

The Festival to Fight Cancer was held on June 10, at Centreville High School. Valerie Nguyen (center), founder of the Wildcats vs. Cancer Club, stands with Dave Smith from Special Love and Tatum Foster, a childhood cancer patient currently battling Ewing's Sarcoma while searching for a bone marrow match.



In the Fight Against Cancer

NEWS, PAGE 4

Workforce Housing
Called 'Life Changing'

NEWS, PAGE 3

County Honors
Lord & Lady Fairfax

NEWS, PAGE 2

Special Love

for children with cancer

County Honors Lord & Lady Fairfax

Every year since 1984, two individuals from each of the nine Fairfax County magisterial districts, as well as two from the at-large “domain” of Board of Supervisors Chairman Sharon Bulova are honored for their service to their communities or for particular acts of heroism. For their dedication, these community caretakers are named Lord and Lady Fairfax for the year.

The 2017 honorees were feted at a reception at the County Government Center on the morning of June 6. Following this gathering, the Lords and Ladies were escorted into the board auditorium where their accomplishments were publically acknowledged and each received a certificate declaring their status.

The Lords and Ladies will be making a few more appearances during their reigns, including at the signature celebration for Fairfax County’s 275th anniversary, which will take place in the area surrounding the Historic Fairfax Courthouse in central Fairfax, on



At-large Lady and Lord Fairfax, Jane Miscavage and John J. “Jeff” Lisanick, with the Fairfax County Board of Supervisors Chairman Sharon Bulova.

June 17. Just to add another “jewel in the crown” of this event which promises fun and festivities for the whole family, the real Lord and Lady Fairfax will be joining celebration all the way from Great

Britain. Nicholas Fairfax, 14th Lord Fairfax of Cameron, and Lady Annabella will help celebrate the founding of our county from when the area was part of lands owned



Sully District Lady & Lord Fairfax, Trudy Harsh and Michael Frey, with Supervisor Kathy Smith (D-Sully).

by his ancestor, the 6th Lord Fairfax of Cameron.

In announcing the visit by Lord and Lady Fairfax (the originals), Bulova laughed that the noble guests seemed a bit confused by

the fact that there were more peers in Virginia whom they would be meeting. “Only here in Fairfax,” she told him. “We’re special.”

— ANDREA WORKER

AT-LARGE - CHAIRMAN BULOVA

Lord Fairfax: John J. “Jeff” Lisanick is a former client at New Hope Housing’s Eleanor U. Kennedy Shelter. Desiring to give back to the homeless community, he joined the Consumer Advisory Council (CAC) as an original member in 2012. Since being elected chair of the CAC in 2013, he has been a member of the Governing Board with a goal of preventing and ending homelessness. Lisanick took his passion to end homelessness to a new level in July 2015 when he was hired by New Hope Housing as the residential coordinator of the same shelter in which he was once a client. He now serves as the coordinator of residential services, overseeing seven different sites.

Lady Fairfax: Jane Miscavage has been an asset to both Fairfax County Public Schools and the community at large. In 2007, she began serving as a founder and manager of the Food Allergy Support Group of Northern Virginia, where she helped over 400 families access up-to-date allergy research and health care professionals. Her commitment to children and families continued through her service to #IamFCPS, a grassroots organization that advocated for a fully funded 2017 FCPS budget, and later, as the Vote Yes Meals Tax Campaign Manager. Currently, Miscavage continues to

SEE LORD & LADY, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM

CENTREVILLE COMMUNITIES OF WORSHIP

The Church of the Ascension
Traditional Anglican Catholic Services
1928 Book of Common Prayer, 1940 Hymnal,
and the King James Bible with Apocrypha
Holy Communion 10 a.m. Sundays
(with Church School and Nursery)



13941 Braddock Road
Centreville VA 20120
in the “Old Stone Church”
of Historic Centreville

www.ascension-acc.org (703) 830-3176



To highlight
your faith
community,
call
Don
at

703-778-9420



Centreville United Methodist Church

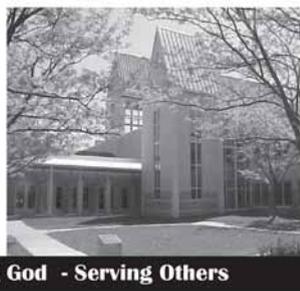
*Making Disciples of Jesus Christ,
We Worship, Grow and Serve Together*

