



Hadeed is Your Source for Deep Cleaning & Disinfecting All Your Rugs, Carpets & Floors

Keeping You Safe Is Our Top Priority So We Are Adhering to Rigorous Health and Safety Protocols Keeping Your Rugs Clean From Dirt, Allergens, and Bacteria.

In-Plant Rug Cleaning For Every 2 Rugs Cleaned Get the 3rd Cleaned For

FREE!

Expires 5/17/20. Express or Signature service.



We've Extended Our Best Offers So That You Can Help Protect Your Home from the Covid-19 Virus

[View all offers on our website!](#)

5 Convenient Drop-Off Locations Free Pickup & Delivery!

301-982-1111 JoeHadeed.com

CONNECTION

Burke ♦ Springfield ♦ Fairfax Station

Blue Angels, Thunderbirds Honor Healthcare Heroes

NEWS, PAGE 8

The Navy's Blue Angels and the Air Force Thunderbirds did a flyover, Saturday morning, May 2, en route to Inova Fair Oaks and Fairfax hospitals to salute healthcare workers and other essential personnel serving on the frontline against COVID-19.



Parade for Mac McConnell's 99th Birthday

NEWS, PAGE 6

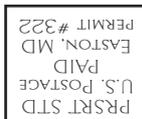
'Don't Forget About Us'

NEWS, PAGE 3

WELLBEING

PAGE 7

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 5-8-20



OPINION, PAGE 4 ♦ CLASSIFIEDS, PAGE 9

PHOTO COURTESY OF THE LAMB CENTER

MAY 7-13, 2020

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

♥ TEACHER APPRECIATION WEEKSM

May 4–8, 2020



During these uncertain times, one thing is certain:
Our teachers and staff have gone above and beyond
to serve our students, families, and community.



WE THANK YOU

for your commitment and dedication!



This ad is sponsored by the Foundation for FCPS, proudly supporting teachers, students, and staff.

www.fcpsfoundation.org/

Teacher Appreciation Week is a Service Mark (SM) of the National PTA. Since 1984, National PTA has designated one week in May as a special time to honor the men and women who lend their passion and skills to educating our children.

NEWS



Fairfax County Board of Supervisors.



Fairfax County Board of Supervisors and staff meet socially distanced and remotely for the Wednesday, April 29 public hearing on the revised fiscal year (FY) 2021 budget proposal before them.

‘Don’t Forget About Us’

County supervisors hold public budget hearings.

BY MERCIA HOBSON
THE CONNECTION

One of the ACLU People Power Fairfax lead advocates, Diane Burkley Alejandro testified on the revised fiscal year (FY) 2021 budget proposal before the Fairfax Board of Supervisors. “Let me first say that my heart goes out to all of you. You have difficult choices to make in uncharted territory. The health, welfare and lives of Fairfax residents are in your hands. I urge you to remember that you will never be faulted for overreacting. You will be faulted forever for under-reacting,” Alejandro said. The revised budget differed from the one County Executive Bryan Hill presented to the board before the COVID-19 pandemic. Slashed were nearly all new programs, staff positions, compensation increases and more.

FOR THREE DAYS, April 28-30, people testified live by phone, and by video and written testimony. Whether the person represented an organization, like John Cartmill, Faith Alliance for Climate Solutions who advocated Supervisors be fiscally responsible, reduce the County’s carbon footprint and purchase electric vehicles or represented a union, like Emily VanDerhoff, Fairfax County Federation of Teachers who advocated for increased numbers of school psychologists, counselors and social workers, a common theme emerged - don’t forget us. “We are here, and we are serving. Please, when you are making your decisions, don’t forget about us,” said Naketa Proctor, a supervisor with Self-Sufficiency in South County in a video submitted by the Fairfax County Government Employees Union SEIU Virginia 512.

Individuals testified for current funding to “stay the course.” They solicited additional funds to offset increased need or abort program closure, and they offered the fiscal solutions to use reserve funds now, save programs and lives later.

Alison DeCourcy is the executive director of United Community. She said the organization served the largest island of the disadvantaged in Fairfax County, the neighborhoods along Route 1. DeCourcy reported a recent 890 percent increase in the number of clients at its food pantry. “Coronavirus is going to require extra resources... but



SEIU Virginia 512 member, Naketa Proctor is a supervisor with Self-Sufficiency in South County. During her testimony at the County’s FY21 budget hearings she asked that Fairfax County Board of Supervisors not forget about them, those who serve the county community “all day, every day.”

we cannot lose sight of our goal ...ending multi-generational poverty by turning these islands of disadvantage into communities of opportunity. Just as United Community stays the course, we urge the County to stay the course on its own plans to actualize One Fairfax.”

Nancy Scott also urged Supervisors to stay the course. Speaking on behalf of Insight Memory Care Center, a nonprofit adult day health and resource center for individuals with Alzheimer’s disease and other memory impairments, Scott said, “Insight was a lifeline for me and my late husband, Jim ... (and) relies on funding from Fairfax County to sustain its programs, and is hopeful it will continue to receive CCFP (Consolidated Community Funding Pool) funds.”

Judith Dittman is CEO of Second Story, an organization that provides services to homeless and at-risk young people and families. She said Second Story tried to find other revenue sources to fund increased expenses but failed. She asked the Supervisors for \$190,000. “Without this funding, we will have to close Second Story for Teens in Crisis,” Dittman said.

FAIRFAX COUNTY SHERIFF Stacey Kincaid described the extraordinary effort the



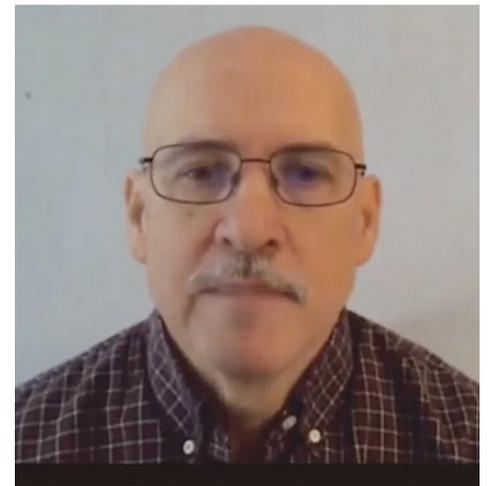
Judith Dittman, CEO of Second Story.

men and women in the public safety agency make on the front lines of COVID-19 and its toll. She said, “Front line responders have not been able to get pandemic-related types of leave... We support providing flexible leave...(and) expanding the limits of carry-over compensatory time.” Kincaid said she hoped Supervisors addressed funding for 2.06 percent of the Market Rate Adjustment during FY 21, considered equitable compensation and focused “on Diversion First, which ensures that our residents with mental illness or substance use disorders receive the care and assistance they need.”

