pass away. For the first time in Irish Rover history, I came to inherit a dog. This was truly an honor that someone would think so highly of my pet care that they would leave me their dog..

— ALLISON WALDRON
The writer is the owner of Irish Rover Dog Walkers and Pet Sitters LLC in Fairfax Station.



While February is designed to raise awareness of the societal contributions of African Americans, in some schools, it's taught all year long.

Black History for a New Generation

Lessons on the contributions of African Americans not limited to February.

BY MARILYN CAMPBELL
THE CONNECTION

Black History Month was created to devote one period during the year to highlight the contributions of African Americans. It represents an opportunity for all, not just African Americans to learn about and appreciate the numerous contributions of Black Americans. That conversation, however, is changing at some local schools.

"It's part of Madeira's curriculum ... not specifically for Black History Month," said Karen Joostema, Director of Communications at Madeira. "[Students] taking Modernism will be researching a Harlem Renaissance poet of their choice, analyzing their lives and work. Juniors have also read Frederick Douglass' Narrative and Toni Morrison's Song of Solomon to interrogate the promise, failures, and continuing work in the U.S. on race and civil rights."

The school's curriculum, says Joostema incorporates studies of the contributions of all cultures including those of African Americans, seamlessly throughout the year. "AP (Advanced Placement) seniors will be finishing up Ralph Ellison's Invisible Man, working to understand how Ellison viewed the struggles of race and class in the middle of the twentieth century and how he viewed himself as part of

the American literary tradition, as voiced in his response to Irving Howe, 'The World and the Jug,'" she said. "Sophomores have just finished reading a short story from the Kenyan writer Ngig) wa Thiong'o along with a play from the white South African playwright Athol Fugard.

Ninth graders read Maya Angelou's I Know Why the Caged Bird Sings to explore how identity, one's sense of self, are shaped by race, class, gender, and geography.

At The Heights School, African American history is part of year round study, said Linda F. Maher. "We study seminal figures in American History, many of whom are African American, so it's just a given that it's just a part of studying history throughout the year," she said. "Studying the Civil Rights movement, for example, is integral to our study of Civics.

"We study seminal figures in American History, many of whom are African American, so it's just a given that we're studying it throughout the year."

—Linda F. Maher, The Heights School

Still, February offers an opportunity to focus on African Americans history outside of tragic events. KiKi Davis, Director of Institutional Equity and Diversity at St. Stephen's & St. Agnes School, says that African Americans have contributed to every aspect of American culture, her school's celebrations include recognition for those influences. "[We're] celebrating the contributions of African Americans to the arts literature, music, theater," she said. "Students will learn about the contributions and the effects of Americans of African descent in other segments of society including, academia, medicine and science."

"There will be several lunch forums held for our students to discuss issues directly relating to the African American experience," said Davis. "Many teachers will incorporate historical facts and references in their curriculum."

A safe,
convenient
way to dispose
of unused
medication.



DRUG TAKE-BACK BOXES

are located at all eight police stations in Fairfax County. Bring your unused medications any time, day or night, to your nearby station. There are some restrictions.

Franconia
6121 Franconia Road
Alexandria, VA

West Springfield
6140 Rolling Road
Springfield, VA

Questions about what drugs you can drop off?
Call 703-246-2786 (TTY 711),
Monday-Friday, 8 a.m. to 4 p.m.

FREE drug-deactivation kits are available
from the Health Department. Learn more at
www.fairfaxcounty.gov/health/drug-disposal.

Another **THE CONNECTION** Community Partnership
NEWSPAPERS



Fairfax County, Va.,
February 2019



ADA accommodations:
703-246-2786 (TTY 711)

Turn to Connection Newspapers' award-winning weekly publications and websites to promote your business. Our readers are forecast to unleash millions in spending acquiring new homes, resale homes, home improvement, home financing, interior design and home decorating.