Sunday Worship Services

Traditional:
8:15 AM
9:30 AM
11:00 AM

Contemporary:
11:02 AM

Nursery, Children, Youth
and Adult Sunday School
at 9:30 and 11:00 AM



Worshiping God - Serving Others

6400 Old Centreville Road, Centreville VA 20121
www.Centreville-UMC.org ~ 703-830-2684
Corner of New Braddock and Route 28
Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875

The Church of the Ascension
(703) 830-3176 www.ascension-acc.org

Centreville Baptist Church
(703) 830-3333 www.cbcva.org

Centreville United Methodist Church
(703) 830-2684 www.Centreville-UMC.org



Life is better connected

WORSHIP SERVICES
Sundays at 9:15 am & 10:45 am

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 10:45 am

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org

'I Moved Here and It's Been Life-Changing'

Special financing arrangement makes workforce housing a reality.

BY BONNIE HOBBS

Dignitaries and VIPs were all smiles last week when they cut the ribbon for the official grand opening of Residences at the Government Center. A 270-unit apartment complex in Fair Oaks, it provides workforce housing for people who otherwise couldn't afford to live in Fairfax County.

But perhaps no one was happier than Dawne Sherman, a mental-health counselor who works for the county and just moved into an efficiency apartment there. She doesn't make anywhere near the average median income (AMI) for county residents – which, in 2015, was \$113,208 – but she now has a place of her own.

"I moved here six weeks ago and it's been life-changing," she said. "In the two years before, I lived with my parents — and I'm a grown woman. I have a tough job and my pay is pretty modest. But now, I have a 540-square-foot studio apartment and I love it. It has everything, and I'm truly grateful. I come home after a long, stressful day at work and don't have a long commute. I have a beautiful and green place to live, here in the county."

What sets the Residences apart from other apartment complexes is the special financing structure that made its construction possible, as well as its lower-than-average rents. It's geared specifically for those making 50-60 percent of the county AMI, such as teachers, public-safety personnel and service-industry employees. This equates to about \$44,000 for a family of two, at or below 50-percent AMI, and \$53,000 for that same family, earning up to 60-percent AMI.

Some 54 units are earmarked for those making 50-percent AMI, and 216 units are for those earning 60-percent AMI. So, for example, at 50-percent AMI, one person making between \$27,840 and \$38,650 could rent a one-bedroom apartment for \$928/month. At 60-percent AMI, a person earning between \$34,050 and \$46,380 could rent that same apartment for \$1,135. The complex contains studio plus one-, two- and three-bedroom units, and pets are allowed.

So, said county Board of Supervisors Chairman Sharon Bulova, "It's pretty affordable for someone raising a family and with a lower income. This is beautiful, inside and out, and is a very innovative way of providing housing this affordable for folks in the workforce."

Bernice Dolberry, the first person to move

into the Residences, is also delighted about it because she needs help getting around and her apartment is accessible. "I have a scooter, a walker and a cane, and I can ride my scooter into my house," she said. "This is accessible for me in the bathroom, the kitchen cabinets are lower and the stove controls are in the front, so I can reach them."

The four-story, smoke-free, environmentally friendly apartments were also built to EarthCraft standards for sustainable and energy-efficient living. They're on some nine acres along Monument Drive, on the county Government Center's perimeter, and back up to woods.

Besides being across from the Fairfax Corner shopping center, the complex's amenities include an outdoor pool, tot lot, fitness center, outdoor lounge with grilling area, clubroom with Wi-Fi and billiards,

community room with couches and a smart TV, business center, parking garage and connections to trails.

Paradigm Construction Co. was the general contractor, and last Monday's (June 5) official grand opening came two years after the project's groundbreaking. But it only reached fruition because of cooperation among a variety of entities.

The project's developer, Jefferson Apartment Group, was able to lease the land from the county, and federal low-income tax credits were obtained. A public-private partnership was formed between the county, its Redevelopment and Housing Authority (FCRHA), Jefferson, and Stratford Capital Group. In June 2014, it became the first project of its kind in Virginia to structure its financing via a combination of both 9-percent and 4-percent tax-credit allocations from the Virginia Housing Development Au-

thority (VHDA), plus tax-exempt bonds from the FCRHA and other financing sources.

"Not doing this through tax dollars is a creative mechanism for making housing available," said Bulova. "This was built with \$13 million in tax-exempt bonds at no cost to local residents. And because it's privately owned, it'll generate tax revenue for the county."