Burkley Alejandro testified COVID-19 disproportionately hurt the immigrant community, and they too needed a safety net. She offered a financial solution saying, “Be bold and swift. Use your emergency powers... Feel free to act incrementally... People’s lives are more important than the County’s credit rating...”

Meanwhile, turning attention to Schools, Fairfax County Council PTA President Jane Miscavage called the earlier budget “forward-looking.” However, with the COVID-19 crisis and the economic recovery that lies ahead, she said, “It is with great sadness that we support the county executive’s recommendation to defer much of this spending that was originally proposed for Fiscal Year 21.”

Fairfax County Federation of Teachers member Lisa Demmel said there was a “huge educational socio-economic divide” especially felt on the Route 1 corridor. She said resources should be increased to elimi-



John Cartmill, Faith Alliance for Climate Solutions.

Budget Markup Approved

The Fairfax County Board of Supervisors approved the FY 2021 Budget Markup on Tuesday, May 5. The board made no changes to the revised FY 2021 Budget County Executive Bryan Hill proposed in early April. The budget maintains the current Real Estate Tax rate of \$1.15 per \$100 of assessed value. Budget adoption is scheduled for Tuesday, May 12.

FY 2021 General Fund disbursements are \$4.47 billion, and are supported by General Fund revenues held flat compared to the FY 2020 Adopted Budget Plan. The FY 2021 plan provides for equal growth for school and county budgets, which will both increase by just .32 percent over the previous year. This results in a \$7.3 million Schools Operating Fund transfer increase, significantly less than the \$85 million increase proposed in the original budget.

nate the digital divide for students and other needs. She urged the board to increase funding by “using our reserve funds and to aggressively seek federal aid to beef up and improve our educational system.”

According to Tiffany Finck-Haynes Lobbyist-Organizer Fairfax County Federation of Teachers, on April 17, the union sent a letter to the School Board concerned that Superintendent Brabrand proposed to increase pay for elementary school principals while simultaneously freezing the pay of nearly all other FCPS staff.

OPINION

Make Every Day Mom's Day

Mother's Day can be every day during quarantine.

BY STACIA DATSKOVSKA

When I go to bed each night, I thank God for how saturated my life is with my mom's presence, especially now that we are together at home: safe and closer than ever. I know this is more than a typical sixteen-year-old girl (at the peak of her rebellious, parent-averse phase, no less) can say for herself, but it has not always been this way.

My mom and I did not share mutual understanding from the get-go— apparent even in

the difference between how we now spend Mother's Day and how we used to spend it. I once took this special day to be a go-hard-or-go-home shot at proving my love for the woman who created me. Mother's Day is every day in my heart now: gone is my yearn to redeem myself as a daughter, only to retire from the effort on Monday. Realizing that love and devotion cannot be resized to fit a square on the calendar, I can finally rest easy. As long as I remind her daily, my mom already knows I appreciate her— box of chocolates not required.



Don't get me wrong: I am glad there is a day set out for female caregivers all over the world to feel valued. God knows they don't get enough of it. But gifts or even kind words on Mother's Day cannot stand as placeholders in the spot where mutual love should reside if that place is vacant and dusty the rest of the

year.

Once my mom and I agreed to seek something deeper in the holiday, beyond material gifts, we realized that what brought us the most happiness was simply sharing experiences and each other's company. This was one gift I could give every day! From then on, I tried (with shortcomings) to make it so my mom just as likely feels special on May 10th as on June 10th or even February 29th—to the point where she wouldn't feel Mother's Day is any different from a lowercase "d" day at all.

Now is the easiest time to live by this tenet: when all our days seem to blend into an indistinguishable haze of sameness. More time on your hands could not only allow you to rekindle your relationship but also think of a more thoughtful, soulful gift for Mom. Here are some suggestions for how to bolster her spirit this Mother's Day— easy to replicate on any given day you wish to simply reconnect.

SEE MOM'S DAY, PAGE 5



Kimberly Adams



Sean Corcoran



Ron Kuley



Tina Williams



Tammie Wondong

Hazard Pay in Honor of Frontline Workers

We are putting our lives on the line; Hazard pay honors our sacrifices.

BY KIMBERLY ADAMS,
FAIRFAX EDUCATION ASSOCIATION
SEAN CORCORAN,
FCOP LOCAL 5000
RON KULEY,
IAFF LOCAL 2068
TINA WILLIAMS,
FAIRFAX COUNTY FEDERATION OF TEACHERS
TAMMIE WONDONG,
FCGEU - SEIU VIRGINIA 512

As frontline workers and as rank-and-file labor leaders representing Fairfax County firefighters, law enforcement officers, educators, nurses, social workers, trash collectors, and other hard-working county employees, we are proud of the work that our members do every day to keep Fairfax County running.

We keep families safe, care for and educate children, keep our public spaces clean, take care of people who are sick and need support, maintain our community's infrastructure, help people get where they need to go -- and more.

We are Black, White, Latino, Asian, and many of us are immigrants. We are every religion and every kind of family.

Right now, we are responding to the biggest

crisis we have seen in our lifetimes. In the midst of this global pandemic, we continue to keep Fairfax County moving forward.

We are picking up trash, putting out fires, protecting the community, delivering health care and mental health services, educating children, cleaning and maintaining public spaces -- and so many other things that may be invisible to the community because they happen without people thinking about them.

We're also reaching out to our neighbors, raising money for nonprofits, donating food, and supporting those hit hardest by the virus and closures.

We are proud to continue serving our community during this crisis. To do so however, we are risking our health and well-being, and the health and well-being of our loved ones.