THE CONNECTION
Newspapers & Online
Alexandria Gazette Packet
Mount Vernon Gazette
POTOMAC ALMANAC

HomeLifeStyle

Spring 2020 Real Estate & Remodeling Focus
Publishes: March 11, 2020

For Advertising: Call 703.778.9431 or Email
advertising@connectionnewspapers.com



Perfect Advertising Opportunity for:

New Homes | Resale Homes | Home Financing | Home Improvement | Landscaping Pools | Hot Tubs | Home Decorating | Interior Design | Home Furnishings

CALENDAR

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

ONGOING

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), Now thru 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.

Monday Exercise Classes. Now thru March 30. 9:30-10:30 a.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information.

Wednesday Exercise Classes. Now thru May 27. 9-10 a.m. At The Lutheran Church of the Abiding Presence, 6304 Lee Chapel Road, Burke. Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information. (20 weeks @\$2.50/class = \$50)

Friday Exercise Classes. Now thru April 3. 9:30-10:30 a.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Shepherd's Center of Fairfax-Burke offers exercise classes for older adults designed to build strength and improve balance and flexibility. All levels of ability are welcome. Call the SCFB office, 703-426-2824, for class information. (8 weeks, \$20).

The Color Green. Now thru March 29. At Torpedo Factory Artists at Mosaic, 105 District Ave., Fairfax. In celebration of an early spring and St. Patrick's Day, Torpedo Factory artists are tackling one of nature's most ubiquitous colors, green. In its newest exhibit simply titled, Green, the gallery is presenting a selection of original paintings, photographs, jewelry, scarves, ceramics and more, that reflect its various artists' interpretations of the color. Torpedo Factory artists are chosen through a rigorous jurying process and enjoy a high degree of acclaim, both locally and nationally. Savvy shoppers know Torpedo Factory Artists @ Mosaic as a place not only to enjoy fine art but also as a great place to purchase art at affordable prices.

SATURDAY/FEB. 29

Mason Jazz Festival. Begins 10 a.m. At Harris Theatre, GMU, 4471 Aquia Creek Lane, Fairfax. The Mason Jazz Festival is an invitational event open to middle school, high school, collegiate and community Jazz ensembles. Sponsored by Mason Jazz Studies, National Jazz Workshop and the Jazz Education Network, participating groups will perform a 20-30 minute set, followed by a clinic by Mason Jazz faculty and special guests. The participation fee is \$200 per ensemble and spots are limited. Closing festival performance will be the United States Air Force, Airmen of Note at 7 p.m. All performances are free and open to the public – no tickets or registration required. This festival will include three "Outstanding Soloist" (cash prizes) and four "Best Section" awards as well as scholarships to the National Jazz Workshop summer camp at Mason.

NPR's From the Top. 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Dr, Fairfax. Attend a live recording of this popular NPR radio show, featuring the acclaimed piano duo Anderson and Roe as guest hosts. From the Top celebrates the stories, talents, and character of America's best pre-collegiate classically-trained musicians. It began as an experiment in 2000 and quickly grew to become the most popular weekly one-hour classical music program on public radio. It



Lesson Zero

Lesson Zero will appear at Fat Tuesdays in Fairfax on Friday, Feb. 28.

FRIDAY/FEB. 28

Lesson Zero. 9 p.m. At Fat Tuesdays, 10673 Braddock Rd., Fairfax. Cover is \$5, plenty of parking, good food, good drinks, nice folks, and way cool music from Oasis recording artist LESSON ZERO. For more information see: www.youtube.com/lessonzero and www.reverbNation.com/lessonzero

delights both seasoned classical listeners and new classical music fans alike. With a mission to empower young musicians and inspire music lovers, From the Top showcases the extraordinary gifts and stories of the young musicians. Guest hosts Greg Anderson (a From the Top alum himself) and Elizabeth Joy Roe will emcee the program and perform alongside the young artists. Following the performances, the featured young artists discuss balancing their musical passions and dedication to their craft around school, hobbies and full family schedules. Visit the website: <https://cfa.gmu.edu/>

FEB. 29 AND MARCH 1

Monty's Trains Special LEGO Model Train Show. 12-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local modeling enthusiast, Monty Smith, will share his LEGO (R) model train layouts in a special two day event. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older and military, both retired and active, \$4. Visit the website www.fairfax-station.org, or call 703-425-9225.