Also pleased with the building's appearance, she said, "You can't really tell it's affordable housing because it's attractive and blends into the surrounding community. And the county and developer also did a wonderful job of preserving the wooded area. It's a place where people want to live and live next to."

Noting that many people who work in the county currently have long commutes from elsewhere to and from their jobs, Bulova said, "This has been a long time coming for those who want to live and work in Fairfax County. Young people, entry-level professionals and low-income individuals can now live near where they work."

Jefferson will manage and maintain the complex, but the county will have oversight, since it owns the property. And Bulova said she hopes the county can do partnership-projects similar to this one in the future. "Fairfax County is a leader in finding creative ways to leverage our resources," she said. "This will serve as a model and exemplify smart growth, going forward."

U.S. Rep. Gerry Connolly (D-11) said those who make this county's economy successful need affordable places to live while working here. Doing so, he said, reduces traffic congestion, promotes diversity and improves everyone's quality of life.

"When I became Board of Supervisors chairman in 2003, we made affordable housing our priority," he said. "We dedicated one penny from the tax rate — nearly \$171 million between FY 2006 and FY 2016 — to affordable housing." He also supported the Residences and praised the work of Paula Sampson, then head of Housing and Community Development for the county, and her team, in making it a reality. After all, said Connolly, "Affordable housing is a practical matter and also a matter of our values as a community."

At the federal level, he said, the president's budget would eliminate programs to prevent homelessness and tax credits for affordable housing. "We're going to fight those efforts in Congress," said



PHOTOS BY BONNIE HOBBS

Dignitaries and stakeholders cut the ribbon for Residences at the Government Center's official grand opening.



U.S. Rep. Gerry Connolly with Bernice Dolberry, the complex's first resident.



Supervisor John Cook.



New resident and county employee Dawne Sherman.

In the Fight against Childhood Cancer

The Festival to Fight Cancer was held on June 10, at Centreville High School. The Wildcats Vs. Cancer club, led by Valerie Nguyen, organized the event to raise awareness for pediatric cancer as well as to support affected families. The proceeds raised by this event will benefit Special Love, an organization dedicated to supporting families affected by childhood cancer.

Participants of the family fun run/walk gather at the starting line.



PHOTOS BY TOM MANNING/CENTRE VIEW



Daniel Roads, a Centreville High School Junior and a member of the Cross Country team, runs in costume on his way to winning the 2-mile fun run with a time of 12:30.



Ariana Larson from Centreville sits with her son Christopher, 4, and her daughter Samantha, 1, after participating in the Family Walk. Larson is a counselor at Rocky Run Middle School where Valerie Nguyen's sister Cecilia attended.



Valerie Nguyen stands with Rachel Gray, the Bald Princess, from Joy to the Kids.



Members of the Centreville Cross Country team, dressed in costume, pose for a photo before the start of the 2-mile fun run. From left are Ajay Langhorne, Trevor Serrano, Riley Lyons, Mason Barnes, and Nate Pasko.



Four-year-old MacKenzie Sabine, from Centreville, dressed up as Wonder Woman to cheer on her brother who ran.



From left: Audrey Gary, 8, and Quinn McCrea, 7, both from Centreville and students at Virginia Run Elementary School, are ready to take part in the festivities and run.



Hope Mikolashek, 4, sits on top of her dad Kevin Mikolashek's shoulders during the 2-mile fun run.



Valerie Nguyen, the organizer of the Festival to Fight Cancer, stands with Danny Nicholas, a childhood cancer survivor.



David and Esther Bae, and their 18-month-old son Levi, played some of the festival games before taking part in the family fun run/walk.



Valerie Nguyen stands with her cousin Marc Neufcourt from NeuStrat&PM, a title sponsor.



Members of the Wildcats vs. Cancer Club cheer the runners on. From left are Marah Ghanem, Zoe Kaiser, and Kristina Quintana.

Fairfax County Retired Educators Award Scholarships

Aspiring educators from county high schools receive awards.

Fairfax County Retired Educators held its annual Scholarship Luncheon on June 8 to celebrate eight high school scholarship award recipients. Fairfax County Retired Educators (FCRE) annually award qualified high school students, who wish to pursue a career in education, with \$2,000 scholarships. This year, a record number of eight students received scholarships from the FCRE.