In recognition of this reality, neighboring jurisdictions, including Arlington, Alexandria, Washington, DC and the State of Maryland, have all begun offering hazard pay to their workforce.

Hazard pay honors the commitment and sacrifices that frontline workers make every day as we risk exposure to perform essential services.

Before coronavirus, when we left the house

each day, many of us feared that we might not return to our families. Now, we fear that we might bring this virus home to our families.

Hazard pay offers frontline workers an extra measure of financial security to stay focused on our critical work.

We have been offering ideas, and will continue to work with the Fairfax County Board of Supervisors to pass a county budget that invests in good jobs, quality health care, affordable housing, public education, PPE, and services and supports for every family in Fairfax County.

We believe that budgets are moral documents that must reflect the values of our community, putting people before profits.

Fairfax County has long been a wonderful place to live, work and play. We stand united with elected officials and community leaders who are fighting to support working people throughout our county. Together, we can keep our community safe, healthy, and thriving for years to come.

Kimberly Adams is President of the Fairfax Education Association. Sean Corcoran is President of FCOP Local 5000. Ron Kuley is President of IAFF Local 2068. Tina Williams is President of the Fairfax County Federation of Teachers. Tammie Wondong is President of the FCGEU - SEIU Virginia 512. United together, we advocate for good jobs and quality public services for all people in Fairfax County.

CONNECTION

www.ConnectionNewspapers.com

@BurkeConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
south@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

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

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

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

Classified & Employment
Advertising
703-778-9431

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

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

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

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



OPINION

Mom's Day

FROM PAGE 4

Start a mailbox garden together. You see neighbors walking their dogs by your front yard daily, so why not let Mom's mailbox receive a "spring refresh" and impress the passerby? Buy some flowers and a trellis for an uplifting arrangement, then plant together and catch up on all sorts of things in the process. If you live far away, surprise Mom with a giftcard to a nearby plant nursery or a delivery of fresh, garden-ready botanicals from a local business.

Digitize old photos. Looking at old snapshots is currently keeping my mom and I busy reminiscing on past travels—while also planting a seed of hope for what is still possible in the future. This Mother's Day, sit Mom down and let her pick a few favorite photos, as a start, to scan at home. Ask her about where she was in the photo, what she was doing during its taking, and what she remembers thinking about.

Indulge in a themed night to remember. While wine tours of Tuscany and Vespa-powered adventures around Rome are out of the question, who says you and Mom can't enjoy an evening infused with the culture of a chosen country? Whether it's a place you wish to visit or one you loved traveling to with Mom, pick a few signature recipes, a movie filmed there (or in the country's language, if you're bold!), and a virtual offering that relates to the region, such as a Louvre tour or Canada's own Northern Lights livestream. Savor connecting with your mom over this unprecedented experience.

When you wake up the next Monday, take it as a chance to give your mom the gift of a second Mother's Day. And then a third. And then a fourth. Call her, Zoom her, and, if you are so fortunate, hug her! But don't idolize these simple gestures. Don't give them as much glamour as to say they are fit only for a designated day in spring. No—this Mother's Day, let your celebration of God's best gift last a whole year! Then watch as your quarantined days take on a new meaning.

Stacia Datskovska, 16, is an 11th grader at Langley High and lives in Vienna.

Hadeed is Your Source for Deep Cleaning & Disinfecting All Your Rugs, Carpets & Floors

Pet Dander. Pollen. Get the Allergens Out!

| | | |
|--|---|--|
| SAFETY IS OUR TOP PRIORITY! We Are Adhering to Rigorous Health & Safety Protocols to Protect You and Our Associates. | TRUST THE RUG EXPERTS! We Remain Committed to Keeping Your Rugs Clean From Dirt, Allergens, and Bacteria. | OUR VERY BEST OFFERS! We've Extended Our Best Offers So That You Can Help Protect Your Home From the Covid-19 Virus. |
|--|---|--|

Free Curbside Pickup & Delivery!
To help protect you and our associates we are now offering to pickup & deliver your rugs to your doorstep. Our associates will wear gloves, masks, & booties when picking up & delivering your rugs and at all of our convenient locations.

Limited Time Only! - Free Rug Storage For Your Cleaned Rugs!*

| | |
|--|------------------|
| SANITIZE & DISINFECT YOUR RUGS With In-Plant Cleaning. Expires 5/17/20. Not valid w/any other offers. | 50% off* |
| IN-PLANT RUG CLEANING For Every 2 Rugs Cleaned Get the 3rd Rug Cleaned Expires 5/17/20. Get 3rd rug of equal/smaller size free. Not valid w/other offers. | FOR Free! |
| IN-PLANT RUG CLEANING ON 1 OR 2 RUGS Expires 5/17/20. Not valid w/any other offers. | 15% off* |
| WALL-TO-WALL CARPET STEAMING Expires 5/17/20. Not valid w/any other offers. | 20% off* |

Hadeed Oriental Rug Cleaning & In-Home Services Dropoff Locations:

- » 535 W. Maple Ave. • Vienna, VA
- » 4918 Wisconsin Ave. • DC/MD
- » 330 N. Stonestreet Ave • DC/MD
- » 3206 Duke St. • Alexandria, VA
- » 6628 Electronic Dr. • Springfield VA
- » 3116 W. Moore St. • Richmond VA

301-982-1111 | JoeHadeed.com

*Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details. Some addit'l fees may apply. All offers expire 5/17/20.

DR. GENE SWEETNAM
DR. GRACE CHANG DR. KAREN JINYOUNG KIM
O P T O M E T R I S T S



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

Most Insurances Accepted:
Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Cigna, DavisVision, Aetna HMO/PPO/POS, PHCS, VSP@ Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

WE WELCOME YOUR DOCTOR'S PRESCRIPTION

5206A Rolling Rd.
Burke Professional Center
Burke, VA 22015
703-425-2000
www.drsweetnam.com • www.sightforvision.com



Your Health and Safety Mean the World to Us.

In times like these, the health and safety of our loved ones are more important than ever. **The Gardens Assisted Living** community has supported seniors for the last 19 years and we are still here for you. We continue to provide a loving, nurturing and safe environment, with health department guidelines in place, personal protective equipment and nursing staff on duty 24/7/365. **To support you during this time, we are waiving our \$1000 Community Fee.** Contact us for information and complete details at 703-667-9752.

