

Meet Vienna's Best Friends

PET CONNECTION, PAGE 12

Making Sure Children Don't Go Hungry

NEWS, PAGE 3

Vienna Teen Attends Student Leaders Program

NEWS, PAGE 3

Alana Reeves holds her dog, Tater. Tater has been with the Reeves family for over nine years. More stories on people and pets in today's Connection.



100 YEAR ANNIVERSARY SUPER SALE

Complete Pair of Eyeglasses

\$100*
Off

Digital Multifocal Lenses

\$100[†]

Progressive
No Line Lenses

These offers CANNOT be combined!

Collections from
MICHAEL KORS **TIFFANY & Co.**



Now accepting more insurance plans than ever,
including EyeMed and OptumHealth!





Tysons Corner Center 703-734-0977
(Upper level, near Nordstrom)

We welcome outside prescriptions! Call 1-800-EYES-789 or visit STERLINGOPTICAL.COM for a no-obligation appointment.

*With purchase of complete pair of eyeglasses (frame and lenses). Minimum purchase required. Some restrictions apply. See store for details. †Frames additional. Limited time offer.





garai
ORTHODONTIC
SPECIALISTS
BracesVIP.com



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Invisalign Provider 2012, 2013
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

"BEST ORTHODONTIST"
Washingtonian Magazine
Families Magazine

"TOP ORTHODONTISTS"
Northern Virginia Magazine
Virginia Living
Health & Beauty Magazine

Exceptional Smiles, Exceptional Service

Dr. Garai is a Board Certified Orthodontist with more than 17 years of experience creating beautiful smiles for families in Vienna and the surrounding area.

We are pleased to announce the addition of the latest laser scanning technology **ITERO** from Invisalign in our office. Our practice will be the first to offer this state of the art technology in Vienna. The **ITERO** digital scanner eliminates the need for messy, uncomfortable impressions of the teeth for Invisalign treatment.

Vienna
427 Maple Ave, West
Vienna, VA 22180

Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
Unit 101



Please call our office today to schedule your Complimentary Consultation

703.281.4868
BracesVIP@gmail.com
www.BracesVIP.com



PHOTOS CONTRIBUTED

Louise Archer Elementary School in Vienna is one of the schools benefiting from Our Daily Bread's summer food program, an extension of the nonprofits Food4Thought weekend program.

Making Sure Children Don't Go Hungry

Our Daily Bread provides meals for children during summer break.

BY VICTORIA ROSS
THE CONNECTION

For most children, summer means the end of homework and tests, and the beginning of cookouts and carefree summer vacations.

For thousands of children from low-income families, summer can also mean going hungry. Free and reduced food programs—which provide children access to nutritious breakfasts, lunches and snacks—end along with the school year, leaving many students at risk for hunger over the summer months.

“Summer is a very difficult time for parents who are depending on the school’s free or reduced lunches,” said Lisa Whetzel, executive director of Our Daily Bread, a Fairfax County volunteer-based nonprofit. “As a community, it’s important to make sure that children have access to the healthy food they need during the summer months.”

To help meet that need, Our Daily Bread launched a new program this summer to provide healthy meals and household supplies to 42 families whose children attend three local elementary schools—Marshall Road, Cunningham Park and Louise Archer.

According to Fairfax County Public Schools, 47,874 students—more than 26 percent of the school system’s total student population—received free and reduced lunches during the 2012-2013 school year.

Whetzel said the program is an extension of ODB’s Food4Thought program, which began in 2011 in partnership with concerned parents at Marshall Road Elementary School. Volunteers created packages of non-perishable food and drinks to send home each weekend with 19 children in the school who participated in the federal food subsidy program. Volunteers collected donations within the school and



Volunteers and staff of Our Daily Bread, a volunteer-based nonprofit that helps low-income residents in Fairfax County, collect food at its Vienna pantry.

supplemented it with food from Our Daily Bread’s Vienna Pantry.

“This new partnership with Marshall Road is successful because there is a champion within the school,” Whetzel said. “If there is not a willing social worker and PTA, it cannot work. We applaud Jean Wyman and the PTA for seeing the need in their school and reaching out to ODB to make this work.”

Our Daily Bread is also working with Daniels Run Elementary School in Fairfax City, and hopes to expand Food4Thought and its summer extension program to more local schools as they gain more funding, community support and resources.

“We welcome working with as many schools as request our assistance. We can help them get started by explaining the process,” she said.

For more information on Our Daily Bread’s programs, go to www.odbfairfax.org. To donate to the Vienna food pantry, contact Christina Garris at 703-273-8829.

Akila Prayaga was one of the students selected to participate in the Bank of America Charitable Foundation’s 2013 Student Leaders program.



PHOTO CONTRIBUTED

Vienna Teen Attends Student Leaders Program

Akila Prayaga, rising senior at Langley High, interns with YMCA of Metropolitan Washington.

BY CAROLINE BURR
THE CONNECTION

Akila Prayaga, of Vienna, a rising senior at Langley High School, was one of five Greater Washington students recently selected to participate in the Bank of America Charitable Foundation’s 2013 Student Leaders program. Winners of the award received paid eight-week internships at local nonprofits.

Akila has been interning at the D.C. headquarters of the YMCA of Metropolitan Washington. “I started my internship on June 24,” Akila said. “I’ve been working with a lot of numbers, mostly in finance and it’s definitely taught me a lot about finance—which is something I want to do. I learned a lot about what I want to do in the future and what I don’t want to do.”

With their internships, the 225 high school juniors and seniors selected from around the country were also invited to a five-day Bank of America Student Leadership Summit in D.C. “I really enjoyed the summit program,” Akila said. “It was one week where all the Bank of America student leaders did a lot of leadership activities, met a lot of people, met a lot of executives from non-profits and met a lot of really influential people.” Thursday, July 11, the summit hosted a service day event for all of the student leaders where they volunteered at the Capital Area Food Bank in D.C.

Summit activities included a

variety of interactive workshops that focused on financial education, leadership development and Capitol Hill briefings. The goal of these sessions was to have the students understand the positive effects of how corporate, nonprofit and government organizations can be beneficial to communities.

Research shows that only 33 percent of D.C. youth can find what is deemed as practical employment. Teens, overall, have the highest unemployment rate and studies show that the teens that are able to find generous employment have lower dropout rates and more success with long-term education. The Bank of America Charitable Foundation is intended to provide individuals with exposure to valuable employment opportunities that will promote work and life skills while also helping the community.

Akila’s community commitments include an organization that she manages, Today’s Readers Tomorrow’s Leaders. “We do book drives and collect educational material and send them to shelters and we’ve also set up literacy programs outside the U.S.” It has been Akila’s dream to continue to give back to the community in the form of “an international school so kids from all around the world from impoverished countries can come and educate themselves and have a better future. A lot of children don’t have opportunities like me and I want to give them opportunities like me,” Akila said.

Kristen and Jason Paral and their children Jack, 5, and Lucy, 3, make Vienna home.



PHOTO COURTESY OF KRISTEN PARAL

Sharing Expertise on Child Development

Kristen Paral of Vienna helps parents master techniques that foster the growth of well-adjusted, confident children.

BY DONNA MANZ
THE CONNECTION

While feathering your nest may turn your house into a home, occasionally, de-feathering and shifting direction may transform your happy nest into a happy and serene haven for your family. The Intelligent Nest founder and child development specialist Kristen Paral of Vienna helps parents master techniques that foster the growth of well-adjusted, confident children. Parents show children their value by providing unconditional love, discipline, opportunities for mental and physical stimulation and safe shelter.

"I have a passion for the science of what goes on in a child's mind," said Paral. "I love giving seminars, teaching parents about child development."

"My goal is to create a happier 'nest,'" said Paral, stressing that parenting is a partnership between parent and child. "No two children are the same, so parenting techniques should be customized to the child's development and interests."

Paral describes an "intelligent nest" as a reasonably informed home, led by parents who are experts in the development of their own child. "No two children are the same, and no parenting solution is universal," says Paral. She encourages parents not to become experts in child development but experts in the personality and strengths of their own children.

PARAL MOVED TO VIENNA from southern California about 10 years ago. She and her husband Jason are raising two children here, Jack, 5, and Lucy, 3. It was her own experience as a young mom that inspired her to start a business in the fall of 2011, blooming from her background in elementary education and child development.

Paral advises parents to ask their child, "What do

you think," before responding with their own opinions when a child is looking to a parent for approval. Their children, she said, will gain self-analysis and critical thinking skills and the parent will learn about how their child sees the world. Young children learn differently than older children and adults, she adds.

When it comes to toys and playrooms, Paral offers unique guidelines. De-clutter your home and playroom by only displaying seven to 12 toys at a time in a given play area. "The toys will be more enticing, receive more play, and you'll enjoy less mess and chaos at home."

Rather than dedicating a single space for play, Paral recommends offering small and simple activity centers in every room a child visits. "An engaged child is a happy child," says Paral.

If a parent wants her child to really use the playroom, Paral recommends that she fill it full of gross-motor equipment, such as soft play equipment, balls, climbing sets and trampolines, instead of toys.

Paral and her husband love taking hikes, from park-style to urban hikes in Washington. She said they all like being outdoors and being active. She applies her knowledge and skills to her home life, something that precipitated the birth of The Intelligent Nest. "I always wanted to apply my skills and was always organized at home," Paral said.

WHILE DRIVING HOME from a Vienna Moms meeting one day, she asked herself how she could turn those skills into something "beneficial" to families. The Intelligent Nest was born.