“In this day and age when educators struggle to do the job they love, we need these bright stars to go into our profession. If such qualified young people continue to go into our chosen profession, the future of education is in good hands,” Director of Ford Scholarships Phyllis Rittman said according to the FCRE press release.

Genevieve Brent, a graduate of Hayfield High School, is the recipient of the Mary O. Amber Trust Scholarship and will be attending the University of Pittsburgh in the fall. Brent has maintained over a 4.0 grade point average in high school and has worked as an active leader in Capital Area Peer Tutoring Association (CAPTA), a non profit that works to develop peer driven writing and learning centers in the Washington, D.C.,

area. Ashreil (Ash) Dennis, a graduate of Lake Braddock Secondary School, has been accepted into the Maryland Institute College of Art and was awarded one of three W. Harold Ford Scholarships. Anshu Sharma, a graduate of Thomas Jefferson High School (TJHSST), also received a W. Harold Ford Scholarship.

The final recipient of the W. Harold Ford Scholarship was Kathryn Tatum who graduated Oakton High School with over a 4.3 grade point average and will attend Villanova University. As a senior, Tatum was editor-in-chief of the Oakton High School newspaper and was a consistent advocate of peer tutoring.

The recipients of the Bobbi Vest Scholarship were Jenny Jang, graduate of Centreville High School, and Jordan Perlish, graduate of Herndon High School. Jang has not decided where she will be attending in the fall, but she will be the first in her family to attend college. Perlish will be attending James Madison University in the fall.

Emily Ready received the Fairfax County Retired Educators Scholarship and graduated Chantilly High School with over a 4.3



PHOTO CONTRIBUTED

From left: Jenny Jang, Centreville High; Emily Ready, Chantilly High; Jordan Perlish, Herndon High; Dr. Steven Lockard, deputy superintendent; Anshu Sharma, TJHSST; Katyryn Tatum, Oakton High; and Ashreil Dennis, Lake Braddock Secondary.

grade point average. She will attend the College of William and Mary in the fall. She was the captain of the Chantilly Dance Team and a National Honor Society officer.

Paul Naanou is a three-time winner of the Apple Federal Credit Union Herbert Grady

Carpenter Scholarship. Naanou is a 2013 graduate of Thomas Jefferson (TJHSST), and is currently attending the College of William and Mary studying French and Advanced Math.

— ERIN MURPHY

Unattended Cooking Causes Fire

Units from Fairfax County Fire and Rescue and the Metropolitan Washington Airports Authority Fire and Rescue Department (Dulles Airport) were dispatched on Wednesday, June 7, at approximately 7:28 p.m. for a reported garden apartment fire in the 5100 block of Woodmere Drive in the Sully Station area of Fairfax County.

Units arrived on scene to find heavy smoke showing from the hallway of a three-story garden apartment building. Firefighters entered the apartment to find fire in the kitchen area. The fire was contained and then extinguished. The fire did not extend to any other apartment units.

Two occupants reside in the apartment but were not home at the time of the fire. The fire was reported by the adult occupant when she returned home and discovered smoke upon attempting to enter her apartment. There was one

smoke alarm in the apartment and unknown if it activated. Fire investigators determined that the fire started in the kitchen of the apartment. The fire is accidental in nature and was caused by an unattended pan of oil left on the heating element of the



FC&RD PHOTO

Damages from a kitchen fire were estimated to be approximately \$93,750.

stove-top. There were no reported civilian or fire fighter injuries. Red Cross assistance was utilized for one adult and one child displaced by the fire. Damages as a result of the fire were estimated to be approximately \$93,750.

Enjoy FREE weekend performances and many more special events all summer long!

Reston Concerts on the Town – 27th Season
Saturdays, June 3 through August 26, 7:30 - 10 pm
Reston Town Center Pavillion

Family Fun Entertainment Series
Saturdays, June 17 through August 5, 10 - 10:45 am
Reston Town Square Park

Sunday Art in the Park with Shenandoah Conservatory
Sundays, June 18 through August 13, 7 - 8 pm
Reston Town Square Park

RESTON TOWN CENTER

restontowncenter.com/events

Reston Town Center continues its commitment for community events and free entertainment all year long.

FREE garage parking, 5 pm until 3:30 am, Monday to Friday
FREE first hour of garage parking, Monday to Friday
FREE garage parking every weekend (as always)
restontowncenter.com/parking

RESTONTOWNCENTER.COM

Fundamental Freedom to Choose to Marry

Virginia is historically slow in extending rights.