NO COMMUNITY FEE
703-278-1001

The Gardens
ASSISTED LIVING

4310 Forest Hill Dr | Fairfax, VA 22030 | www.thegardensatfairoaks.com

Mac McConnell is appreciative, even behind the sliding glass door.



PHOTOS CONTRIBUTED



The parade of cars went right in front of the McConnell's house, which is right around the corner from Herrity's office.

Parade for Mac McConnell's 99th Birthday

BY MIKE SALMON
THE CONNECTION

Social distancing in place, but the smiles prevailed.

The weekend of April 25, Supervisor Pat Herrity (R-Springfield) and his dog Rex joined the Fairfax County Police Department to help longtime Springfield resident Mac McConnell celebrate his 99th Birthday.

McConnell is a longtime leader of the West Springfield Community and the husband of former Springfield District Supervisor Elaine McConnell. He is a veteran of the United States Navy who served during World War II. He was also the Deputy Director for the

Bureau of Alcohol, Tobacco, Firearms and Explosives in Washington, DC for many years. He retired from his job with ATF to help Elaine start her school, Acotink Academy, and manage her political campaigns. Mac and Elaine also volunteered their time helping churches, non-profits, and small businesses become established in Northern Virginia.

Elaine passed in 2016 but Mac remains in good health at their home, working on a book recounting his amazing life, from farm boy to fly boy, from ATF agent to beloved local businessman, father, grandfather and great grandfather.



Springfield Supervisor Pat Herrity and his Labrador Retriever Rex.

NoVA Legislators Lasso Outdoor Tethering Law

New tethering restrictions go in effect on July 1.

BY SUSAN LAUME
THE CONNECTION

Companion animal advocates are among those with reason to celebrate the 2020s Virginia's General Assembly. This year, grassroots progressives saw nearly a dozen bills pass related to animal care and humane treatment. New laws will include restrictions on outdoor animal tethering; puppy stores: creating care criteria; consumer protections; annual inspections by the State veterinarian; and to recognize December as Virginia puppy mill awareness month.

ANIMAL WELFARE is an issue where "two Virginias" are often evidenced in citizen viewpoints: rural and urban. Many in urban Virginia tend to see pets as members of the family who reside inside the home and are treated like furry children. Many in rural Virginia may see animals more traditionally; often kept outside for security, sport or agriculture. Perhaps nowhere has the difference in views of what constitutes humane treatment been seen as acutely as in the multi-year legislative debate over tethering: confining a

dog outside on a chain or rope. On this issue lawmakers have been at odds, literally over 60 inches, and degrees of temperature for several years.

This year new restrictions on tethering go into effect on July 1.

The new requirements raise the minimum tether length to the greater of 15 feet or four times the length of the animal, measured tip of nose to base of tail. If inspected, an animal control officer may determine if a shorter length of no less than ten feet or three times the animal's length is better suited. The tether material itself must not cause injury or pain, nor weigh more than one-tenth the animal's body weight.

The new law recognizes the dangers to animals left tied outside during certain conditions including extreme temperatures and severe weather events. Outside animal tethering is not considered adequate shelter:

- ❖ unless the animal is safe from predators;
- ❖ unless animal is well suited/well equipped to tolerate its environment;
- ❖ during the effective period for a hurricane warning/tropical storm warning issued for the area by the National Weather Service;
- ❖ during a heat advisory issued by a local

or state authority;

- ❖ when the actual or effective outdoor temperature is 85 degrees Fahrenheit or higher;
- ❖ when the actual or effective outdoor temperature is 32 degrees Fahrenheit or lower;
- ❖ during the effective period for a severe weather warning issued for the area by the National Weather Service, including a winter storm, tornado, or severe thunderstorm warning.

SHELTERING EXEMPTIONS may be allowed in situations, only if an animal control officer, having inspected an animal's individual circumstances, has determined the animal to be safe from predators and well suited and well equipped to tolerate its environment, i.e. a thick furred husky in 31 degree snowy weather versus a short-haired chihuahua in the same circumstances. No exemptions may be made during issued hurricane/tropical storm warnings.

House bill provisions that would have prohibited outdoor tethering between 10 p.m. and 6 a.m., and allowing localities to adopt more stringent ordinances than the state provisions were not accepted. Leash walking a dog is not considered tethering.

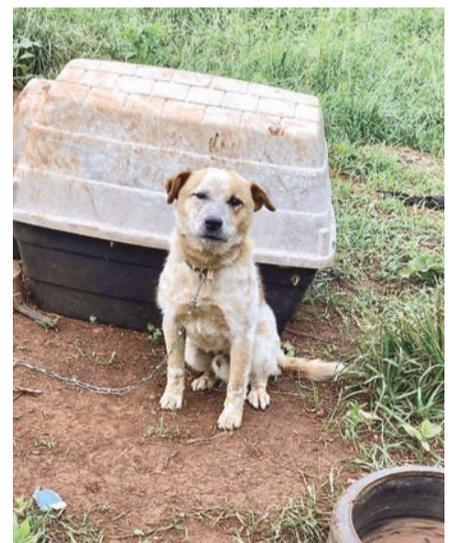


PHOTO COURTESY HUMANE DOMINION & HOMEWARD TRAILS

Dogs tied outside in Virginia await new weather and tethering protections effective July 1.

Readers may find the full language of the bills at www.lis.virginia.gov by searching HB 1552 or SB 272 Tethering animals; adequate shelter and space.

The author is Director of the VA Dog Army, a companion animal law enforcement and legislation advocacy group.

WELLBEING

Virtual fitness classes aid in the effort to stay healthy and fit.



PHOTO COURTESY OF CHRISTIAN ELLIOT

Virtual Fitness Classes Offer Options

Online choices for those who want to get or stay in shape.

BY MARILYN CAMPBELL
THE CONNECTION

Staying physically and mentally fit is proving to be a challenge for some as local gyms, yoga studios and weight management clinics have closed their doors in an effort to prevent the spread of the coronavirus. As a solution, many local health and fitness studios are offering live-streamed and recorded digital classes that can be joined from almost anywhere. From pre-recorded sessions on Facebook to live sessions with an instructor and personal sessions with a physical trainer, instructors are giving the curious and uninitiated a look inside their cyber classrooms.