SUNDAY/MARCH 1

Hot Peas 'n Butter. 1 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Praised by the Los Angeles Times for their "hot and mellow multicultural groove," Hot Peas 'n/ Butter will have you and your whole family on their feet dancing with their infectiously fun global music celebration. This Parent Choice Award-winning, family music ensemble blends together traditional Latin music, Afro-Caribbean rhythms, jazz, bluegrass, country, and rock to create a "rainbow of color and sound." (NY 1 TV). Singing in English, Spanish, French, Korean and Hebrew, Hot Peas 'n Butter aims to show multi-cultural interconnectedness. Their repertoire of songs like Number 1" and their signature Latin beat tracks "Somos Familia," "Amistad," "Que Lluvea," and "Round the World" enjoy radio play nationwide. Cost is \$15 for adults; \$10 for children. Visit the website: www.cfa.gmu.edu

MARCH 4 TO APRIL 5

Lines and Pauses. At Arches Gallery, Workhouse Arts Center, Lorton. "Lines and Pauses" is the culmination of the works of Marc Pachon captured over the last years with local and international dancers and models, tied together with a common thread of fabric moving from one shot to the next, interspersed with his freeze-frame captures of moments in time that disappeared as soon as the photograph was taken. Free. Visit the website: www.byondhelp.com

are available to borrow from the instructor at class. The program cost is \$22 per person. Call 703-323-6600.

Russian National Ballet: "Romeo & Juliet" / "Carmen." 8 p.m. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. With lush music and exquisite grace, the Russian National Ballet returns to the Center to perform two of the world's greatest ballets: Romeo and Juliet together with Carmen. Both ballets express the torments of love. Young love, bursting with exhilarating passion, is at the heart of Romeo and Juliet, with the perilous fate for the star-crossed lovers. While with Carmen, it is unrequited love, burning with obsession that is at the center of this beautifully tragic ballet. Under the direction of the legendary Bolshoi principal dancer Elena Radchenko, the company brings both timeless classics to life, articulating the nuances of love through expressive dance, elegant costumes, and lavish sets. Cost is \$56, \$48, \$34. Visit the website: www.cfa.gmu.edu

Stargazing and S'Mores. 8:30-10 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station, Burke. Set your sights on the stars and warm up inside and out with s'mores by a roaring campfire at Burke Lake Park. Participants age 3 to adult can take a stroll along the lakeshore while learning about the constellations, their stories and other night-sky features. An astronomical naturalist will identify stars for you and have some telescopes available for you to use. Then, put the finishing touches on your evening out with a campfire and s'mores. S'mores ingredients will be provided; hot dogs are welcome. Cost is \$12 per person. Children must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/MARCH 8

A Day at Fairfax Station Railroad Museum. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Take the History Challenge or enjoy self-guided tours with our Uniguide Audio Tour. Volunteers will conduct 60-minute walking tours of the museum and museum neighborhood to give visitors an idea of what life was like in a small railroad community. Tours begin at 1:15 p.m. and 2:30 p.m. No reservations needed. Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5; seniors 65 and older and active and retired military, \$4. Visit the website: www.fairfax-station.org.

SATURDAY/MARCH 14

Beethoven at 250 "Soulmates." 8 p.m. At GMU Center for the Arts, Concert Hall, 4373 Mason Pond Dr, Fairfax. Featuring the Fairfax Symphony Orchestra with Christopher Zimmerman, conductor, and Philippe Bianconi of France on piano. The program features Brahms: Piano Concerto No. 2 and Beethoven "Symphony of Symphonies." Hear the stories behind the music with music director Christopher Zimmerman and special guests before the concert at 7 p.m. Visit the website: <http://cfa.calendar.gmu.edu/fairfax-symphony-orchestra-beethoven-at-250-soulmates>

SATURDAY/APRIL 18

Model Classic 2020. 9 a.m. to 4 p.m. At Fairfax High School, 3501 Rebel Run, Fairfax. The Northern Virginia Modelers Chapter, International Plastic Modelers Society presents an educational and fun event for the entire family. Cost is \$8/adults; \$10/contestant \$10/family; free under 18. Visit the web site: www.novaipms.org

SATURDAY/MARCH 21

Fantasy and Fun. 1 p.m. At Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Featuring The Great Zucchini and the Da Capo and Lyric Youth Choruses of the Fairfax Choral Society. Tickets are \$15/adults; \$5/students; children 13 and under free.