Paral gives seminars to area schools, preschools, church groups and mothers' groups, focusing on child development attributes, as well as practical steps to create usable and functional playspaces for children. She specializes on the needs and development of children from birth to 5 years old. For families who feel they would benefit from a personal consultation, Paral is there to help, whether it's discipline suggestions or de-cluttering advice.

"Parents are experts on their own children and it is their job to research and seek answers that work for their family," says Paral.

<http://intelligentnest.com/> is a goldmine of advice, from toy rotation to effective discipline. For details on seminars presented by The Intelligent Nest, go to <http://intelligentnest.com/seminars-webinars/>. Contact Kristen Paral at intelligentnest@gmail.com or by phone at 202-557-6147.

PEOPLE AND PETS



Rex Meets Macintosh

Atticus Rex, an 8-week-old beagle, looks up to his new brother, Macintosh Ross of Vienna. Although Macintosh (named for the apple) is 7 years old, Rex is the clearly "top dog" in the Ross family.

PHOTOS BY HENRY ROSS



Atticus Rex, an 8-week-old Beagle, is not quite sure what to do with the tennis ball yet. He joins older brother Macintosh, a golden retriever, Henry, 12, and Ellie, 7, of Vienna.



PHOTO CONTRIBUTED

Magnolia and Fido

Barbara and Hannah Rudin with their two mixed-breed, rescued dogs, Magnolia (2 years old), and Fido (13 years old). The group is pictured on the front step of their Vienna home, where the dogs enjoy chasing the abundant wildlife that show up in their yard. Both dogs were adopted from shelters.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAY/JULY 24

NVTA Final Public Hearing on 2014 Projects. 6 p.m., at Council Chambers at City Hall, 10455 Armstrong St., Fairfax. The Northern Virginia Transportation Authority holds a public hearing on the proposed FY2014 project list to gather public input and share info; hearing followed by an official NVTA meeting. Speakers must sign-in at 5:30 p.m., prior to 6 p.m. start. www.thenovaauthority.org/.

Friends of the Town Green Meeting. 7:30 p.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. Individuals interested in becoming a Friend or learning more about the program are welcome to attend. <http://www.vienna.gov/index.aspx?NID=108>.

THURSDAY/AUG. 1

Lifetime Leadership Program Information Session. 11 a.m.-noon, Leadership Fairfax offices, 8230 Old Courthouse Road, Suite 350, Vienna. This program helps those with a lifetime of leadership skills help the community. 703-752-7504 or <http://www.leadershipfairfax.org/lifetimeleadersprogram>.

ONGOING:

Historic Vienna Oral Histories. Vienna residents can recommend individuals for Historic Vienna, Inc. as interviewees for an archival project of town history, to create an exhibit in the Freeman Store. Email recommendations to hvioralhistory@gmail.com.

2013 NORTHERN VIRGINIA SENIOR OLYMPICS SEPTEMBER 7-19
Adults 50+ Register by Aug. 23 (Mail); Aug. 30 (Online)
No On-Site Registrations ~ Over 50 Events:
Everything from Track to Scrabble!
Registration fee: \$12 (covers multiple events)
Gold, Silver and Bronze Medals Awarded
Opening Ceremonies: Saturday, September 7, 9:00 a.m.
Thomas Jefferson Community Center
3501 S. 2nd St., Arlington
Check Website for daily schedule & register: www.nvso.us
Information: 703-228-4721 or nvso1982@gmail.com
Sponsored by:
 Arlington, Fairfax, Fauquier, Loudoun & Prince William Counties;
 Cities of Alexandria, Fairfax & Falls Church.

SHILLELAGHS
 THE TRAVEL CLUB

IRELAND • Nov. 12-19\$2349
 Includes Air from Dulles, 6 Nights Accommodations. (One Night in ASHFORD CASTLE!). Daily Breakfast, 3 Dinners, Sightseeing – CALL FOR ITINERARY

BARCELONA TO BARCELONA CRUISE ON OCEANIA • Nov. 9-20\$2449
 Includes Cruise, Air & Transfers!! Free Gratuities, Free Internet Package, \$500 Onboard Credit, 10 Nights Cruise on "Marina" with All Meals & Entertainment. A GREAT DEAL – CALL FOR DETAILS

HALLOWEEN DAY TRIP • Oct. 30\$149
 Come with us on a Motorcoach Day Trip for a Halloween Mystery to include a Guided Tour & Lunch. Motorcoach departs from Vienna and Rockville

SHILLELAGHS TRAVEL CLUB
 100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
 Please visit our Web site at: www.shillelaghtravelclub.com
 for a listing of all our upcoming trips and socials.

Featuring **DURASUPREME CABINETS**

www.nvsrd.com

Falls Church Showroom
 800 West Broad Street, #101
 Falls Church, Virginia 22046
571.765.4450

Manassas Showroom
 8982 Hornbaker Road
 Manassas, Virginia 20109
703.378.2600

NVS
 REMODELING & DESIGN

KITCHENS | BATHS | ADDITIONS
 Contact us at info@nvsrd.com

DEPARTMENT OF PRODUCT VERIFICATION, RESEARCH AND DEVELOPMENT
GENERAL PUBLIC NOTICE 60 DAY MARKET EVALUATION

WANTED 25 PEOPLE FOR TRIAL OF THE NEW "TWIN CORE" HEARING AID TECHNOLOGY

In an effort to increase product awareness, Advanced Hearing Technologies has been exclusively selected by the leading manufacturer in cutting edge hearing aid technology to conduct a "ONE TIME" test market review of the revolutionary "TWIN CORE" hearing aid technology.

Manufacturer trained representatives will be on hand to demonstrate the amazing changes in hearing aid technology that have occurred in just the past few years. Additionally we will be offering the following services at NO CHARGE.

HEARING HEALTH SCREENINGS AT NO CHARGE

- LIVE SPEECH MAPPING**
 Using a family member or friend's familiar voice you can see and measure Live Speech in Real Time, overlaying it on top of your hearing chart. This shows us exactly which parts of speech you are missing. This is truly technology of the future and the first time a person sees this, it always creates a "WOW FACTOR"!
- AUDIOMETRIC EXAM**
 Includes a full explanation of your hearing loss, as well as, the audiogram.
- VIDEO EAR CANAL EXAM YOU TO SEE WHAT WE SEE**
DON'T BUY HEARING AIDS BECAUSE OF EARWAX!

 Hearing loss is often a simple case of excessive ear wax or a simple to remove blockage of the ear canal itself. We will perform a complete video otoscopic evaluation of the ear canal and you will be able to see inside your own ear canal and look at your ear drum.

NEWEST HEARING AID TECHNOLOGY
Mini Bluetooth Remote
 This remote easily connects your hearing aids to devices such as; mobile phones, TVs, MP3 players and more!

INTRODUCING "Onyx"

 It is not only invisible, but includes blue-tooth capabilities and adaptive noise reduction.

1-888-333-5744
 Fairfax Vienna
 Springfield Arlington
ADVANCEDHEARINGTECHNOLOGIES.COM

ATTENTION FEDERAL BC/BS MEMBERS YOUR BENEFITS HAVE BEEN RESET!
 As of January 1st 2013 "ALL" Federal BC/BS benefits have been RESET making all Federal BC/BS Members eligible for new hearing aids with no cost to you. The 100% digital, programmable "targa" circuit is our standard Fed. BC/BS benefits hearing aid.
 ACT NOW and we will upgrade you to the highly advanced "Day 4+" circuit. The new Day 4+, fifth generation, D-5 processing platform offers enhanced clarity and fidelity in an array of listening situations. Including 2 separate noise reduction programs and 4 prescription channels, Anti feedback, Directional microphones, and optional remote control. All this with no money out of pocket!

Excellence in Orthodontics for Children and Adults

Ghaffari GO Orthodontics

Call us to set up your complimentary consultation for braces

Dr. Ashkan Ghaffari
703.281.0466
 100 Church Street, NE
 Vienna, Virginia 22180

DrGhaffari@ViennaBraces.com
WWW.VIENNABRACES.COM

OPINION

Stemming Gun Violence

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



While President Obama in his statement about the Trayvon Martin case reminded us, "we are a nation of laws, and a jury has spoken," he went on to say that "we should ask ourselves if we're doing all we can to stem the tide of gun violence that claims too many lives across this country on a daily basis." Not only are we not doing enough, but we are seeing actions on the part of congressmen and senators and state legislators fearful of the gun lobby that may well result in more gun violence. When handguns used in the commission of crimes were traced to Virginia in such great numbers that the state became known as the "gun-running capital of the east,"

the state legislature put in place a limitation of one handgun purchase per month. This year the General Assembly repealed that law. If 12 pistols were too few a year, one can now buy however many are desired!

According to a USA Today editorial, in 1981 19 states prohibited people from carrying a hidden weapon in public, "but a powerful gun lobby has turned that system upside down." Four states now allow persons to carry hidden firearms without a permit, and in 35 states, including Virginia, officials must issue permits to just about anyone who applies unless they have committed a felony. Hidden guns are now allowed in restaurants and bars and public places.

Most frightening of all are the changes in state law to allow persons to stand their ground and use deadly force in any location one is legally

allowed to be without first attempting to retreat. Florida was the first state to adopt such a law that had been drafted by the National Rifle Association and promoted by the American Legislative Exchange Council to almost two dozen states. The instructions to the jury in the Zimmerman case made it clear that if "he had a right to be where he had a right to be, he had no duty to retreat." Efforts to enact a "stand your ground" law have been made in Virginia and are likely to continue until successful. Not only is there a proliferation of guns, but laws are being rewritten to expand the instances in which they can be used against another.

