



The MaeHwa Dance Team performs a Korean dance.

International Showcase

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Helping Immigrants

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Sully Police Station Honors Officers

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CALENDAR, PAGE 12 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/CENTRE VIEW

SPORTS

SYA Babe Ruth Opening Day

First day of the house regular season is now in the books with a win.

On what would have been an otherwise dismal day because of the rain, Southwest Youth Association Babe Ruth held its Opening Day on Saturday, April 22 at the LLV baseball diamond. Volunteers and players attended Opening Day ceremonies to the fanfare of the National Anthem, salutes to the American flag, and Krispy Kreme donut fundraising as part of the festivities.

As a stage setter for All Star play later this year, the House League teams began season play with the Red Sox outscoring the Northern Fairfax Babe Ruth Nationals opponent. This year's SYA Babe Ruth Opening Day begins another quest for teams eventually competing in All Star play. Prior years have seen three different SYA Babe Ruth age group teams winning post-season tournaments to qualify and win Virginia State Championships by one of the many All Star teams the league forms. Prior State Championships include: 13-15 year olds in 2016, 14 year olds in 2017, and 16-18 in 2017. In 2015, the 16-18 team also advanced to the Babe Ruth World Series in Oregon, placing third overall.

The day began early for Jenny Hughes who oversaw sales of Krispy Kreme donuts, distributing them to players and customers as part of fundraising activities. After presentation of the American Flag by the Chantilly Academy Air Force Junior ROTC Color Guard, Unit VA-20012, Yasmine Akl of Westfields High School sang the National Anthem. The Pledge of Allegiance followed, presented by the Boy Scouts' Jaidey Mehta. SYA President Brian Seeley made opening remarks, thanking the players, parents, umpires, volunteers and sponsors. Fifteen-year old Hunter Donati cited the Babe Ruth pledge, and SYA Vice President John Pyzdrowski read the League Mission Statement.

Sponsors in attendance included Cheers Sports, Joe Donatella; Summit Commercial Real Estate, Rick Henneberg; Elizabeth Sullivan Financial, Elizabeth Sullivan; and Kye Dowd and Bill Dowd, the Jimmy Fund. SYA appreciates the support of Sully District Supervisor Kathy Smith who was also



SYA Babe Ruth Sponsor Elizabeth Sullivan Financial. From left are John Pyzdrowski, SYA BR Vice President; Brian Seeley, SYA BR President; Elizabeth Sullivan; and Deborah Pyzdrowski, SYA BR Treasurer.



Southwest Youth Association Nationals, Orioles, and Red Sox Line-Up for Opening Day, April 22. The Red Sox won their home opener while other games were postponed due to rain.

PHOTOS BY DONNA PRESKI/SYA



Yasmine Akl of Westfields High School sang the National Anthem, and Jaidey Mehta led the fans in the Pledge of Allegiance.



Fifteen-year old Hunter Donati representing SYA ball players and cites the Babe Ruth pledge advocating teamwork, sportsmanship and fair play.



Presentation of American Flag by Chantilly Academy Air Force Junior ROTC Color Guard, Unit VA-20012, at Southwest Youth Association (SYA) Babe Ruth Opening Day Ceremonies.



SYA Babe Ruth 2017 Sponsor, Kye Dowd, of The Jimmy Fund. From left are John Pyzdrowski, SYA BR Vice President; Brian Seeley, SYA BR President; Kye Dowd; and Deborah Pyzdrowski, SYA BR Treasurer. Kye's husband Bill (not pictured) coaches the Red Sox team.



Rick Henneberg of Summit Commercial Real Estate remains an avid SYA Babe Ruth sponsor and supporter. From left are John Pyzdrowski, SYA BR Vice President; Brian Seeley, SYA BR President; Rick Henneberg; Deborah Pyzdrowski, SYA BR Treasurer.



Sponsor Cheers Sports, Joe Donatella. Cheers Sports has continuously supported SYA Babe Ruth with uniforms and baseball equipment. From left are John Pyzdrowski SYA BR Vice President; Brian Seeley, SYA BR President; Joe Donatella; Deborah Pyzdrowski, SYA BR Treasurer.