SUNDAY/MARCH 22

Back to the Beatles and Beyond. 4 p.m. At W.T. Woodson High School, 9525 Main Street, Fairfax. Featuring the Vocal Arts Ensemble of the Fairfax Choral Society with Michael Ehrlich, Director. Tickets are \$25/adults; \$10/students. Kids 13 and under free.

SEE CALENDAR, PAGE 11



Burke Historical Society President Jon Vrana addresses participants.



Linneall Naylor (second from left) shares her family's history as area enslaved people with Colleen Blessing, Donna Roy and June Smithson.

Burke Historical Society Provides Glimpse Into Midwifery in Area

A History of Enslaved Women and Midwifery in Fairfax County and the Chesapeake Region discussed.

BY SUSAN LAUME
THE CONNECTION

The unique circumstances of enslaved women of color, working as midwives, were revealed in Sara Collini's intriguing lecture, hosted by the Burke Historical Society (BHS) at Pohick Library on Feb. 23. In the audience were two women whose ancestors were on opposite sides of area history: descendants of a plantation owner and of a slave who worked on the plantation.

Colleen Blessing's eighth grandfather was Robert King Carter, a well known early American property owner who became one of the wealthiest men in the colonies, owning a dozen plantations, including Sabine Hall, and more than 300,000 acres. Linneall Naylor traces her ancestry through slaves at the Liberia House in Manassas, owned by the Weir family, to descendants of midwife, Suki, who was enslaved to Landon Carter, the son of Robert King Carter, at Sabine Hall in Westmoreland County.

COLLINI'S STUDY references historical documents of life in the colonial and early national periods of 1750-1820 in Virginia, Maryland and the Carolinas. During that time many plantation owners, including founding fathers, enslaved people of color to work producing cash crops and to staff their homes. Some midwives or "grannies" received the unusual consideration of being paid for their work. Those funds could be used to purchase desired items from local stores or ordered from Europe, however, not the most sought after acquisition - free-



PhD candidate Sara Collini of George Mason University.

PHOTOS BY
SUSAN LAUME
THE CONNECTION



Colleen Blessing, plantation owner descendent, and Linneall Naylor, enslaved midwife descendant, talk about their shared history.

dom.

Her interest in the topic was first sparked while Collini was volunteering at Mount Vernon as she discovered the lives of slaves at George Washington's plantation. During his second term in office, Washington wrote to his farm manager in 1794, "when I was at home an application was made by Kate to serve as granny [midwife]." Washington instructed "commit this business to her," and that she was to be paid 12 - 15 pounds per year.

At that time, it was not common practice for slaves to be paid, or to negotiate business arrangements with plantation owners. That these understanding came to exist must be seen as suggestive of the value plantation owners, who benefited, put on the skills of the midwives.

Midwives assisted indentured servants, free white women, and enslaved female laborers, not only in giving birth; also in postpartum recovery, and child care. Since

mortality rates were high, they also assisted women at their death or the death of a child.

The earnings of Old Peg, working on Richard Tilghman's plantation in Talbot County Maryland, were listed in the farm accounts. Old Peg was paid cash of 15 shillings for ten years midwifery. Accounts show she was paid for each child delivered, more for twins due to the complications of those births; no payment if the child died. Letters also show that "Old Peg the Granny" was sometimes paid with wheat or store credit on the owners account.

Suki working at Sabine Hall was evidently a skilled midwife. Landon Carter complained in his journal that "my old granny" delivered a child when "Dr Mortinier got a fee of me," indicating the physician had not been able to deliver the child, but Suki brought on a successful birth.