There were the tragedies at Virginia Tech, Columbine, Newtown and thousands of other instances of gun violence. What will be the tragedy that will cause us to wake up and insist that no constitutional right can be argued that reduces the safety of others and enhances the potential for violence?



PEOPLE AND PETS

Fairfax County Board of Supervisors Chairman Sharon Bulova with Frodo and Sam.

PHOTO CONTRIBUTED

Meet Frodo and Sam

Lou and I adopted Mister Frodo from Home Alone Cat Rescue about two years ago. We have a soft spot for big orange cats. Frodo is part Maine coon (large with furry feet) and part American bobtail (large with short tail). A description of the American bobtail breed on the internet says they are "born scared"—which sums up Frodo. He is the proverbial "fraidy cat." For the first few weeks after we adopted him, Frodo refused to go into the living room, dining room or master bedroom for fear of our ceiling fans, even when they weren't moving. When he accidentally escapes the house, he comes scurrying right back when birds chirp at him. Despite being timid, Frodo is very playful. He "races us" up and down the stairs and loves to chase Lou's laser toy.

Last year I decided Frodo might benefit from the company of another cat. When I ran into Lee District School Board Representative Tammy Derenak Koufax at the Lee District Bridge Walk last summer, she showed me a photo of three kittens she and her children, Matthew and Halle, were fostering as part of a School Project. They

were less than a month old and adorable. Sam looked like a little tiger cub! Her siblings, solid soot grey, looked like little bears. They had been found living behind a restaurant in Washington D.C. My husband and I fell in love with Sam at first sight.

Once Sam was old enough to come home with us, we introduced Sam and Frodo over a few days, keeping Sam separated in the guest room. It took a few months for them to work out "dominance issues," but now they are chasing each other around the house and amusing each other. Sam has a fascination with water. We have to keep her water bowl upstairs in the tub because she splashes the water all over the place. When she does this, Frodo looks at her as though she is completely uncouth. It's hard to believe Sam was a feral kitten. She is very affectionate and loves to have her head stroked.

Pets definitely add an important dimension to our lives!

—SHARON BULOVA AND LOU DEFALAISE

LETTERS TO THE EDITOR

Wrong Priorities

To the Editor:

We seem to have money for everything these days—bank bailouts, congressional investigations, even potential invasions of Syria. Just not our kids. We slash food stamps and cut early education and our elected officials just whistle past the graveyard. New polling shows Virginians think these priorities are all wrong, and expect our leaders to invest in our kids. We should make those running for office in Virginia this year tell us where they stand on these issues.

John Horejsi
SALT Coordinator
Vienna

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:
vienna@connectionnewspapers.com

Vienna & Oakton CONNECTION

www.ConnectionNewspapers.com

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:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
vienna@connectionnewspapers.com

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

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Donna Manz
Contributing Writer
dmanz@connectionnewspapers.com

Victoria Ross
County Reporter ♦ 301-502-6027
rosspinning@yahoo.com

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

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

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

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



WOLF TRAP

ASPEN SANTA FE BALLET

"STARK, SLEEK,
and chock-full
of moves that
skirt the edges of
contemporary
movement"
-The Boston Globe

STUNNING choreography by Trey McIntyre
and Alejandro Cerrudo with a world premiere
by Norbert De La Cruz III

— JULY 30 —

WOLFTRAP.ORG * 1.877.WOLFTRAP

"Let us help you Re-imagine your Home"

**Free consultation with our architect—
Let us design/build your dream**

Additions
Adding a new Family Room, Master Suite, or larger Kitchen can make your home more livable now and into the future, as well as adding value to your investment.

Remodeling
Our designers specialize in keeping up with the latest trends in kitchen and bath design. New cabinetry, fixtures and tile-work are affordable ways to keep your home in top condition and allow you to enjoy the hard-working spaces you use every day.

New Custom Homes
Our Custom Home packages offer a home-building experience that blends time-honored craftsmanship with advanced factory-built technology.

Contact info
www.ushc.info
myi@ushc.info
703.373.7278

US Home Construction
320B Maple Ave East Vienna, VA 22180

Advertising Sales

Work in and near your home office
Enjoy base salary plus commissions

Great opportunity for outside sales person to work primarily in and near their home while growing business from an active, established account list in Fairfax County territory. Use relationship selling to create and expand community print and Internet advertising campaigns to local businesses for Connection Newspapers, Northern Virginia's best-read community newspapers.

Successful candidates will enjoy executing the following skills:

- Meeting new people
- Prospecting for new business
- Building dialogue and relationships
- Listening in order to learn how to help others achieve their goals and objectives
- Managing time effectively
- Meeting and exceeding financial objectives
- Fulfilling deadlines while handling multiple tasks
- Collaborating and succeeding in a team environment

Keep productivity high and commuting low while working close to home. After a short training period, travel to our Old Town Alexandria headquarters and production facility required only once or twice a week during off-peak traffic hours. Call 703-778-9431 for details.

THE CONNECTION
NEWSPAPERS

Congressman Jim Moran Hosts:

**NAVIGATING THE AFFORDABLE CARE ACT:
Make Health Reform Work For Your Company**

In collaboration with

- Alexandria Small Business Development Center
- Community Business Partnership
- Alexandria Chamber of Commerce
- Arlington Chamber of Commerce
- Fairfax Chamber of Commerce
- Falls Church Chamber of Commerce
- Mason Small Business Development Center

Join Congressman Moran for "Navigating the Affordable Care Act," a discussion on what your small business needs to know to comply with the Affordable Care Act including the opportunities, benefits, and challenges of the law.

Keynote Speaker: Taylor Burke, JD, LLM, Program Director, MPH in Health Policy, School of Public Health & Health Services, The George Washington University

Thursday, August 1st
8:00AM – 11:00AM

**Community Room
Landmark Mall
5801 Duke Street
Alexandria, Va, 22304**

To RSVP for the event, please visit: <http://moran.house.gov/event/affordable-care-act-forum>

Feeling Pretty Good

BY AMBER HEALY
THE CONNECTION

Shared appreciation for the blues has morphed into an increasingly successful reggae band with enough popularity to literally take their show on the road.

FeelFree, a group of five 20-something men from Alexandria, mostly T.C. Williams graduates, last week kicked off their first East Coast tour, which will take them from this area up to New York City and down to North Carolina, with a stop in Charlottesville along the way.

"We're leaving right after every show," said Evan Hulehan, who sings and plays guitar and keyboard for the band. "We have a U-Haul and Jeep" to move them from city to city.

Luckily, the band laughs, they have friends along the way who will let them stop in and take showers and rest for a few minutes between shows.

The band got their start at TC, when Hulehan teamed up with Andrew Pfeiffer, another guitarist and vocalist who also plays trombone, and drummer Bryan Frank, but the band didn't start as a reggae group.

"Back then, we were just learning our instruments," Hulehan said. "We started with AC/DC covers. Maybe by sophomore year, we were into the blues along with

Stevie Ray Vaughan, Jimi Hendrix, more bluesy than hard rock."

Transitioning to reggae "rejuvenated everybody," he added.

"I heard one slow jam and I fell in love with that, and I fell in love with reggae," said Frank.

Two other members, Garrett Clausen on bass and Colin Canfil on trumpet, joined the group later, and while they've gone off to college and the workforce, they insist the band will be their primary focus as of next summer, when college is over for all of them, Pfeiffer said.

The band's been excited for their opportunity to hit the road, traveling to Kill Devil Hills and Wilmington, N.C. later this week before a show in Charlottesville. Their next show in this area is Friday, Aug. 2, at Jammin' Java in Vienna.

"We started playing at open mic nights in Old Town, like at O'Shaughnessy's and the Light Horse," Hulehan said. Playing Sullivan Hall in Manhattan is quite a change.

The guys recognize there's a shortage of, well, white guys from North America playing reggae, but they embrace their position

T.C. Williams grads hit the road for first tour out of the D.C. area.



The Alexandria-based band FeelFree has just embarked on an eight-date tour of the East Coast, following an opening slot playing with Virginia Coalition at the 9:30 Club in December.

crowds in cities where the audience isn't made up of friends and family, with people coming up to the band and talking with them about how much they've enjoyed their music, Pfeiffer said.

It was difficult booking the tour, because the band hasn't played outside the D.C. region before, but after "calling and re-calling," the handful of venues in New York City and North Carolina came through and offered them opportunities, he said. And they were fortunate enough that all of their jobs gave them the 10 days they needed to be on the road.

That's not to say the band isn't known outside this area.

"There's a guy in Venezuela who is doing artwork for us," Pfeiffer said.

and hope it brings them some attention.

"There aren't a lot of white reggae bands popping up," he laughed. Their presence has raised eyebrows, but it's also won over fans. The hope is for a similar reaction from the

Still, going on the road is exciting, said Canfil. "I'm excited to see people who haven't seen us before. When someone says your show is awesome, that's a good feeling."

ENTERTAINMENT

Send announcements to vienna@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY-SUNDAY/JULY 24-28

The Mystical World of Tibet. At Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Monks from Drepung Loseling Monastery display sand painting and perform as part of The Mystical Arts of Tibet world tour (many events free). \$0-\$20. <http://www.unityoffairfax.org/auspicious-event> or 703-281-1767.

WEDNESDAY/JULY 24

Alastair Moeck. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Parents' Choice Award winner sings songs about being a kid. \$8. http://www.wolfrap.org/Filene_Center.aspx.

Brandi Carlile. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Brandi Carlile performs hits from her debut album; special guests include Americana Music Award-winner Justin Townes Earle and Brooklyn-based trio The Lone Bellow. \$30-\$40. http://www.wolfrap.org/Filene_Center.aspx.