Sully District Supervisor Kathy Smith has been a long-standing supporter of all SYA activities. From left are John Pyzdrowski SYA BR Vice President; Brian Seeley, SYA BR President; Supervisor Kathy Smith; Deborah Pyzdrowski, SYA BR Treasurer.

Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

“One reason maintenance is so difficult is that your body isn’t seeing that weight loss as a good thing,” said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. “It’s not just will power, it’s biology. It’s your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger.”

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

“The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them,” said Sanders. “Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight.”

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

“Consistency is [necessary] and a better approach is going to include multiple strategies,” he said. “One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-



PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

tivity or 75-minutes of high intensity activity each week.”

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. “This is probably the most difficult thing to change, he said. “... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. “People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”

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

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Obituary

OBITUARY

Allen Kenneth Gillette, of Clifton, VA, passed away on April 18, 2017. Beloved father to Shannon Gillette and Jennifer Gillette Fuchs. Cherished grandfather to Hendrix, Aquarius and Phoenix Fuchs. Born and raised in Elmira, NY and a graduate of Alfred University, Allen went on to serve in the Air Force and continued his career as an Intelligence Analyst for the Department of Defense. He now joins those who passed before him, loving wife Barbara, brother Richard, parents Kenneth and Doris. He will be remembered for his love of history, food and travel. A Memorial Service will be held on Saturday, May 6, 2017, at 3:00pm at St. John's Episcopal Church, 6715 Georgetown Pike, McLean, VA 22101. In lieu of flowers, memorial contributions may be made in Allen's name to the Virginia Area 26 Special Olympics, www.novas-ova.org. Online condolences may be shared with the family at www.dignitymemorial.com/demain-funeral-home-fairfax.

ROUNDUPS

FROM PAGE 2

Learn about Disaster Response

Free training in basic disaster response skills is being offered by the Community Emergency Response Team (CERT) through the county fire and rescue department. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations.

The next available CERT Class is scheduled to begin on Monday, May 22 at the Fairfax County Fire and Rescue Academy. There are two sessions each week on Mondays and Wednesdays that run until June 21. The class is 28 hours in length, plus a final practical exercise.

CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or older, and either be a Fairfax County resident, or work in the county. To learn more about CERT, see www.fairfaxcounty.gov/fr/cert/cert.htm.

To sign up, go to <https://volunteer.fairfaxcounty.gov/recruiter/index.php?recruiterID=1380&class=OppDetails&oppGuid=7D82617D-1474-4D20-AD47-FA0306D2FD42>.

Bunco Night with WFCWC

Bunco Night will help raise money for GFWC Western Fairfax County Woman's Club's (WFCWC) Chantilly High School scholarship fund. WFCWC has awarded \$52,000 in scholarships to CHS senior girls since 1995. Enjoy an evening of merriment, prizes, refreshments, and a raffle for a \$175 gift card to The Red Door spa and help to raise funds for our 2017 scholarship winners. Tickets are \$20 per person. Bunco Night will be Tuesday, May 23 at 7:30 p.m. at the Cale Community Center, 4615 Stringfellow Road, Chantilly. Space is limited. Tickets must be purchased in advance. Call Barbara at 703-631-7830.

In affiliation with the General Federation of Women's Clubs and GFWC Virginia, WFCWC is dedicated to promoting the civic, cultural, domestic and educational betterment of the community through volunteer service. See www.wfcwc.org.

Several Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

- ❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 a.m.
- ❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.
- ❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements: Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.
- ❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See <http://wfcma.org/how-you-can-help/volunteer-program/>

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.). Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant. Bring all items to WFCM'S food pantry's new location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays. Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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BULLETIN BOARD

FROM PAGE 7
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WEDNESDAY/MAY 10

Care Plan for Life. 7-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Learn what to consider before creating an advance directive. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2017 Caregiver Seminars.

TUESDAY/MAY 11

Community Meeting. 7 p.m. at Sully District Community Room, Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Learn about the Dulles Suburban Center (DSC) Study. One purpose of the study is to assess current conditions and update recommendations for future land uses and development for the 5,000 acre study area. Descriptions of the proposed change can be found on the study website: www.fairfaxcounty.gov/dpz/dullessuburbancenter. The DSC Advisory Group and County staff encourage your attendance at this meeting and welcome comments at the meeting or by email at DPZDullesSubCenter@Fairfaxcounty.gov.