Priscilla, who married a Hemmings, a slave family owned by Thomas Jefferson, worked as a midwife for white women at

Monticello. When she died in 1830, her cabin held items she bought with her earnings: nutmeg, salt, pepper, blue and white China cups, a hat box, a black necktie she left for her husband and some black crepe material.

Nell, a midwife at the Gunston Hall plantation of the George Mason's family, also served the Springfield estate of Martin Cockburn and traveled to Mt Vernon. Nell was a paid midwife who developed a practice; paid by three slave owners.

SADLY, despite their valued skills and earning, laws at the time prohibited them from buying their freedom. Some plantation owners professed to abhor slavery, yet continued to keep slaves. George Washington directed that his slaves be

emancipated upon the death of Martha, his wife. She emancipated them while alive. Thomas Jefferson had also planned to emancipate his slaves, but indebtedness at his death resulted in the sale of slaves from his estate rather than emancipation. Robert King Carter had more success. He was known as the "great emancipator", freeing 500 slaves, the largest by a single slave owner in the United States.

The lecture topic drew many to the BHS event; those interested in the topic and those who always find the Society's presentation of interest. Lena Bowie, a woman of color, said of the topic, "Still painful for us. Not a matter of choice [to serve as midwife]". Others, like Donna Roy and June Smithson, were fascinated in hearing the family history of local descendants, Blessing and Naylor. Collini, a PhD candidate at George Mason University will defend her theory in May. Liberia House and Sabine Hall are among the early Virginia plantation homes still standing.

Like

LIKE US ON FACEBOOK, PLEASE

www.Facebook.com/connectionnewspapers

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

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

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

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

www.ConnectionNewspapers.com/PDFs

OPINION

Climate Change at Our Doorstep

How Virginia is taking the high road.

BY ROHAN MANI

Growing up in a world in which scientists predict we only have 12 years to limit climate change catastrophe is under standably unnerving for an 18-year old. And the most worrisome concern is that we are doing almost nothing about what is looming over the horizon.

For decades, our planet has experienced consistent increases in temperature, changing rainfall patterns, increasing frequency of floods, droughts, melting of glaciers and more. While cutting back greenhouse gas emissions responsible for global warming is the only way forward, limited progress has been made on this front. Coal and oil continue to dominate as major energy sources despite the availability of relatively cheap and abundant solar and wind energy. What then are realistic and sustainable solutions that we should pursue in order to leave a thriving planet for our children and grandchildren?

According to the Fourth National Assessment Report, the impacts of global climate change are already being felt in the United States and are projected to intensify in the future. But the severity of future impacts will depend largely on actions taken to reduce greenhouse gas emissions and to adapt to the changes that will occur. This report draws a direct connection between the warming atmosphere and the resulting changes that affect Americans' lives, communities, and livelihoods, now and in the future. Multiple studies have now projected that the climate of our region will turn more southern over

the coming decades. The unusually warm winter of this year may not be an exception but a norm for coming years. That means, less need for jackets, gloves, hats, scarves etc.

Many communities are attempting to answer this question in different ways. And it's been fascinating to see how some are gearing up to cope with immediate problems through advocacy and the support of local governments. It's obvious that communities need to adapt to a changing climate irrespective of what happens globally to reduce greenhouse gases.

There is, however, a ray of hope. The Virginia lawmakers passed an unprecedented climate legislation last week that will significantly alter use of clean energy in our power generation. The measure, called the Clean Economy Act, lays out a plan to get Virginia to 100 percent renewable generation by 2050. The legislation will significantly alter our generation energy capacity with solar and offshore wind taking the lead. That will not only reduce our dependence on fossil fuel-based energy generation but will put Virginia among the top US states in terms of dealing with climate change.

Climate change has the potential to significantly transform every aspect of our lives, ranging from where we live to what we eat and the stories we tell. It is an existential crisis for our generation and generations to come. I believe this is the time to act now to save the planet and it begins at our doorstep. We can do our own bit by driving less, switching to cleaner energy sources, using energy efficient appliances and reducing usage of water. As activist Greta Thunberg put it aptly, "the climate crisis has already been solved. We already have the facts and solutions. All we have to do is to wake up and change."