THURSDAY/JULY 25

Alastair Moeck. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Songs about being a kid. \$8. http://www.wolfrap.org/Filene_Center.aspx.

Collecting Arts: How to Buy. 7 p.m., at the McLean Project for the Arts in the Emerson Gallery, 1234 Ingleside Ave., McLean. A talk for those who want to buy original art but aren't sure where to find it. 703-790-1953 or info@mpaart.org.

Thrillbillys. 7:30-8:30 p.m., Nottoway Park, 9537 Courthouse Road, Vienna. Meet Johnny Castle, David Kitchen, Robbie Magruder and Andy Rutherford, four performers with several Wammie nominations under their belt and a ton of singer-songwriter, guitar and bass creds to their name. <http://www.thrillbillys.com>.

Gordon Lightfoot. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. From Canada, Gordon Lightfoot has original songs like "Early Morning Rain" and "For Loving Me" that have been covered by icons like Elvis and Johnny Cash. \$25-\$42. http://www.wolfrap.org/Filene_Center.aspx.

FRIDAY/JULY 26

Peter and the Wolf. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Pushcart Players present a twist on Sergei Prokofiev's musical fairytale about a boy who learns to be courageous and resourceful in the face of danger. \$10. http://www.wolfrap.org/Filene_Center.aspx.

Chef's Table. 6:30 p.m., Wildfire, Tysons Galleria, 3rd floor, McLean. Taste the talent of Executive Chef at Wildfire, Eddie Ishaq in a custom four-course menu. \$60. 703-442-9110.

1812 Overture and More! 8:15 p.m., at Filene Center, 1551 Trap Road, Vienna. The National Symphony orchestra performs a selection of fanfare and classical pieces, led by conductor Anshu Kumar Bahl. \$22-\$55. http://www.wolfrap.org/Filene_Center.aspx.

SATURDAY/JULY 27

Everything Under the Sun Exhibit. 10 a.m.-4 p.m., at the Vienna Art Society Gallery on the Village Green,



Loy McGaughey's "PaperScape 1," watercolor/collage will be at the "Everything Under the Sun" exhibit at the Vienna Art Society Gallery on the Village Green. See the exhibit this Saturday, July 27, between 10 a.m. and 4 p.m.

513 Maple Ave. W., Vienna. Award-winning Reston artist Loy McGaughey's collection of colorful collages are on exhibit through Aug. 24. 703-319-3220 or www.viennaartsociety.org.

Peter and the Wolf. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Pushcart Players present a twist on Sergei Prokofiev's musical fairytale about a boy who learns to be courageous and resourceful in the face of danger. \$10. http://www.wolfrap.org/Filene_Center.aspx.

America the Beautiful. 8:30 p.m., at 1645 Trap Road, Vienna. The NSO, conducted by Emil de Cou, will perform music from the greatest American composers accompanied by works of photographer Ansel Adams projected on screens. \$22-\$55. http://www.wolfrap.org/Filene_Center.aspx.

SUNDAY/JULY 28

Village Jazz Band. 6:30 p.m., at 1444 Maple Ave. E., Vienna. The Village Jazz Band plays traditional soul jazz. <http://www.viennava.gov>.

Callaghan Live. 7:30 p.m., Jammin' Java, 227 Maple Ave E Vienna, Nashville-based singer-songwriter performs. <https://jamminjava.com>.

Wicked Divas. 8:15 p.m., at Filene Center, 1551 Trap Road, Vienna. Singers Julia Murney and Stephanie J. Block cover an array of Broadway highlights from musicals like Wicked and Spamalot with the NSO, led by Steven Reineke. \$22-\$55. http://www.wolfrap.org/Filene_Center.aspx.

TUESDAY/JULY 30

Timbaloo. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Oran Erkin, with Clara the Clarinet and Big Mama Tuba introduce children to world music and jazz through storytelling and songs. \$8. http://www.wolfrap.org/Filene_Center.aspx.

Aspen Santa Fe Ballet. 8:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Aspen Santa Fe Ballet combines ballet and modern dance into its contemporary style and will perform original works from emerging and internationally renowned choreographers. \$4-\$40. <http://www.wolfrap.org>.

Summer Patio Sale!

10% Off Design & Installation of Patios*

*contracts signed in August, 2013

Blooming Tropicals
25% Off includes Mandevilla Jasmine Gardenia

50-65% Off Pottery
Washington Area's Biggest Selection

25% Off Early Blooming Shrubs & Perennials

Citrus, Fruit Trees, Blueberries & Herbs

FREE Fill Bulk Mulch, Playground Chips & Compost \$29.99/cu. yd.

Celebrating our 40th Anniversary

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)

703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

DEPARTMENT OF PRODUCT VERIFICATION, RESEARCH AND DEVELOPMENT
GENERAL PUBLIC NOTICE 60 DAY MARKET EVALUATION

WANTED

25 PEOPLE FOR TRIAL OF THE NEW "TWIN CORE" HEARING AID TECHNOLOGY

In an effort to increase product awareness, Advanced Hearing Technologies has been exclusively selected by the leading manufacturer in cutting edge hearing aid technology to conduct a "ONE TIME" test market review of the revolutionary "TWIN CORE" hearing aid technology.

Manufacturer trained representatives will be on hand to demonstrate the amazing changes in hearing aid technology that have occurred in just the past few years. Additionally we will be offering the following services at NO CHARGE.

HEARING HEALTH SCREENINGS AT NO CHARGE

- LIVE SPEECH MAPPING**
Using a family member or friend's familiar voice you can see and measure Live Speech in Real Time, overlaying it on top of your hearing chart. This shows us exactly which parts of speech you are missing. This is truly technology of the future and the first time a person sees this, it always creates a "WOW FACTOR"!
- AUDIOMETRIC EXAM**
Includes a full explanation of your hearing loss, as well as, the audiogram.

3. VIDEO EAR CANAL EXAM YOU TO SEE WHAT WE SEE

DON'T BUY HEARING AIDS BECAUSE OF EARWAX!

Hearing loss is often a simple case of excessive ear wax or a simple to remove blockage of the ear canal itself. We will perform a complete video otoscopic evaluation of the ear canal and you will be able to see inside your own ear canal and look at your ear drum.

1-888-333-5744

Fairfax Springfield Vienna Arlington

ADVANCEDHEARINGTECHNOLOGIES.COM

NEWEST HEARING AID TECHNOLOGY

Mini Bluetooth Remote INTRODUCING "Onyx"

This remote easily connects your hearing aids to devices such as; mobile phones, TVs, MP3 players and more!

It is not only invisible, but includes bluetooth capabilities and adaptive noise reduction.

ATTENTION FEDERAL BC/BS MEMBERS YOUR BENEFITS HAVE BEEN RESET!

As of January 1st 2013 "ALL" Federal BC/BS benefits have been RESET making all Federal BC/BS Members eligible for new hearing aids with no cost to you. The 100% digital, programmable "targa" circuit is our standard Fed. BC/BS benefits hearing aid.

ACT NOW and we will upgrade you to the highly advanced "Day 4" circuit. The new Day 4+, fifth generation, D-5 processing platform offers enhanced clarity and fidelity in an array of listening situations. Including 2 separate noise reduction programs and 4 prescription channels, Anti feedback, Directional microphones, and optional remote control. All this with no money out of pocket!

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

EXPERIENCE YOUR LIFE IN HIGH DEFINITION.

Discover the high definition lifestyle awaiting you here at Westminster at Lake Ridge.

FOR A LIMITED TIME, SAVE UP TO \$25,000 OFF THE ENTRANCE FEES ON ALL COTTAGES, PLUS OTHER OPPORTUNITIES TO HELP WITH YOUR MOVE TO WESTMINSTER AT LAKE RIDGE!

Discover cottage living in one of northern Virginia's most beautiful settings. Imagine summer morning walks or afternoon tea with neighbors on your outdoor patio, overlooking the serene, manicured campus. Westminster at Lake Ridge offers the best of all worlds. Our location, near the historic town of Occoquan has all the small town charm and friendliness you desire, yet is just a few miles from the excitement of our nation's capital.

Visit us and see for yourself—in addition to our cottages, Westminster at Lake Ridge also offers beautiful apartment homes all with the security of on-site health care.

Call us at 703-496-3440 to find out more about these exciting opportunities.

Visit us on the web at www.wlra.org

Northern Virginia's Best Kept Secret in Retirement Living

12191 Clipper Drive
Lake Ridge, VA 22192
703-496-3440

Put the ZIP on Homelessness

ANNUAL JEANS DAY FAIRFAX

SAVE THE DATE

Fairfax Chamber, Connection Newspapers, Apple Federal Credit Union & Fairfax-Falls Church Community Partnership to End Homelessness Partner to Present

The 3rd Annual "Jeans Day" October 18, 2013

Fairfax COUNTY Chamber of COMMERCE
The Voice of Business in Northern Virginia

THE CONNECTION
Newspapers & Online
The Connection to Your Community

Apple
FEDERAL CREDIT UNION

Preventing and Ending Homelessness
Fairfax-Falls Church Community Partnership

To request this information in an alternative format or to request reasonable accommodations, call 703-324-9492, TTY711. A Fairfax County, VA Publication. For more information contact glinda.hall@fairfaxcounty.gov or check our website at www.fairfaxcounty.gov/homeless.

SPORTS

Twins Team Wins Vienna Babe Ruth Championship

The Twins baseball team won the Vienna Babe Ruth Senior League Championship by beating the Pirates, 2-1 on a packed night Thursday, June 27, at 8:30 p.m. on Waters Field in the heart of Vienna.