"I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19," said Rachel Trope, clinical exercise physiologist at the Washington Center for Weight Management and Research in Arlington. "I am also encouraging people to be okay with exercise looking and feeling different right now. Something is better than nothing."

Practicing yoga can offer mental health benefits, says Luann Fulbright, Studio Director of Dream Yoga in McLean. "Yoga means to unite, and human beings, like other mammals, need to connect to stay well," she said. "The virtual classes enable our community to continue to come together to practice."

A disrupted schedule can lead to increased anxiety during this time of uncertainty. "The crux of regular exercise for many people is routine and familiarity, when that gets interrupted, it can be difficult to establish a new normal with exercise," said Trope. "This is a very tricky time. We are using both live exercise classes and pre-recorded exercise content combined with written workouts."

"I am encouraging people to focus on the mental health benefits from exercise and movement to help deal with the stress of COVID-19."

—Rachel Trope,
Clinical Exercise Physiologist
at the Washington Center for
Weight Management and Research

Creating as close to a real experience as possible for students, including allowing for teacher-student interaction makes the classes more effective. "We transformed one of our classrooms into a virtual studio with good equipment so our classes look as professionally done as possible," said Fulbright. "We have a good camera, microphone, umbrella lighting, and large monitor screen so teachers can better see their students and alignment."

The students who are joining the classes represent a wide demographic. "Many of our regular students have gone virtual with us," said Fulbright. "The ones that surprised us were our older students in our Yoga for Creaky People and other classes. At first, we wondered if they would want to Zoom, but we were wowed. Most of them are Zooming with us now. They are rocking it."

There are even solutions for those who are only marginally interested in fitness or need help staying motivated.

"I had a former client reach out to me yesterday saying she just couldn't stay motivated doing the free home workouts because no one cared if she did or didn't show up," said Christian Elliot, Health Coach at TRUE Whole Human. "She's finding she prefers an appointment to keep her accountable. The one-to-one personal training with trained eyes watching, although more expensive, often provides the most accountability and bang for the buck, especially if you don't have much equipment to work with."

Classes can be tailored to the abilities and interests of each student. "I've found, probably not surprisingly, that different people prefer different formats," said Elliot. "Not having to think of what to do may be the biggest draw, regardless of the format. Some like the structure of a program and thoughtful movement and a slower pace, others like showing up at a particular time, doing whatever the workout is for the day, and knowing when the workout will be over."

"I'm excited to watch our great, collective, American ingenuity have a new outlet for creativity," added Elliot. "I look forward to seeing how this strange blip in history brings new and better solutions to the market that we otherwise would not have come up with."

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

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**

THE CONNECTION
Newspapers & Online

Special Connections Calendar 2020

Advertising Deadlines are the previous Thursdays unless noted.

MAY

5/6/2020.....Mother's Day Celebrations, Dining & Gifts II

5/6/2020.....Wellbeing

5/13/2020.....HomeLifeStyle

5/20/2020.....A+ Camps & Schools

5/27/2020.....Senior Living

JUNE

6/3/2020.....Wellbeing

6/10/2020.....Father's Day Dining & Gifts

6/10/2020.....HomeLifeStyle

6/17/2020...A+ Graduations & Summer Education

6/24/2020.....Senior Living

Connection Families: Summer Life

For Print & Digital Advertising Information:
Please Call 703.778.9431 or email
advertising@connectionnewspapers.com

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

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herridon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Fairfax County Parkway Widening and Popes Head Road Interchange Project Approved

At Tuesday's Board meeting, the Fairfax County Board of Supervisors unanimously endorsed the design plans for widening the Fairfax County Parkway between Routes 29 and 123 and constructing an interchange at Popes Head Road. These designs are based on extensive community engagement and feedback.

This project will:

- ❖ Construct the interchange at Popes Head Road and the Fairfax County Parkway and allow for the future construction of the long-planned extension of Shirley Gate Road from Braddock Road to the Parkway.
- ❖ Widen the Parkway to three lanes in each direction from Route 29 to Route 123.
- ❖ Make improvements at the Burke Centre Parkway/Fairfax County Parkway intersection as well as the 123 interchange.

❖ Provide a continuous shared-use path along the Parkway by building the missing piece of trail between 123 and Burke Centre Parkway

Supervisor Pat Herrity (R-Springfield) said:

"I am thankful the Board has endorsed these long overdue plans to fix this dangerous and congested intersection and allow for the future construction of the Shirley Gate Road extension. These plans are a significant improvement to one of Fairfax County's main streets and will provide significant congestion relief and a safer route for thousands of residents."

In non-pandemic times, average daily weekday traffic in the parkway corridor near Popes Head Road is projected to grow to 115,000 vehicles and currently has extensive backups at the traffic signal during rush hours and weekends. The County continues to see numerous crashes and fatalities at this intersection.

COMMUNITIES OF WORSHIP

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



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

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

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
 Since 1999



Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com



PHOTO COURTESY OF THE LAMB CENTER

The Navy's Blue Angels and the Air Force Thunderbirds did a flyover, Saturday morning, May 2, en route to Inova Fair Oaks and Fairfax hospitals to salute healthcare workers and other essential personnel serving on the frontline against COVID-19.

Blue Angels, Thunderbirds Honor Healthcare Heroes



PHOTOS BY SUSAN LAUME/THE CONNECTION

Crowd gathers on knoll at Burke Center Library to await flyover by US Navy Blue Angels and Air Force Thunderbirds.



Small crowds at locations along flight path throughout the county witnessed Operation America Strong in recognition of health care first responders and essential workers.

Fresh air, fruits and vegetables bring out the smiles at the county's Farmers Markets.



PHOTO BY FAIRFAX COUNTY PARK AUTHORITY

Reston, Mount Vernon and Burke Farmers Markets to Open in May

It could pave the way for more as the county gradually reopens.

BY MIKE SALMON
THE CONNECTION

As the country heads into the third month of COVID-19 restrictions, the Mount Vernon Farmers Market on Sherwood Hall Lane is one of three markets that are opening in May.