Rohan Mani is a Senior and a student journalist at McLean Highlander.

LETTERS TO THE EDITOR

FROM PAGE 4

are in my neighborhood and countless free vacations I've won where I only have to sit through a short two hour presentation, are just some of the calls I get every day!

Boredom forced me to pick up the phone and actually speak with these people. Civic duty caused me to engage in as long a conversation as I could so they would have less time to rip off my neighbors. They target the young and the old. Their metrics must show they succeed enough to make it profitable. And our number is registered with the "Do Not Call" list! Something must be done.

Bill Byrne
Oak Hill

Making Virginia a Climate Leader

To the Editor:

We don't have time to waste in the face of the climate crisis. A recent climate report from the Na-

tional Audubon Society revealed that two-thirds of North American bird species are vulnerable to extinction from climate change, including nearly 70 species found in Virginia.

From the coasts of the Chesapeake Bay to the forests of the Blue Ridge Mountains, birds like the Field Sparrow and Cerulean Warbler may lose nearly all of their seasonal habitat range. We need practical, ambitious climate solutions to protect our state's birds.

The Virginia Clean Economy Act (HB 1526 / SB 851) can help by leading our state on a path to

achieve a 100 percent carbon-free economy that will help our birds, our environment, and our communities thrive.

This bill is not the only step Virginia should take to address climate change—but it's a great first step. I urge Senator Barker and the General Assembly to make cutting carbon emissions a top priority. We must act now to make Virginia a climate leader and prevent another year of inaction.

Nikka De Mesa
National Audubon Society
Springfield

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: editors@connectionnewspapers.com

CALENDAR

FROM PAGE 8

TUESDAY/MARCH 24

Poetry of Music: It Takes a Whole Village. 7 p.m. At Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Featuring the Master Singers, Concert Choir and Treble Choruses of the Fairfax Choral Society. With Patrick Vaughn, Director, Youth Choruses of the Fairfax Choral Society. Tickets are \$15/adults; \$5/students; Kids 13 and under free.

SATURDAY/MAY 2

Healthy Strides 5K/10K. 7:30 a.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Registration is underway for the ninth annual Healthy Strides 5K/10K on Saturday, May 2. The 10K runs along a wooded path and takes participants around Burke Lake. The 5K follows a tree-lined road through the park and is wheelchair accessible. Race walkers and strollers are welcome on the 5K route. Both courses are USATF certified. The run begins at 7:30 a.m., and all levels are welcome. Space is limited to the first 500 runners and walkers, so register early. The early bird fee is \$30 through Friday, January 31, 2020. The price goes up to \$35 through Tuesday, March 31 and will then rise to \$40, if there are still open spots. Team registration is also available. Children age two to six can register for the Lil' Striders Tot Dash for \$10. Packets will be available for pick-up on Friday, May 1 at the Burke Lake Park Ice Cream Parlor from 2 to 7 p.m. and on race day at Shelter A from 6 to 7 a.m. Visit www.fairfaxcounty.gov/parks/healthy-strides.

SATURDAY/AUG. 1

Unprofane Riders 2nd Annual Car Show. 10 a.m. to 3 p.m. At American Legion Post 176, 6520 Amherst Ave., Springfield. Cars, trucks, SUVs, and bikes welcome. All makes and models. Registration: 10 a.m. to 12 p.m. There will be trophies, door prizes, and raffle prizes. Food and drink. Kid-friendly event. Proceeds will be going to Shelter House, Inc., a non-profit organization that helps victims of domestic abuse. Sponsored by Safford of Springfield. Cost: \$20 Entry Fee for Cars, Trucks and SUVs, \$15 Entry Fee for Bikes, Spectators Free. Visit the website: <https://www.facebook.com/events/2434610970197659/>

ONGOING

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit www.workhousearts.org/.

Senior Line Dancing. Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8-week session. Email barbriba@hotmail.com or call 703-524-3739.