For the Twins, the victory marked a repeat win and their third championship in the last four years. As the first seed in the town tournament, the Twins beat the Lions to advance to the championship game versus the Pirates. In the championship, Jeff Cazenias pitched a complete game, giving up three hits and one unearned run. Cazenias scored the first run of the game with a first-inning double, stole third base, and scored on a RBI single by Matt Livingston. The Pirates knotted it up in the second on a two-out walk, stolen base and an error. The Pirates threatened in

the top of the fourth with runners on first and second with one out, but Nick Grisius made a clutch stop on a hard-hit grounder by the third base line, knocking the ball down, stepping on third base and then throwing to Matt at first base to complete a 5-3 double play.



Back row: John Nohaft, Harris Kaserman, Matt Livingston, Jeff Cazenias, Nick Grisius, Kalib Ashcraft, coach Steve Nugent, coach Dan Cazenias; front row: Caroline Harris, Cal Brown, Bradley Cazenias, Erik Hall, Nick Brunori and Steven Nugent; lying down is manager Frank Nohaft. Not pictured are Kevin Lawton and Michael Wascom.

The game remained tied until Harris Kaserman drew a walk to open the bottom of the fifth inning, stole second, and scored on Erik Hall's clutch game-winning RBI single. Kalib Ashcraft had a triple and Steve Nugent a single to round out the Twins attack.

PHOTO CONTRIBUTED

Langley Club Celebrates Despite Loss

The Langley Wildthings (2-2-1) celebrated this week, despite a 226-194 loss to the Dunn Loring Dolphins. The team set four new club records and honored their graduating swimmers, Kat Owczarski, Chris Paul and Jack Reilly.

Wildthing double winners were:

- ❖ Luke Watson for Boys 8 & Under 25 M Freestyle and Butterfly,
- ❖ Vincent Watson for Boys 9-10 50 M Freestyle and Breaststroke,
- ❖ Maggie Bellaschi for Girls 11-12 50 M Freestyle and Butterfly,
- ❖ Jack Reilly for Boys 15-18 50 M Freestyle and Breaststroke,
- ❖ Katie Robinson for Girls 15-18 50 M Backstroke and Breaststroke.

Jack Reilly closed out his years as a Wildthing by breaking The Langley Club record for Boys 15-18 Freestyle with a time of 25.25; he set the previous record last week, when he bested a record that had been on top for 42 years.

Individual race winners were:

- Audrey Wallach for Girls 9-10 50 M Freestyle
- Jack Hoeymans for Boys 11-12 50 M Freestyle
- Brady Quinn for Boys 8 & Un-



From left—Langley Wildthings seniors Jack Reilly, Kat Owczarski and Chris Paul.

- der 25 M Backstroke
- Matthew Buchanan for Boys 9-10 50 M Backstroke
- Nate Johnson for Boys 15-18 50 M Backstroke
- Kelly Crittenberger for Boys 8 & Under 25 M Breaststroke
- Maria Grazia Favro for Girls 8 & U 25 M Breaststroke
- Ellie Ryan for Girls 11-12 50 M Breaststroke
- Jinwon Bailar for for Boys 13-14 50 M Butterfly

Kat Owczarski for Girls 15-18 50 M Butterfly

Blue ribbon relay races were won by the teams of:

Boys 8&U 100 M Freestyle: Luke Watson, Collin Troy, Peter Kaldes, Gardiner Tyler

Boys 9-10 100 M Medley: Matthew Buchanan, Benjamin Scott, Vincent Watson, Sean Mullery

Girls 11-12 100 M Medley: Adair Sand, Ellie Ryan, Maggie Bellaschi, Samantha Feldman

Boys 15-18 200 M Medley: Nathan Johnson, Nathan Robinson, Chris Paul, Jack Reilly

Boys 18&U 200 M Freestyle Mixed Age: Jack Hoeymans, Vincent Watson, Jinwon Bailar, Jack Reilly

Maggie Bellaschi beat her own Girls 11-12 50 M Butterfly record with a time of 34.14; she set the previous record of 34.34 earlier this summer.

Jinwon Bailar broke his own Boys 13-14 50 M Butterfly record, set five days earlier, with a time of 27.33.

Nathan Johnson bested the Boys 15-18 50 M Backstroke record, previously set by himself on July 1 with a new time of 29.34.



PHOTOS CONTRIBUTED

Molly Estes took first place in Freshman Girls category with a score of 63.95.

Otter Divers Prevail

The Oakton Otter divers prevailed over Rolling Hills on Tuesday, July 17, with a score of 38 to 30, bringing their win-loss record to one and three. Four Otter divers took first place in their respective categories: Molly Estes in Freshman Girls with a score of 63.95, Mackenzie Brennan in Junior Girls with a score of 114.80, Elena Colbert in Intermediate Girls with a score of 147.50, and AJ Colbert in Senior Girls with a score of 190.45. The Otter divers swept

the top three places in Freshman Girls with Lexi Pierce placing second and Claire Newberry placing third. Other Otter divers who placed were: Blaise Wuest (Freshman Boys, third), Kenna Campfield (Junior Girls, third), Julia Powell (Intermediate Girls, second), Brad Burgeson (Intermediate Boys, second), Everi Osofsky (Senior Girls, second), and Gil Osofsky (Senior Boys, second). The Otters next and last dual meet is on Tuesday, July 23, against Tuckahoe at Oakton at 6 p.m.



Mackenzie Brennan took first place in Junior Girls category with a score of 114.80

PET CONNECTION



This is Jill, a former “lost dog” who joined the Howell family and inspired their volunteer work with Lost Dog.



Princess is one of many foster dogs taken in by Marcia Tiersky, president of the Lost Dog and Cat Rescue Foundation, over the past 10 years.



This kitten, fostered by Lost Dog and Cat Rescue Foundation volunteer Beth Stevens, is “a polydactyl,” meaning she has extra toes.



Parker, formerly a “lost dog,” was adopted by Beth Stevens before she became a Lost Dog volunteer.



This dog, called Batman, was a foster in Lisa Marie Czop’s home.

PHOTOS CONTRIBUTED

Helping Save Lives, One Pet at a Time

Area residents explain their dedication to the Lost Dog and Cat Rescue Foundation.

BY AMBER HEALY
THE CONNECTION

Behind every adoption successfully completed by the Arlington-based Lost Dog and Cat Rescue Foundation, there’s a volunteer with a happy heart.

There’s a small volunteer army across Northern Virginia that turns out every weekend to help cats and dogs find homes, but there’s never a shortage of others looking for a safe place to be fed, sheltered and loved. Volunteers are what make the organization run, from walking dogs at adoption events to petting cats to making sure adoptable animals have safe transportation from rural shelters to this area for medical care.

These volunteers are playing, and will continue to play, a major role in Lost Dog

and Cat Rescue Foundation’s participation in the ASPCA/Rachael Ray \$100,000 challenge, an ongoing competition in which the rescue group and others across the country are trying to surpass the number of animal adoptions recorded between June 1 and Aug. 31.

But why do people agree to share their limited free time with animals? What brings them in, and what makes them stay?

Here are a few of their stories:

CALL HIM THE CAT MAN. Harry Shubin and his wife, Julie, know what it’s like to get sweet-talked into taking on more responsibility.

“Always a cat person,” Shubin, a Fairfax resident, was introduced to Lost Dog through a secretary at work when his family was looking to adopt a kitten after the loss of a cat he’d had for 16 years. He was

more interested in adopting an older cat, but his family had other ideas. So they went to an adoption event. Within a little time, he had “managed to convince everyone that we should come home with an adult cat too.”

It took a while to find the right cats, and Friday nights became the family’s time to go to adoption events, chat with volunteers and spend time with the animals. During an adoption event about six months after they started going regularly, someone asked Shubin if he was interested in adopting.

“Before I could say no, someone opened up and said no, they’re just volunteers,” he said.

A year later, Shubin, offi-



Barbara Hutcherson and Marcia Tiersky help dogs out of the transport crates loaded into a van used by the Lost Dog and Cat Rescue Foundation to bring them to the 11 adoption events the rescue group hosts each weekend.

PHOTO BY AMBER HEALY/ THE CONNECTION

The Challenge: Joining Together to Save Animals

There are dozens of animal welfare organizations across the country working to secure “forever homes” for dogs and cats of all ages. And while there’s a general camaraderie amongst them, stemming from their common cause, what’s a little friendly competition among peers?

For the past few years, the ASPCA (American Society for the Prevention of Cruelty to Animals) has sponsored a nationwide contest to challenge shelters to see how many more animals they could adopt between June and August beyond the total the year before.

The idea was to “spur innovation, increase public support, empower staff and, most importantly, save more lives,” said Bert Troughton, ASPCA’s vice president and a leader of what has become the ASPCA/Rachael Ray \$100K challenge.

The organizations that adopt the most animals above totals from June to August the year before wins not only in terms of putting cats and dogs in loving, happy homes, but a sizeable chunk of change to save even more.

“We know that the contest can help save more lives in the long-term too, because all of

the added attention and support contestants earn during the contest can be harnessed for continued life-saving,” Troughton said.

ASPCA started the challenge in 2010, and in 2012, TV personality and animal lover Rachael Ray joined up with the organization, as she did again this year, allowing the organization to offer more than \$600,000 in prize grants:

A \$100,000 grand prize grant will be awarded to the organization that reports the largest increase in adoptions over the total from the year before. Other awards include a \$25,000 “community engagement award,” and \$25,000 to the first place finisher in each of five divisions, as well as \$15,000 to the second place finishers. Lost Dog is in eighth place overall and second place in their division as of Monday, July 22.