The other two are in Burke and Reston, which are central locations that can cater to a wide scope of the county residents, said Fairfax County Park Authority spokesperson Judy Pederson. "These three are located in different areas of the county which places them within reasonable travel distances for all our residents."

THE FIRST OPENING will be Saturday, May 9 in Reston, followed by Mount Vernon on Wednesday, May 13 and Burke opening day on Saturday, May 16.

This is a step towards normalcy but operations in the markets will not be business as usual, due to the pandemic. Social distancing will be urged, as will face masks. "Face covering strongly recommended," the rules state. Face masks are required at the Reston market.

Throughout the pandemic, grocery stores have been allowed to operate with special rules in place. Most stores have had tape marks on the floor to ensure social distancing. Grocery stores are listed as essential businesses by Governor Ralph Northam (D), but the markets are not. "Because of that, the markets must operate under more stringent safety protocols in order to open," Pederson said.

The governor is currently making other moves that open facilities across the state. For example, he announced that hospitals and dentists will be allowed to resume non-emergency procedures as of midnight Thursday, April 30. On April 15, Governor Northam's office put out a directive for restrictions including extending Executive Order 53 for two weeks, through Friday, May 8, 2020.

Executive Order 53 originally signed on March 24, bans crowds of more than 10 people; closes recreation, entertainment, and personal care businesses; and limits restaurants to offering takeout and delivery services only.

Executive Order Fifty-Five, which directs Virginians to stay home unless they must leave for essential services, remains in effect until June 10.

Opening Schedule

RESTON: SATURDAYS, BEGINNING MAY 9
Reston Farmers Market at Reston Lake Anne Village Center, 1609-A Washington Plaza, 8 a.m. to noon.

MOUNT VERNON: WEDNESDAYS, BEGINNING MAY 13
Mount Vernon/McCutcheon Farmers Market, Mount Vernon Sherwood Library, 2501 Sherwood Hall Lane, 8 a.m. to noon.

BURKE: SATURDAYS, BEGINNING MAY 16
Burke Farmers Market at Burke VRE parking Lot, 5671 Roberts Parkway, 8 a.m. to noon.

COVID-19 Restrictions

Market shoppers are asked to comply with all COVID-19 health and social distancing requirements:

- ❖ No more than 2 family members in the market
- ❖ Face covering strongly recommended
- ❖ No pets
- ❖ Keep a 6-foot distance from others
- ❖ One customer per stall
- ❖ Do not touch surfaces. Let vendors bag purchases.
- ❖ Credit or debit card payments preferred
- ❖ No on-site eating of purchases or sampling
- ❖ Do not linger. Get in and get out quickly.
- ❖ Leave by Exits only

MARKET MASTERS

According to the Fairfax County Park Authority, there are usually two market managers overseeing each market, and the size of the market, depends on the number of vendors at the site. "As we open the markets this year, because of the extra safety precautions related to the pandemic, we're seeking to place between four and six volunteer market masters and park staff members at each market," Pederson said.

There will be a combination of old and new vendors at the markets, and as with the market standards that have been in place through the years, each vendor has to go through the application and acceptance process.

The Fairfax County Park Authority markets are strictly producer-only, which means that all of the farmers and producers sell only what they grow on their farms or make from scratch. To stick with the "locally-grown" mantra, the vendors must be located within 125 miles of Fairfax County.

"We also encourage value added vendors to use local ingredients," Pederson said.

After evaluating these three market openings, the Park Authority will assess the situation to determine if any changes are needed. The agency is hoping for successful 2020 market debuts that will pave the way for the opening of all FCPA farmers markets, their information said.

Up to date information about COVID-19 can be found at virginia.gov/coronavirus.

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Obituary

Obituary



Patricia Ann Renner
"Pat"

Patricia Ann "Pat" Renner, 92, of Burke, VA, passed away peacefully on Monday, April 27, 2020, at her son's home in Winchester, VA with her family by her side.

Ms. Renner was born in 1927 in Lakewood, OH, daughter of the late Joseph and Aileen Hartman. She was a graduate of Withrow High School in Cincinnati, OH, Class of 1945. During her high school years she was a member of the swim team, the horseback riding club, the Acapella group, and loved to ice skate. Her equine skills continued on through advanced

horseback riding. During her working career she was employed at Marsh & McLennan Companies and retired from Mobil Oil. Ms. Renner was a member of Burke United Methodist Church in Burke, VA and volunteered in any way she could with the church. She also sang in several church choirs. Ms. Renner loved music and dancing. She was a huge fan of James Taylor. Ms. Renner possessed many talents. She was an avid artist who loved the beach and held a soft spot in her heart for all animals. She volunteered at the Humane Society in Fairfax, as well as volunteering for years at Wolf Trap National Park for the Performing Arts. Ms. Renner enjoyed bird watching, played the ukulele, and one of her best talents was gardening. She was affectionately known as "Mom" or "Grandma Pat" to everyone in the family or anyone that she met.

Surviving are her daughters, Aileen V. Renner of Staten Island, NY and Audrey Renner Murphy and husband, Roland, of Woodbridge, VA; son, Frederick T. Renner and wife, Kimberly, of Winchester, VA; and grandchildren, Andrew, Chad-Michael, Brandon, and Michael.

Ms. Renner was preceded in death by her former husband, Frederick Theodore Renner; her son, Joseph Edward Renner; and a brother, Sonny Hartman.

Due to COVID-19, a memorial service will be planned at a later date at Burke United Methodist Church in Burke, VA.

In lieu of flowers, memorial contributions may be made in Pat's memory to Blue Ridge Hospice, 333 W. Cork Street, Suite 405, Winchester, VA 22601 or Alzheimer's Association National Capital Area Chapter, 8180 Greensboro Drive, #400, McLean, VA 22102.