Fairfax Pets on Wheels New Volunteer Orientation. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

Carolina Shag. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	LANDSCAPING 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	
ELECTRICAL ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Licensed/Bonded/Insured Ceiling Fans Office 703-335-0654 Phone/CATV Mobile 703-499-0522 Computer Network Cabling lektrkman28@gmail.com Service Upgrades Hot Tubs, etc...				
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				
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				
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				
Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers www.connectionnewspapers.com/subscribe				

Useless Is As Useless Doesn't Have To Do



By KENNETH B. LOURIE

It began years ago when technology enabled many public bathrooms to change to hands-free. Other than the obvious hands-on responsibilities, many of the other elements no longer required any touching. Be it the paper-towel dispenser, the hand dryer, the hot and cold/on and off functions in the sinks, and of course, the urinal and toilet flushing functions. All providing a convenience never before possible. Other than an automatic entry/exit function for the bathroom door, and one as well on the inside for the stalls themselves, using many public bathrooms has become much less involved, shall we say, than ever before. And it has not stopped there. It has gone public in a very big way.

Driving, specifically through tolls, that is. Thanks to EZ-Pass, tolls or rather interacting with them by having to hand money over to a "toll collector," (or even to stop and toss money into a basket) has nearly been eliminated. Due to a device (transponder) attached to my licence plate, as me and my car approach the toll booth, I simply go about my normal driving business with nary a worry in the world. I steer into the dedicated EZ-Pass lane at a bit less than the posted speed, and ding!, as I drive through the toll booth, the toll is paid. No fuss, no muss, no window roll-down and no scrambling for change or digging for dollars. What's done is done so long as the yellow light illuminates and "paid" appears. (Although if what's done isn't done, you'll soon receive a paper bill in the mail at the address on file.)

Metro, our local public conveyor, also provides a hands-free or very nearly hands-free experience. If you have a plastic "Metro card" linked into their system, all you need do as you enter the turnstyle is tap your card and go. No more standing in line at the "Fare"/"Add Fare" kiosks to load your card with money to start or end your journey. As with your EZ-Pass, once you sign up and link your Metro card to a credit/debit card, you are "In Like Flint," as some of us from a certain generation might say. Henceforth, your card is automatically updated to always provide sufficient dollars for this trip and any subsequent trips to make sense.

Now imagine if I had a "smart phone." How many more functions/people-free interactions might I enjoy with a tap, a scan or a wave? Unfortunately, I have what my wife, Dina calls a "stupid phone." That's a flip phone with no internet access. As such, I am cut off from an evolving world. A world in which I'll likely not have to interact with anybody or reach into my pocket for anything resembling money. All I'll have to reach for is my "smart phone." I've seen its functionality at the airport in lieu of a paper ticket, on Amtrak, at concert venues and of course sports venues. It seems to help speed up the entry process.

I don't really don't want to be the last flip-phone-holding man standing. But neither do I want to get into a life-accident while negotiating the learning curve. At the moment, the road ahead seems full of twists and turns with more curves than I can possibly imagine. How do I negotiate something I can't see? Moreover, how do I negotiate the road less traveled, by me? Where will I draw the experience necessary to acclimate to these ever-changing signposts? I mean, the words may be familiar, but some of the context may be off putting and counterintuitive, to me.

I'm not a complete Bozo. I have partially integrated into this new world. I have had insurance and car payments automatically debited from my bank account for years. I have some over-the-counter medicines, supplements and a variety of cat-related care and feeding products automatically delivered to my home. However, sometimes I feel like a pinball (and I'm no wizard) without the bells and whistles banging around trying to stay on top of what product is debit/paid and when. Now that's a service I could use: an automated weekly reminder of what's happening when. And the beauty of it, I wouldn't need any new devices. I use what I always use: my home computer. Turn it on, click the email, open, read and then close. Even Bozo the clown could do that.

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 2/29/20.

**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 2/29/20.

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



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 2/29/20.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 2/29/20.

**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 2/29/20.

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 2/29/20.

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 2/29/20.

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 2/29/20.

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 2/29/20.



ALEXANDRIA TOYOTA

TRUESTART™ BATTERIES



\$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 2/29/20.

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

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