“It’s a whole lot of work and a whole lot of fun because every single life saved is a victory — regardless of who wins the grant prizes for the biggest increases,” Troughton said.

This year, 49 organizations in 30 states are competing for the grants, he said. To see the challenge details, visit challenge.aspcapro.org.

— AMBER HEALY

cially a volunteer with cat adoption events at the Tysons Corner PetSmart, was asked to help find a cat volunteer coordinator for the center in the store, where cats sometimes live before they’re adopted.

“We had about 30 volunteers at the time,” and Shubin said he made it clear — at least to him — that he was not interested in being responsible for keeping track of which volunteers had which cats at which time. But something happened and, before he knew it, Shubin was put in charge of the cat volunteers, a team he now counts at about 400 people.

“I refused twice,” he said with a laugh. He’s not alone in being drafted to help out. His wife and daughter are both cat adoption counselors, meeting with prospective cat owners before paperwork is signed and formalized.

He credits PetSmart for being a great partner with Lost Dog, hosting many of the adoption events throughout each weekend. He frequently checks in with the store to make sure the cats that are there have been

fed and checked in on by volunteers, and the managers make sure to receive copies of all adoption paperwork as well.

Other rescue groups might cringe at the thought of allowing an adoption to be made the same day people meet a cat, but Shubin believes that’s the best way to go.

“We’d rather adopt more cats to 85 percent perfect people than wait for that 99 percent perfect house,” he said. “We can always take an animal back” if the situation doesn’t work out for some reason. And there are always more cats to adopt, looking for good homes.

HER DAUGHTER’S DOING. Judy Haynes of Herndon was trying to help her daughter find a way to complete her volunteer requirement for an eighth grade civics class. Lost Dog and Cat Rescue Foundation was one of the few groups that would allow 14-year-olds to help out with parental supervision, so the mother-daughter

SEE VOLUNTEERING, PAGE 13

PET CONNECTION



Meet Vienna's Best Friends

BY JASMINE KANG
THE CONNECTION

Despite his small stature, Bodi likes to play with the big dogs. Ingrid Anderson has owned Bodi for about three years and said that Bodi is very adventurous.

"He likes to escape and go into the woods and chase foxes," she said.

Bodi is a beagle and English bulldog mix, which Anderson thinks is the source of his boldness.

"I think hunting is in his blood," she said.

According to Anderson, Bodi has become less active with age. When he was a puppy, Anderson would walk him for two and a half hours everyday.

"He's a little bit older now but a year ago, I couldn't even keep up with him," Anderson said.

Anderson no longer has to take him on such long walks, but she does try to take Bodi to the Vienna Dog Park at least twice a week.



Ingrid Anderson's dog Bodi (right) plays with other dogs at the Vienna Dog Park.

A College Companion

While juggling classes, friends and extracurriculars in college, Emily Davis always makes time for her dog Goose. Davis is a student at the University of Virginia and said that it can be difficult to take responsibility of a pet in college.

"Sometimes, I'll have a lot of school work and can't give Goose all of the attention he wants," Davis said.

She said that her housemates help her walk and feed Goose when she is too busy.

"Everyone loves Goose," Davis said. "Sometimes I'll see someone walking him and I didn't even

know they had taken him out."

Davis got Goose from the Society for the Prevention of Cruelty to Animals (SPCA) over one year ago.

"At first, he was a little shy but he's turned out to be a really friendly dog," Davis said.

Playful Duke

Despite the heat wave, 12-year-old Nick Redman is outside playing with his dog Duke everyday.

"Duke always wants to play," Redman said. "He just never gets tired."

Redman has owned Duke for nearly a year now. He was a reward for getting good grades in



Emily Davis plays with her dog, Goose.



Nick Redman and his dog Duke have been together for nearly one year. Duke was a reward for getting good grades in school.

school. "I always wanted a dog when I was younger so I made a deal with my parents," he said.

Redman's mother, Kathy, said that Duke has taught Nick about the responsibilities that come with owning a pet. Nick is in charge of feeding, walking and cleaning up after Duke.

"It's great to see [Nick] taking care of something," Kathy said. "He loves Duke and really looks out for him."

Tater Loves the Beach

Alana Reeves says she lives in a family of five: her mother and father, her sister, and her dog, Tater. Tater has been with the Reeves family for over nine years.

"He's a part of the family," Reeves said. "He's been around for as long as I can remember."

Reeves said that she enjoys taking Tater to the beach and tries to do so fairly often during the summer.

"At the beach, he can run around and play," Reeves said. "Our yard isn't that big so he can't really do that at home."

Reeves said that as Tater has gotten older, he has become less active.

"He's getting kind of old so he gets tired easily," she said.



Alana Reeves holds her dog, Tater. Tater has been with the Reeves family for over nine years.

Visit These Houses of Worship

To Highlight Your Faith Community, call Karen at 703-917-6468

Welcoming, Diverse, Progressive

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. James Papile, Rector
The Rev. Laura Cochran, Assoc. Rector

703-437-6530

www.stannes-reston.org
1700 Wainwright Dr., Reston

FIRST BAPTIST CHURCH OF VIENNA

**450 ORCHARD STREET, NW
VIENNA, VA 22180
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org**

**SUNDAY WORSHIP, 7:45 AM & 11:00 AM
CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM**

Assembly of God
Vienna Assembly of God
... 703-938-7736
Cristo Es Mi Refugio
...703-675-0144
Baha'i
Baha'i Faith for
Northern Virginia ...
703-821-3345
Baptist
Global Mission Church
... 703-757-0877
Peace Baptist Church
... 703-560-8462
Bethel Primitive Baptist Church
... 703-757-8134
Cartersville Baptist Church ...
703-255-7075
Fellowship Baptist Church ...
703-385-8516
First Baptist Church
... 703-938-8525
The Light Mission Church ...
703-757-0877
Vienna Baptist Church
... 703-281-4400
New Union Baptist Church...
703-281-2556
Church of the Brethren
Oakton Church of the Brethren
... 703-281-4411
Catholic
Our Lady of Good Counsel ...
703-938-2828
St. Athanasius Catholic Church
... 703-759-4555
St. Mark's Catholic Church ...
703-281-9100
Charismatic
New Song Church
... 703-698-9777
Church of Christ
Berea Church of Christ
... 703-893-7040

Disciples of Christ
Antioch Christian Church
... 703-938-6753
Episcopal
Church of the Holy Comforter
... 703-938-6521
Church of the Holy Cross
... 703-698-6991
St. Francis Episcopal
... 703-759-2082
Jehovah's Witness
Jehovah's Witnesses
... 703-759-1579
Lutheran
Emmanuel Lutheran Church
...703-938-2119
Christ The King Lutheran Church
... 703-759-6068
St. Athanasius Lutheran Church
...703-455-4003
Methodist
Andrew Chapel United Methodist
... 703-759-3509
Church of the Good Shepherd
... 703-281-3987
The Vine Methodist Church
... 703-573-5336
Ephiphany United Methodist
... 703-938-3494
Great Falls United Methodist
... 703-759-3705
Oakton United Methodist
... 703-938-1233
Vale United Methodist
... 703-620-2594

Smith Chapel United Methodist
... 571-434-9680
Wesley United Methodist
... 703-938-8700
Non-Denominational
Celebration Center
for Spiritual Living
... 703-560-2030
Presbyterian
Grace Orthodox Presbyterian Church
...703-560-6336
Korean Central Presbyterian
... 703-698-5577
Vienna Presbyterian
... 703-938-9050
Quaker
Langley Hills Friends
...703-442-8394
Seventh-Day Adventist
Northern Virginia
Christian Fellowship
... 703-242-9001
Vienna Seventh Day Adventists
... 703-938-8383
Unitarian Universalist
Congregation of Fairfax
... 703-281-4230
United Church of Christ
Emmaus United
Church of Christ
... 703-938-1555
Unity
Unity of Fairfax
... 703-281-1767



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



PET CONNECTION

Volunteering Saves Lives

FROM PAGE 11
team signed up.

That was four years ago.

"We started out holding leashes for the dogs," Haynes said. When their own dog passed away, they thought about fostering from the organization.

That led to a "foster failure," as the family soon adopted a "20 pound terrier who doesn't tolerate dogs bigger than she is. Now we foster a lot of Chihuahuas," Haynes said. The family has fostered at least 20 dogs in four years.

The power of knowing a dog has found the right home is awesome, Haynes added. She recalled one woman and little boy who came in to look at dogs during an event. Through the course of chatting with them, Haynes learned that the boy was in a foster home, and the woman wanted to help him feel more comfortable and safe.

"They were made for each other," she said.

Staying with Lost Dog now that her two teenagers have surpassed their eighth grade civics obligations was an easy decision. "It's very rewarding to do this," she said. "The volunteers, Barb and Pam, there are so many great people involved."

A SECOND JOB, A LABOR OF LOVE. Marcia Tiersky was just looking for a way to share her time.

Now the president of the Lost Dog and Cat Rescue Foundation board, Tiersky, who started volunteering with the organization in 2002, helps oversee quarterly board meetings in addition to interview-

ing potential adopters, answering questions from anywhere and everywhere, fostering dogs and updating the website when new animals arrive for adoption.

The organization has grown from three adoption events per week, averaging 20 adoptions each week, to 11 adoption events each week, averaging 50-70 adoptions each weekend. In her 10 years as president, the number of volunteers also has expanded, now numbering in the thousands.

"It's amazing," she said. "And it's all because of our wonderful volunteers. We could not do what we do if we did not have people to hold the dogs, show the cats, conduct interviews, do paperwork, answer adopter questions, respond to emails and calls on the phone line, and generally spread word of mouth about the rescue."