In 1967, Virginia was one of 16 states that banned interracial marriage and had criminal penalties for violators. Mildred Jeter, an African-American woman, and Richard Loving, a white man, were married in 1958, were convicted and banished from living in Virginia for 25 years to avoid serving a one-year prison sentence. On June 12, 1967, the U.S. Supreme Court, in *Loving v. Virginia*, overturned the convictions of Mildred and Richard Loving, declaring the ban on interracial marriage unconstitutional.

Chief Justice Earl Warren wrote the opinion: "Marriage is one of the 'basic civil rights of man,' fundamental to our very existence and survival. ... To deny this fundamental freedom on so unsupportable a basis as the racial classifications embodied in these statutes, classifications so directly subversive of the principle of equality at the heart of the Fourteenth Amendment, is surely to deprive all the State's citizens of liberty without due process of law. The Fourteenth Amendment requires that the freedom of choice to marry not be restricted by invidious racial discriminations. Under our Constitution, the freedom to marry, or not marry, a person of another race resides with the individual, and cannot be infringed by the State."

This week, Gov. Terry McAuliffe celebrated

Loving Day, June 12, with a new state historical marker to commemorate the U.S. Supreme Court's decision in the landmark case. The dedication marked the 50th anniversary of the 1967 ruling that overturned all state laws restricting interracial marriage. The ceremony was held at the former site of the Virginia Supreme Court of Appeals, where the case was heard before it reached the U.S. Supreme Court. The Lovings' story is told in a movie of the same name.

On Valentine's Day, 2014, Judge Arenda Wright Allen, ruled that Virginia's ban on same-sex marriage is unconstitutional. In the opening of her order, Allen quotes Mildred Loving in a statement she made in 2007 on the 40th anniversary of *Loving v. Virginia*:

"We made a commitment to each other in our love and lives, and now had the legal commitment, called marriage, to match. Isn't that what marriage is? ... Today's young people realize that if someone loves someone they have a right to marry. Surrounded as I am now by wonderful children and grandchildren, not a day goes by that I don't think of Richard and our love, our right to marry, and how much it meant to me to have that freedom to marry the person precious to me, even if others thought he was the 'wrong kind of person' for me to marry. I believe all Americans, no matter their race, no matter their sex, no matter their sexual orientation, should have that same freedom to marry. Government has no busi-

ness imposing some people's religious beliefs over others. ... I support the freedom to marry for all. That's what Loving, and loving, are all about."

Judge Allen's written decision begins:

"A spirited and controversial debate is underway regarding who may enjoy the right to marry in the United States of America. America has pursued a journey to make and keep our citizens free. This journey has never been easy, and at times has been painful and poignant. The ultimate exercise of our freedom is choice. Our Declaration of Independence recognizes that 'all men' are created equal. Surely this means all of us. While ever-vigilant for the wisdom that can come from the voices of our voting public, our courts have never long tolerated the perpetuation of laws rooted in unlawful prejudice. One of the judiciary's noblest endeavors is to scrutinize laws that emerge from such roots. 'Plaintiffs assert that the restriction on their freedom to choose to marry the person they love infringes on the rights to due process and equal protection guaranteed to them under the Fourteenth Amendment of the United States Constitution. These challenges are well-taken. ...

"The Court is compelled to conclude that Virginia's Marriage Laws unconstitutionally deny Virginia's gay and lesbian citizens the fundamental freedom to choose to marry."

Adapted from an editorial published by Connection Newspapers in February 2014.

Government has no business imposing some people's religious beliefs over others.

— Mildred Loving, in 2007

BULLETIN BOARD

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

VOLUNTEERS NEEDED

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of

exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

WEDNESDAY/JUNE 14

VDOT I-66 Meeting. 6-8:30 p.m. at Stone Middle School, 5500 Sully Park Drive, Centreville. Plans to transform 22.5 miles of I-66 from I-495 to Gainesville will be featured. Visit Transform66.org or email Transform66@VDOT.Virginia.gov for more.

THURSDAY/JUNE 15

Meet the Principal. 5-6:30 p.m. in the Poplar Tree Elementary Library. Parents of Poplar Tree Elementary students are invited for a "meet and greet" with Sue Andujar, Poplar Tree's new principal.