MONDAY/MAY 15

Centreville Day Planning Session. 7-9 p.m. at the Sully District Government Center, 4900 Stonecroft Blvd. Volunteers needed for the Planning Committee to plan the 25th anniversary of Centreville Day on Saturday, Oct. 21, in Centreville's Historic Park. Visit www.historiccentrevilleva.org for more.

TUESDAY/MAY 16

Medicare 101. 7-8:30 p.m. at Centreville Regional Library, 14200 Saint Germain Drive, Centreville. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5851, TTY 711.

MONDAY/MAY 22

Community Emergency Response Team. Various times at 4600 West Ox Road, Fairfax. There are two sessions each week on Mondays and Wednesdays that run until June 21. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Ages 16 and older. Visit www.fairfaxcounty.gov/fr/cert for more.

MONDAY/MAY 23

Free Financial Counseling. 6-7:15 p.m. at Chantilly Computer Learning Center, 4101 Elmwood St., Chantilly. Certified financial planners will provide 45-60 minutes of free confidential financial counseling. Email Ldiaz@wfcma.org or call 703-988-9656.

SUNDAY/MAY 28

Memorial Day Service at Church of the Ascension. 5:30 p.m. at Church of the Ascension, 13941 Braddock Road, Centreville. Visit www.ascension-acc.org/ for more.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

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Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier - without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at www.ConnectionNewspapers.com.

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

ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Baby Toddler Sign Classes. 10-11:30 a.m. Fridays in May at the NOVA Natural Birth Center, 4200 Technology Court, Suite A, Chantilly. Lisa Carlson of Toddler Signs has ways to teach a baby or toddler to how to express themselves with signing months before they can in words. Cost is \$60 for all four classes or \$20 each. Classes will be taught again in June. Visit www.novabirthcenter.com for more.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaires.org for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives. Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group. Selected Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for a list of dates.

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

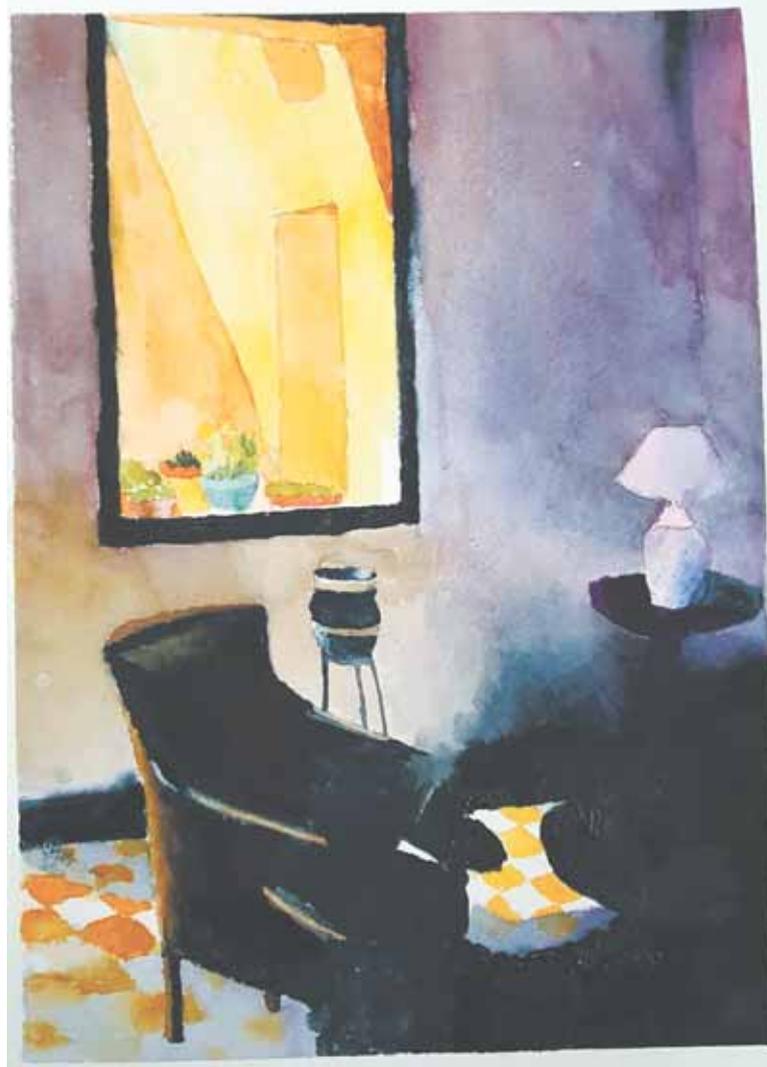
Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000



Art by Anne Heising is on display at the Centreville Library, 14200 St. Germain Drive.

Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Mondays are Family Night. 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders -played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at

Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

MAY 4-7

Spring Book Sale. Various times at the Centreville Regional Library, 14200 St. Germain Drive. Proceeds benefit the library and its patrons. For more information call the library at 703-830-2223 or visit friendsofcentrevillelibrary.blogspot.com.

FRIDAY/MAY 5

Tree Tour and Campfire. 7-8:30 p.m. in Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Start with a short hike to learn why "Trees are Terrific," and then enjoy s'mores by the campfire. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

Swing Dance Music. 8:30-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Rock and romance of the 1950s with Natty Beaux. \$15. Call 703-478-2900 for more.

SATURDAY/MAY 6

Centreville Garden Club Fundraiser. 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station, Centreville. This annual fundraiser will help beautify public areas around Centreville. Visit centrevillegardenclub.blogspot.com or email: centrevillegardenclub@gmail.com for more.

VE Day Celebration. 1-4 p.m. in Historic Centreville Park, 5714 Mt. Gilead Road. Learn about the many



On Saturday, May 6, the Centreville Garden Club will be conducting their annual fundraiser. 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station, Centreville. This annual fundraiser will help beautify public areas around Centreville. Visit centrevillegardenclub.blogspot.com or email centrevillegardenclub@gmail.com for more.

ways county residents supported the war effort for World War II. Call 703-631-0013 for more.

Live Music by Jerry Irwin. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 for more.

SATURDAY/MAY 13

Flea Market. 8 a.m. to 1 p.m. in the church parking lot, Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. There will be a lot of new items as well as used. Rain date is Saturday, May 20. Call 703-631-1799 for more.

THURSDAY/MAY 18

Clifton Homes Tour. 9:30 a.m.-4 p.m. at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Protective booties will be provided and must be worn in all homes. Heels are discouraged. No smoking, cameras, food or drink permitted inside the homes. No children under 12, including infants, on the homes tour. Visit cliftoncwc.org for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwco.org, or call 202-962-3209 for more.

MAY 20-21

"The Doll Shop." Saturday, 7:30 p.m. and Sunday, 4 p.m. The Fairfax Ballet Company's presentation of "The Doll Shop," May 20 and May 21 at Centreville High School, 6001 Union Mill Road. Call 703-327-1757 for more.

SUNDAY/MAY 21

N-Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Northern

Virginia NTRAK members will hold an N gauge T-TRAK model train show. Museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Benefit hosted by Friends of the Fairfax County Animal Shelter. Wine tasting, food, a Silent Auction, raffle and much more. Well-behaved children and dogs welcome. Admission is \$40/person in advance and \$45 at the door. Visit ffcas.org for more.

SUNDAY/MAY 28

Memorial Day Service. 5:30 p.m. at Church of the Ascension, 13941 Braddock Road. Visit www.ascension-acc.org/ for more.

JUNE 3-4

Civil War Living History weekend. Various times at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Demonstrations of camp life, musket firings, candle making, Civil War re-enactors from the Victorian Dance Ensemble of the Civil War Dance Foundation in formal ball dress of the time dancing and teaching authentic dance steps of that period. Museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org, or call 703-425-9225 for more.

SATURDAY/JUNE 10

Festival to Fight Cancer. 7:30-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. A 2-mile run with all of the funds will be donated to Special Love, a non profit organization that provides camps, programs, and financial aid for families affected by childhood cancer. Visit wildcatsvscancer.wixsite.com for more.

Musical Production. 8-10 p.m. at Richard J. Ernst Theatre, Annandale NOVA Campus, 8333 Little River Turnpike. Encore Theatrical Arts Project presents their 21st original Broadway-style spring musical "That's Life." A song and dance musical about life, love and the journeys we take along the way. \$19-\$26. Visit www.Encore-tap.org for more.