MONEY WON EQUALS LIVES SAVED. All volunteers interviewed were asked what Lost Dog and Cat Rescue Foundation's winning the \$100,000 challenge would mean to the organization, and the response was unanimous.

Winning that money would mean more animals could be saved.

Editor's note: Writer Amber Healy is an occasional cat volunteer with Lost Dog and Cat Rescue Foundation.



Mason, a Lost Dog cat, strolls on a leash during an adoption event.

Lost Dog: For the Love of Animals

In 2001, there were too many dogs without homes and too few people to help them.

That wasn't acceptable to Pamela McAlwee and Ross Underwood, lifelong animal lovers who wanted to save dogs and cats alike from shelters where their futures were non-existent if they weren't adopted.

McAlwee and Underwood were a few years into running a gourmet take-out pizza deli on Washington Boulevard in the Westover neighborhood of Arlington, when McAlwee went to help a friend find a dog to adopt. While visiting a shelter, she saw six dogs that were about to be put down within a few days. She promptly took all six home that night. She got them spayed or neutered and cleaned up and put a classified ad in a newspaper, and in between orders for pepperoni and cheese and vegetarian pizzas, she worked to find good homes for them all. She did this several times, adopting dogs about to be euthanized and finding homes for them.

That's how the Lost Dog and Cat Rescue Foundation was born, out of the take-out phone number for what's now the original location of the Lost Dog Cafe. McAlwee had worked with other rescue groups before, but she wanted to focus more on finding good homes for the animals instead of waiting for a "perfect" placement. The rescue group started with 25 dogs.

Now there are 150 dogs at a ranch in Sumerduck, Va., owned by Lost Dog, as the rescue organization is known, along with 20 cats and an assortment

How to Help

To learn more about the ASPCA/Rachael Ray \$100,000 challenge, find a new pet, donate or volunteer with the Lost Dog and Cat Rescue Foundation, go to www.lostdogrescue.org.

of other animals, including a horse. Other dogs and cats live with fosters — more than 100 dogs are currently in temporary homes until they're adopted.

"It's amazing what we accomplish with an all-volunteer base," said Barbara Hutcherson, Lost Dog's adoptions coordinator.

Lost Dog is the only organization in Northern Virginia participating in the ASPCA challenge. The rescue had to verify its numbers and qualify in order to

participate, proving the volunteer base and "the commitment to really take this challenge and run with it," Hutcherson said.

If Lost Dog wins one of the grants provided through the challenge, the winnings likely will be used for vet bills. "It's difficult when you're looking at a list of shelter animals and you have to ask if you can afford the big vet bill for one animal" compared to smaller fees for multiple animals, Hutcherson said. "We want to take them all. It's uncomfortable, but we want to do every single thing we can."

Funding for the rescue comes from adoption fees, donations, and from proceeds from the four Lost Dog Cafe locations across Northern Virginia and the Stray Cat Cafe, next to the original Lost Dog Cafe in Westover.

— AMBER HEALY

MORE AT WWW.CONNECTIONNEWSPAPERS.COM.



NEW! Veterinarian located in
Pan Am Shopping Center



Mainstay Veterinary Practice

Services:

- Comprehensive Wellness Exams
- Micro-Chipping
- Vaccinations and Preventive care
- Surgeries
- Urgent Care
- Digital X-Ray
- Dentistry
- And more!

Hours: Mon-Fri: 7am - 8pm • Saturday: 8am - 4pm • Sunday: Closed

703-280-4588

3083 Nutley Street • Fairfax, VA 22031 • www.mainstayvet.com

EMPLOYMENT

703-917-6464
ZONE G AD DEADLINE:
TUESDAY 11 A.M.

CLASSIFIED

703-917-6400
ZONE G AD DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

VETERINARY RECEPTIONIST
Small animal hosp. Great Falls. Will
train. 703-757-7570 • www.ourvets.com

VET ASSISTANT
Small animal hosp. Great Falls.
Will train. 703-757-7570 •
www.ourvets.com

DENTAL FRONT DESK
F/T position in quality cosmetic-orient-
ed practice in Burke, Va.
Great staff and salary.
Experience preferred.
Call 703-978-5660.

Drivers: Home Nightly!
Fredericksburg Van Runs
CDL-A w/1yr Exp. Req.
Estenson Logistics.
Apply: www.goelc.com
1-866-336-9642

HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online

CLASSIFIED
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT
DEADLINES
Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES
Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Property Management Administrator
Responsible, under the direction of the
Property Manager, for all phases of the
property operations, and to act as main
point of contact in the absence of the
Property Manager. Responsible for
administrative functions and the
preparation of all reporting
documentation. Assist in timely collection
of rents, banking activities, documenta-
tion of all transactions. Send resume to
(waynejack@outlook.com)

MGMT. ANALYST- MBA;
transport, logistics or supply chain mgmt.
university coursework, 1 yr. of Research
Analyst exp. in transport/port/logistics
w/USAID, multilateral institution or
NGO-funded int'l devel. project & proof of
leg. rt. to work perm. in US req'd. Project
mgmt. of infrastructure devel. assign-
ments in devel. countries. Develop proj.
mgmt. performance indicators for proj.
eval. Develop budget mgmt. procedures
for overseas projects. Research/report on
int'l market cond. for infrastructure plan.
& devel. projects, identify project opps
and prepare qualifications and proposals;
develop analytical models and provide
tech. data for the analysis of transport, lo-
gistics, etc. & prepare tech. reports, pre-
sentations, seminars. FT, 40hrs/wk, M-F,
8:30AM to 5:00PM. Work may require
int'l travel, incl. destinations in post con-
flict areas. Mail CV, cover letter, and tran-
scripts to NATHAN ASSOCIATES INC.,
2101 Wilson Blvd., #1200, Arlington, VA
22201 (Attn: Ms. Derrick).

CLASSIFIED

26 Antiques
We pay top \$ for antique
furniture and mid-century
Danish/modern
teak furniture, STERLING,
MEN'S WATCHES, jewelry
and costume jewelry,
paintings/art glass/clocks.
Schefer Antiques @
703-241-0790.
Email: theschefer@cox.net

101 Computers
HDI COMPUTER SOLUTIONS
JENNIFER SMITH ♦ Serving the Area Since 1995
➤ Speed up Slow Computers
➤ Troubleshooting
➤ Virus Removal
➤ Computer Setup
(571) 265-2038 ♦ jsmithhdi@aol.com

Hatteras Island Vacations
Nearly 600 Vacation Homes
on Cape Hatteras National
Seashore. Oceanfront to
Soundfront. Private Pools, Hot
Tubs, Pets and more!
Hatteras Realty
Book Online at HatterasRealty.com
877-935-0573

Employers:
Are your
recruiting ads
not working in
other papers?
Try a better
way to fill
your
employment
openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community
703-917-6464
classified@connectionnewspapers.com
Great Papers • Great Readers
Great Results!

21 Announcements 21 Announcements 21 Announcements

AUCTION: *Cherrystone Farms*
Fri, Aug. 9 at 12:30 PM Chatham, VA
176 Acre Estate
offered in 2 tracts.
Tract 1: 30 acres with 6388SF, 5BR, 4BA custom home.
Sells with \$600,000 min. bid.
Tract 2: 146 acres & facilities selling ABSOLUTE!
Tracts share this beautiful 8ac lake!
VAAF501
TRF AUCTIONS.com 434.847.7741

21 Announcements 21 Announcements 21 Announcements

New surgical help for
MACULAR DEGENERATION
Call to see if you are a candidate for the
implantable miniature telescope
Free phone consultation with
Dr. Armstrong, Optometrist
Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
(866) 321-2030
Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements 21 Announcements 21 Announcements

Outer Banks, NC Vacation Homes!
Brindley Beach
Over 500 Vacation Homes,
from Duck to Kill Devil Hills to
Corolla, Outer Banks, Oceanfront
to Soundfront, Private Pools,
Hot Tubs, Pets and More...
VACATIONS & SALES
Book Online at www.brindleybeach.com
1-877-642-3224
"SERVICE FIRST... FUN ALWAYS!"

21 Announcements 21 Announcements 21 Announcements

THIS AD FOR SALE!
Reach across Virginia
with this ad!
No other media offers
the audience of loyal,
local, repeat readers
you'll reach through
community newspapers!
71% of American adults have used a newspaper, a newspaper
website and/or a newspaper mobile source in the past 30 days.
(Scarborough Research 2012)
Virginia Press Services will run this business card-size
display ad across Virginia for one low discounted price.
For more details, call Adriane at 804-521-7585.
Virginia PRESS Services

21 Announcements 21 Announcements 21 Announcements

AMERICALLAWGROUP.COM with 13 Virginia Offices
BANKRUPTCY* or DEBT ADJUSTMENT*
For help call 804 Debt Law (332-8529) Debt Relief Agency
Plain & Simple **DIVORCE*** Easy Payments
Separation Agreements. **804-245-7848** Agreed custody & support.
Social Security **DISABILITY*** Veteran Disability
*Call for fees & restrictions. America Law Group Inc.
7825 Midlothian Pike, Richmond 23235 Jfellows

ZONE G • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE G AD DEADLINE:
MONDAY NOON

A Delicate Balance – At Home



By KENNETH B. LOURIE

How appropriate is it to tell a cancer patient something negative (that he likely doesn't want to hear) – yet needs to know, and which might ultimately quash his fighting spirit and adversely affect his day – and night? Moreover, would withholding certain discouraging observations intermittently along the cancer-treatment way, in order for said patient to feel good and positive about himself – and better prepare him for any and all news/results which might upset his precariously imperfect life and moreover, likely chip away at his emotional wherewithal as well – cause more harm than 100-percent honesty all the time? If this sounds as if I'm splitting philosophical hairs, the tool I would need to do so in any possibly effective way has yet to be invented, literally or figuratively. Yet this is the life I live as a terminal cancer patient, alive and reasonably well, reliant on my wife, primarily, for a kind of support one rarely anticipates providing and for which either one is hardly prepared.