Please view obituaries and tribute wall at www.ompstfuneralhome.com

Employment

Forget Daily Commuting

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

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

Call Jerry Vernon
703-549-0004

Connection Newspapers & Digital Media
Trusted Connection to Local Communities

www.Facebook.com/connectionnewspapers

TELL US WHAT YOU THINK

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

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

Hair Today, Not Gone Tomorrow



By KENNETH B. LOURIE

Sheltering in place while isolating at home, like so many others are, in a state, Maryland, where non-essential businesses remain closed, life has mostly come to a screeching halt. And unlike Georgia and nearly 30 other common-sense offenders, salons - among many other trying-to-get-going concerns, are not open. Moreover, given the social-distancing guidelines and the stay-at-home mandate, it's unlikely I'll be receiving any service providers in my home either. And considering that I'm not running a bowling alley in my basement, the chance that my hair stylist is going to unexpectedly knock on my front door is fairly slim. As a non result, what's continuing to happen then is my hair is continuing to grow. Despite my year of immunotherapy, I have a full head of hair; now more than ever, in fact. So what did I dream about last night? Getting a haircut.

As it was dreamt, I was in Virginia (I live in Maryland) doing non-barbershop/salon things when quite unintentionally I walked by a salon that was open and operating. Since I wasn't on a schedule and I needed a haircut, to quote Bob Seeger: "I tucked my hair up under my hat," (sort of) and went inside to make inquiries. I remember asking, as I have previously in real life, if anyone there knew how to cut curly hair. One stylist/operator, who was not familiar to me, offered his services for the task at hand. That's all I remember except feeling pleased with myself when I woke up this morning as if I had accomplished something overnight. Which of course, I hadn't. Oh, how the mighty have fallen.

Of all the things I've dreamt about: interacting with my deceased parents, flying through the air with the greatest of ease, sex, the past, the future, adventures, etc., I dreamt about getting a haircut. How pathetic is that?

One week into my low iodine diet (as preparation for my thyroid cancer treatment), when I haven't had any salt, any dairy, any bread, any most especially, no chocolate or sweets of any kind (jelly beans are on back order), I would have thought that if there was a dream to be dreamt, it would involve food at the very general and chocolate at the very specific, like being in an endless dessert buffet line (social distancing and limiting crown size notwithstanding). But no. What my subconscious focused on was yours truly getting a stupid haircut. There was no special occasion or event for which I was needing my hair cut, it was simply, maintenance. All the more disappointing given the endless possibilities to dream that exist in our heads. What a waste of a deep sleep.

What makes the dream even worse is that for the past month or so I've had very poor sleep, lying in bed for hours with very little to show for it. Specifically, rest, relaxation and dreams; not dreaming at all in fact. Then, in the midst of this poor sleep pattern I awake this morning with the recollection of having dreamt (meaning a deep sleep) about getting my curly locks cut. Mundane minutiae if there ever was such a combination.

Granted, getting my hair cut was a very important part of my life, particularly so for my mother. For my mother, her sons getting a proper haircut was paramount and once she found a barber, Rocky Spirazzo, who cut hair with a scissors instead of a clipper, she was smitten, so to speak. As such, we followed Rocky to whatever barbershop/salon he worked at, including some of the finest hotel barber shops in Boston. We even occasionally went to his home in Roslindale, where he had a barber chair set up in his unfinished basement. I can still that lone bulb above my head attached to a chord hanging from the ceiling.

And so it was, throughout my life when my mother had control of my hair-cutting, that hair cuts were not nearly so arbitrary as they might have otherwise been. Without really admitting it, I guess I would say that getting my hair cut is of some importance, dating back to my "yout," to quote Joe Pesci from "My Cousin Vinny." Like it or not, my mother's influence persists. Now in the midst of a pandemic, with so many other potential problems impacting our life, apparently my subconscious still has its priorities.

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

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... | | ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 leltrkman28@gmail.com | |
| GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price! | | GUTTER | |
| 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 | | | |
| LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 | | LANDSCAPING 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 | |
| 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 | | LANDSCAPING IMPROVEMENTS 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 <ul style="list-style-type: none"> ▶ Email Marketing ▶ Social Media ▶ Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING | | | |
| LOCAL MEDIA CONNECTION Reaching Suburban Washington's Leading Households Newspapers & Online 703-778-9431 www.ConnectionNewspapers.com | | | |

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.

FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

Saturday Market
Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter Mill Rd., Oakton.
Sunday Market
Mosaic, 9 a.m - 2 p.m. -- 2910 District Ave., Fairfax

BURKE FARMERS MARKET TO OPEN

The Fairfax County Park Authority will open its Burke Farmers Market on Saturday, May 16 from 8 a.m. to noon at the Burke VRE Parking Lot in Burke. It will again offer delicious, locally grown, farm-fresh products. The market will be different than in the past, as the Park Authority complies with Virginia Gov. Ralph Northam's social distancing orders and safety guidelines. Visit www.fairfaxcounty.gov/parks/farmersmarkets

SPRINGFIELD FARMERS MARKET OPENS

The Springfield Farmers Market operated by FRESHFARM is now opened on Saturdays from 10 a.m. to 2 p.m. at Spring Valley Mall in Springfield. There will be some procedural changes to help ensure everyone's safety, so read the safety guidelines as you head out to the market. Shoppers are encouraged to pre-order for pickup at the market as much as possible (although you will still be able to purchase pre-packaged items). And don't forget those masks.

JOB SEEKERS WEBINAR

Immanuel Bible Church will be hosting a Job Seekers Webinar on Saturday, May 9 from 9 a.m.-12 p.m. via Zoom. The Webinar is free and open to the public. The Job Seekers Webinar offers practical advice on all of the basic muscle movements for a successful job search. Interested persons can read more about Job Seekers and register at the following web site: <https://ibc.church/jobseekers>

FREE ONLINE COMPUTER SCIENCE WORKSHOPS

DMVhacks, founded by Lucy Chen and Anam Khan, is conducting free online computer science workshops to increase interest in STEM throughout the community. The DMVhacks team strives to provide students with opportunities to learn more about computer science and coding, regardless of their grade or age. These workshops occur from 3 - 4 p.m. on Wednesdays and Fridays through Zoom. If you would like more information about these workshops, email Lucy Chen at lchen888@gmail.com or the DMVhacks team at dmvhacksteam@gmail.com.

WORKHOUSE ARTS CENTER CREATES VIRTUAL CAMPUS

The Workhouse Arts Center in Lorton, known for its exhibitions and artist talks, Second Saturday artwalks, live performances and classes in everything from painting and ceramics to cooking and yoga, has created a virtual campus.