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. **Cell Phones for Soldiers** is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.



PHOTO CONTRIBUTED

Tap and Jazz

On Saturday, June 17, The Fairfax Ballet Company presents "Decades on Shuffle: A Jazz, Tap and Modern Revue," at 2:30 and 7:30 p.m. at Centreville High School, Clifton. Call 703-439-9788 for more.

WheelHouse Yoga Expands in Clifton

Studio opens a new space named "Treehouse."

BY ERIN MURPHY
CENTRE VIEW

The strength of the community in Clifton can be felt just walking down Main Street, the lights of the Clifton Café sparkling and the charming antique stores beckoning. Stepping into the WheelHouse Mind Body Studio, just off Main Street, is no different.

"Friendly, helpful, non-judgmental. It's like coming home," patron Art Spenard said of the WheelHouse community.

"Alyson and Kelly have really brought me out of my shell. I could have easily been a hermit. The community is fantastic, five out of five," Clifton resident Larry Robertson said.

WheelHouse owners Alyson Pollard and Kelly Layfield opened the studio in 2015, and officially opened their second space on June 1, 2017.

"What inspired us to open the second space is in order to share more. There's been a few times when we've been very cozy in here, and the opportunity presented itself. The vision has grown, and now we have the opportunity to reach more people as the community grows. It's a special niche," Pollard said.

Above the hustle and bustle of the street, on the second floor of the building sits the new studio space named the "Treehouse." The purpose of the space is to practice slower yoga and host relaxing classes, allowing practitioners to enjoy the peaceful view of the treetops through the windows.

THE FIRST FLOOR will host more fitness-based classes, in addition to a growing fitness boutique. Pollard and Layfield are partnering with the fitness-clothing brand



Alyson Pollard and Kelly Layfield cut the ribbon to the new WheelHouse second floor studio space, which will be put to use for more relaxing and slower yoga classes.

"Energie Goods" among other fitness brands.

Pollard and Layfield have known each other for nearly 10 years. Both ran small businesses from their homes prior to opening the WheelHouse studio. Pollard worked as a certified personal trainer, and has also worked with special needs students in Fairfax County Public Schools. Layfield taught Pilates in small studios, and Golds Gyms in Lorton and Woodbridge. Her fusion classes, called INFIT, are a combination of Pilates, Yoga and Barre.

"We really hope our practitioners find a place of serenity and relaxation that they can come to. This is a very stressed out area, and we want to give them a place to come and relax for just that hour. To just focus on your breath and mind-body connection,"



Practitioners wrote on the fogged up windows after class in the new second floor studio.

according to Pollard and Layfield.

Sallie Spenard is a professional equestrian, and has been attending WheelHouse classes for almost a year.

"It's helped me with my balance, muscle control and strength," Spenard said. "I've learned how to handle stress better, and just to how analyze my body more." Her husband, Art Spenard, said he also learned how to be present in the moment by attending Yen and slow-flow yoga classes.

"I had heard that yoga was excellent for flexibility, and I golf," Art Spenard said. "It also helped me learn to be a lot more calm not just for golf, but for life in general. I know how to manage stress better."

POLLARD AND LAYFIELD strive to get to know each and every one of their stu-

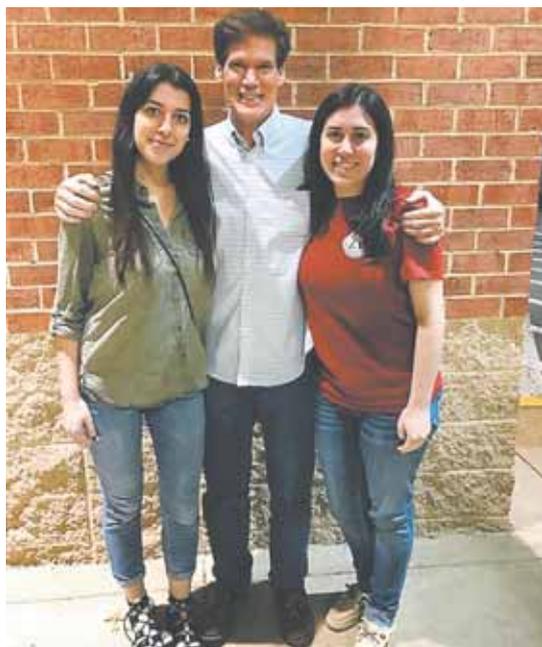
dents, and hope their students get a sense of the strong community.