If this quandary were a line, it wouldn't exactly be a line of demarcation, more like a line of decapitation (figuratively speaking of course). These are lines which are clearly not defined. You couldn't find them on a map even if you were a cartographer with 20 years' experience making maps. These are lines which are blurry at best and if seen at all, likely seen from a satellite snooping high in the sky that neither the government says exists, or the reason for its existence, exists. This is a line, to invoke a well-known Ken Beatrice-ism (Ken hosted a sports talk radio program called "Sports Call" for over 20 years in the Washington, D.C. area) on which you wouldn't want to live (meaning the difference between talent and circumstances was impossible to quantify).

But this is the line of my life on which I try to live, balance, navigate, manipulate and delude myself as the various cancer-driven emotions and circumstances arise. It makes the 3.9-inch width of a balance beam seem more like 39 inches. However, there are striking similarities between this apparatus and life as a cancer patient: the falls can sometimes be devastating, physically, but more often, it is the emotional toll which disrupts the most. When I lose my balance and fall, it's as if I actually can't get up.

Most days I can manage this sort of co-dependency. Other days, I can't. Living in the past at the same time as you're trying to live in the present and plan for the future and trying as well to take both positives and negatives in the identical stride are challenges I really didn't anticipate having to overcome at such a relatively early age: 54 and a half.

Nevertheless, life goes on, for which I'm extremely grateful. Some days/circumstances are definitely worse than others, but at least I'm still in the game. For how long, though? (See, I can't even finish a column without stumbling over myself.)

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

BATHS **BATHS**

CUSTOM BATHROOM REMODELING & MORE!
By CAPITOL BATH, INC.
Tile & Marble Installation/Repair
Tub & Tile Resurfacing • Tile Regrouting
General Carpentry • Drywall Repair
Angie's list Licensed & Insured • 703-739-1118

IMPROVEMENTS **IMPROVEMENTS**

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION
BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE
You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
Licensed Insured We Accept VISA/MC
703-441-8811

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office, yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing, Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

CLEANING **CLEANING**

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angie's List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

Picture Perfect Home Improvements
(703) 590-3187 www.pphionline.com
Remodeling Bathrooms, Kitchens & Basements
• FREE Estimates Exterior & Interior Repair,
• FAST & Reliable Service Painting, Carpentry, Wood Rot,
• EASY To Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!
Handyman Services Available "If it can be done, we can do it"
Licensed - Bonded - Insured

ANGEL'S HAULING
Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out, Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angelstreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

R&N Carpentry
♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

PAINTING **PAINTING**

STRONG PACE CONTRACTORS
21 Yrs Exp. Class A License
Painting, Remodeling Specialists
703-328-6067
703-750-0749

ELECTRICAL **ELECTRICAL**

K&D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabeling Service Upgrades Hot Tubs, etc...
Office 703-335-0654
Mobile 703-499-0522
Licensed/Bonded/Insured

LANDSCAPING **LANDSCAPING**

J. REYNOLDS Landscaping LLC 703.919.4456
Free Estimates
www.ReynoldsLandscapingOnline.com Licensed / Insured
INSTALLATION SPECIALIST WET BASEMENT / WET YARD
Paver & Flagstone Water Proofing Foundations
Patios / Walkways Standing Yard Water
Retaining Walls French Drains / Swales
Stacked Field Stone Downspout Extensions
Plants / Trees / Shrubs Dry River Beds
•No sub-contractors, or day laborers. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

PAVING **PAVING**

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATE
LIC. INS AND BONDED
703-250-6231

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!

Flower Garden Delight
Est 1995
Prompt Reliable Service
Seasonal plantings & garden maintenance to suite your personal taste
Stacey 703-242-2421
Lic & Ins

ROOFING **ROOFING**

Falcon Roofing
Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com

IMPROVEMENTS **IMPROVEMENTS**

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

PINNACLE SERVICES, INC.
LAWN SERVICE
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES
Friendly Service for a Friendly Price
703-802-0483

TREE SERVICE **TREE SERVICE**

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
Summer Shape up...
Tree removal, topping, & pruning, shrubbery trimming, mulching, leaf removal, sodding, hauling, gutter cleaning, retaining walls, drainage problems, etc.
20 yrs. of experience - Free estimates
703-868-5358

A&S Landscaping
• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing
703-863-7465
LICENSED
Serving All of N. Virginia

MASONRY **MASONRY**

ALBA CONSTRUCTION INC.
CONCRETE WORK
Licensed • Insured
Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework
703-204-0733

THE CONNECTION CLASSIFIED
Classified or Home • Lawn • Garden:
703-917-6400
Employment: 703-917-6464
E-mail: classified@connectionnewspapers.com

Do You Suffer From Peripheral NEUROPATHY?



Today there is **NEW HOPE** for the relief of Neuropathy

There are many people in the Washington DC Area that still suffer with peripheral neuropathy. In this day and age there are significant improvements in the treatments available. Past treatment for peripheral neuropathy traditionally revolved around medication, leaving many patients still suffering. It doesn't have to be this way anymore. At Virginia Integrative Health we have several new programs that may help you turn this condition around. If you're struggling with burning pain, tingling, numbness, or even a loss of feeling, call our office today to see if we can help you, like we have for many patients before. When you arrive, our staff will sit with you and determine if you are a good candidate. It is a great day to start your new life.

- Dr Bryant Koh, D.C.

Is Medication the answer for Neuropathy?

Medication can be very helpful for a number of things. The problem is that medication is not generally designed to correct the cause of the problem.

Common sense will tell you that if your treatment is not designed to correct the true problem, you're likely to have disappointing results. In some cases medication can actually cause new problems to develop in the body because of the many side effects. We know so much about the human body today. It's time to move beyond treatments that mask your symptoms.

DO YOU HAVE THE TYPICAL NEUROPATHY SYMPTOMS?



- Burning Pain
- Sharp Electric Pain
- Numbness
- Leg Cramps
- Numbness and Tingling in your feet
- Difficulty sleeping
- Pain while you walk

Is Neuropathy stealing your HAPPINESS?

If you have neuropathy you understand how it can make you feel. Simple things like driving your car or taking a walk with a loved one can become painful and difficult tasks.

When you start to lose the simple things in your life it can truly steal your happiness away. Many of the patients we meet are in a state of slight depression, because they are not able to do the things they love. If you're in this position, take action. This is a problem that you could begin to change today.

Are you a candidate for treatment?

In general if you have pain in your hands, feet, or legs you may be a candidate for treatment. Each patient is evaluated by our team, on a one on one basis, to see if treatment is right for them. It's important to note that our treatments are non-surgical, and require no prescription drugs. There is finally an answer that can produce long lasting results.

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS WE CAN HELP!

- Loss of hot or cold sensation
- Pins and needles feeling in your feet
- Tingling or burning
- Loss of feeling
- Difficulty walking
- Feet that are painful to touch
- Restless legs
- Feeling of ants crawling on your legs
- Difficulty sleeping because of foot pain
- Leg cramping

TODAY IS A GREAT DAY TO CHANGE YOUR LIFE.

Why choose Virginia Integrative Health?

At Virginia Integrative Health we believe that each patient is an individual. Our multi-doctor approach gives us the ability to custom fit our treatments to you. Our staff will sit down with you on your first visit to determine the best testing and treatment options for you. We offer some of the most advanced non-surgical FDA approved treatments available today. It's always our goal to focus on the cause of any condition we treat. Our patients expect the best, and we do everything we can to help them achieve their goals. We want you to have the ability to live your life to the fullest. Don't let pain take that away from you.

What Our Patients Are Saying About Us...

I am a 44 year old male with neuropathies in my hands and feet, as a result of chemotherapy. I experience numbness, pins and needles and pain. There has been no relief since this started nearly two years ago, until now. After one treatment the neuropathy pain is better, and my headaches, neck and back pain are already diminishing. I thought the neuropathies would never get better and now they are! - Kaj



EXCELLENT RESULTS: FDA Cleared Neuropathy Treatment

Our new Peripheral Neuropathy treatments are successful for many patients because we attack the problem at its source. Our combination of breakthrough technology along with advanced treatments provides your body with the things it needs to help heal damaged nerves. The majority of patients notice an improvement in their symptoms within their first few treatments. Our combination of treatments helps to restore, stabilize, and rebuild the nerves in your extremities. In many cases the results can go beyond neuropathy and have also been helpful for patients suffering from chronic pain, arthritis, and Multiple Sclerosis.

When you're deciding where you are going to go for treatment, it's important to think about one thing. Is the treatment you're receiving going to correct the cause of the problem, or is it designed to cover your symptoms? This type of treatment is designed to mask your symptoms and will generally leave you disappointed in the end.



410 Pine St SE, Suite 320,
Vienna, VA 22180
703-938-1421

www.virginiaintegrativehealth.com

Call today to schedule a one on one appointment with one of our trained staff. They will work through your condition with you and determine if you are a candidate for treatment. Our schedule fills quickly so call today to reserve your spot. This could be the day that changes your life.

SPACE IS LIMITED

BE ONE OF THE FIRST 10 CALLERS!

Limited appointment spaces available. Call today to schedule your appointment!

(703) 938-1421