With the campus closed due to Covid-19 restrictions, the Workhouse has quickly pivoted into offering more online content. Live stream class registration is currently open offering classes in Visual Arts, Art of Movement, Performing Arts and Private Music Lessons with classes beginning the week of May 4, 2020. Online recorded class registration opens the week of May 4, 2020 with classes in Visual Arts beginning the week of May 11. All of the Workhouse Arts Center online offerings can be found at <http://www.workhousearts.org/virtual-workhouse/>.

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 5/31/20.

CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE
INITIAL DIAGNOSIS

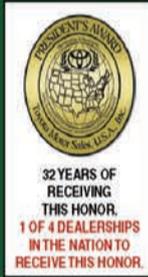
WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



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 5/31/20.

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 5/31/20.

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 5/31/20.

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 5/31/20.

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 5/31/20.

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 5/31/20.

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 5/31/20.

Jack Taylor's
ALEXANDRIA TOYOTA

©SMS Productions, Inc. 1-800-289-7671 #202001025

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 5/31/20.

TRUESTART™ BATTERIES
\$129⁹⁵
SPECIAL OFFER
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 5/31/20.

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



Office: 703-503-1881
ShelleyD@LNF.com
Cyndee@LNF.com
**Your Home.
Our Priority!**



SOLD for \$1,050,000
Day 1 on the market in Clifton! Need help you preparing your home for sale while you shelter-in-place? We're available to video chat with FaceTime, Skype, Zoom or WhatsApp. Let's talk!

For more information please go to:
WelcomeHomeRealtyPartners.com

MRP AMANDA SCOTT
BEST WASHINGTONIAN 2019
703-772-9190
Top Producer
www.AmandaScott.net



Gainesville Heritage Hunt 55+ \$419,900
LOVELY Updtd 2 lvl TH, 3 BR, 2.5 BA, main level Master BR, Grmt Kit, granite cntrs & SS appls, HDWDS, Molding, Liv, Din, Fam rm with Gas Fpl, Pwdr rm, Loft, fitted Storage/Craft rm, Lndry, 2 car Gar. Fitted closets, Updtd windows & ext trim wrap, roof 2017, Patio.



Gainesville Heritage Hunt 55+ \$564,900
STUNNING 3 fin lvls, 4 BR, 4 BA, Main level Master suite, Grmt Kit, gas ckt & wall oven, HDWDS, Brkfst rm, Liv, Gas Fpl, Din rm, Sun rm, Loft, Fin LL; Rec rm, granite Wet Bar, BR 4/Office, Storage, Scr Porch, Deck, Patio, 2 car Gar, Irrig sys.

www.HeritageHuntHomes.com



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



Falls Church \$1,090,000
Luxury and location all in one place. Exquisite end townhome offering distinctive architectural features. An easy walk to the West Falls Church Metro. Call Judy for more information. Visit: 7720magpielane.com



Jim Fox
703.503.1800
jim.fox@LNF.com
Serving VA/DC since 1988
NVAR Lifetime Top Producer



Come to the HEART of Real Estate, Since 1980 Proudly Serving Northern VA
KAY HART, CRS, GRI
Associated Broker
Life Member NVAR Top Producer
kay.hart@longandfooster.com
703.503.1860



Fairfax Cedar Lakes \$429,900

Charming 3 level TH. Freshly-painted interior + brand new carpeting. Recent upgrades incl HVAC, HWH, W/D. Bamboo hwdws. Kitchen features large table space, island, granite counters, 42" cabinets & updated appliances. Separate/laundry room off kitchen. French doors lead to fenced yard & deck. Top floor master suite includes vaulted ceilings, huge W/I closet & luxury bath w/sep tub & shower plus dual vanities. 2nd master suite has full bath with dual entry plus private balcony. Minutes from Fairfax County Parkway, 66, public transportation, shopping, restaurants and more. Call Ki Hatch @ 571.214.1870.



Lorton \$395,000
Spring Hill Active Adult 55+ GATED Community

Rarely Available & A Rare Find! Sought-After 6 yr young Gorgeous 2 BR, 2 full BA Condo. A very special unobstructed pastoral VIEW from Balcony. Incredible Kitchen has 39" Cabinets, Granite, Gas Cooking. Formal Sep DR and spacious LR with the VIEW. Special Amenities: Full Community Ctr, Indoor Pool, Lighted Tennis Courts, Trails - A truly ACTIVE Adult community. Call Kay for more details -- 703-217-8444



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



OPEN SUNDAY, 5/10 • 12:30-4:30PM

NEW LISTING!



Clifton • Custom Farm House • \$1,100,000



Burke • Southport • \$719,900

Buy Mom a Home for Mother's Day!

NEW LISTING!

LAND FOR SALE 5 ACRE LOT!

NEW LISTING!



Burke • \$485,000



Fairfax Station • \$575,000



Fairfax • Fairfax Hunt • \$725,000

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

Considering a Career in Real Estate?

Virtual Pre-Licensing Classes Now Available

Just a few of the benefits of a career in Real Estate include:

- Unlimited Earning Potential
- Flexible Schedule
- Helping others achieve their Real Estate Goals
- Building Wealth Through Real Estate

To learn more about a career in Real Estate, contact Managing Broker Paul DiCicco at 703-503-1899 or by email at pauld@lnf.com



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



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com

Just Sold for \$1,401,890
New Construction — Custom Craftsman Home
9007 Linton Lane, Alexandria VA 22308



- 5 BRs and 4 1/2 BAs
- Open Floor Plan
- 2 Porches
- Deck
- Upgraded Finishes & Moldings
- Floating Staircase
- Finished LL with Rec Room & Media Room

LONG & FOSTER REAL ESTATE

CHRISTIE'S INTERNATIONAL REAL ESTATE



Fairfax Ridges of Glendilough \$669,900

below market so you can make it your own. 1/2 acre level lot backs to community owned wooded area with a lovely sprawling deck to enjoy the view. Four bedrooms, some hardwood flooring and an unfinished basement waiting for you to finish. Frost Woodson and Oakview Pyramid.



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