"I want my practitioners to feel that in the physical space they are free of judgment, and also in the space within their heart and mind to be free of judgment of themselves; creating that pure space of acceptance. We want them to feel tremendously loved and connected," Pollard said.

Connected is what Clifton resident Larry Robertson praises WheelHouse for giving him ever since he started attending classes a year ago. "I've learned how to breathe, how to stretch, how to exercise but for me the socializing part has been amazing. I've really gotten out of my comfort zone," Robertson said. "Alyson and Kelly say it and it's true, there is no judgment here. The community is just amazing."

Me & My Dad

Matt Borkowski of Centreville with his daughters. Lauren Borkowski, 21, on his right, just graduated Marymount University in May. Emily Borkowski, 18, on his left, will graduate from Woodson High School in June and will attend William & Mary College in the Fall.



Centreville Immigration Forum Named 'One of the Best' Nonprofits

The Catalogue for Philanthropy: Greater Washington has selected the Centreville Immigration Forum (CIF) to be part of the Class of 2017-18. CIF has undergone an extensive review process to meet the Catalogue's standards.

Founded in 2007, the mission of the Centreville Immigration Forum is to implement sustainable programs that provide immigrants in need with the means to improve their lives and become more integrated into the community; improve communication and cooperation among all groups serving immigrants; and build community recognition of our strength in diversity.

Since 2011, the organization has operated the Centreville Labor Resource Center, 5944

Centreville Crest Lane, where homeowners and contractors looking for help can hire workers for the day.

This year the Catalogue celebrates its 15th anniversary.

Since its inception, it has raised \$38 million for nonprofits in the region. Reviewers helped select 76 charities to feature in the 2017-18 print edition. Centreville Immigration Forum is one of 34 of which are new to the Catalogue this year. "People want to know where to give and they need trusted information. Based on our in-depth review, we believe that the Centreville Immigration Forum is one of the best community-based nonprofits in the region," according to Barbara Harman, founder and president of the Catalogue for Philanthropy.

Home LifeStyle

Patio Ready for Summer? The latest trends for entertaining alfresco.

By MARILYN CAMPBELL

The warm days and nights of summer lend themselves to outdoor entertaining. From colorful pillows and cozy throws to textured fabrics and jewel-toned tableware, local designers offer ideas for creating a festive space for an alfresco soiree.

Consider the way an outdoor space will look when it's viewed from inside your home, says Madeline Fairbanks, product development director, Country Casual Teak.

"Choose fabrics that coordinate and accent the colors used indoors to create a seamless transition between the spaces," she said. "Add texture with fabrics, from gauzy sheers to the heaviest brocades, to bring the textures of indoor upholstery outdoors. An added plus is that they help hide dirt and stains."

The transition from a home's interior to its exterior should be fluid, advises Jim Rill of Rill Architects. "It shouldn't just be an outdoor patio, but an extension of the indoor spaces," he said.

Rill suggests using outdoor walls, fireplaces and trellises to create a sense of scale and comfort. "For instance, stone walls, hedges, pools and ponds help give an out-



PHOTO BY STACY ZARIN GOLDBERG

Todd Martz of Home on Cameron in Alexandria advises using colorful table accessories to set the stage for a festive gathering.

door setting scale and coziness," he said. "Think of the outdoor space as a room and consider how it's organized with furniture and materials like you would an indoor room. Patterns in the patio materials also organize the area."



PHOTO COURTESY OF COUNTRY CASUAL TEAK
Outdoor furniture pieces like these by Country Casual Teak help define the outdoor atmosphere of this Potomac, Md., home.

Outdoor entertaining is often food-centric and for an upbeat outdoor table setting, Todd Martz of Home on Cameron in Old Town Alexandria suggests acrylic table accessories. "Incorporate colorful pitchers, glasses and plates to set the stage for a fes-

"It shouldn't just be an outdoor patio, but an extension of the indoor spaces."

— Jim Rill of Rill Architects

tive gathering," he said.

Have a few key pieces for hosting, whether you entertain weekly or just once a year, recommends Fairbanks. "Keep a bar cart near an entrance for wheeling refreshments to guests, or an outdoor sideboard near a dining area for easy buffet-style service," she said.

For chilly nights, drape throws on the outdoor seating for guests, advises Martz. "With the popularity of fire pits, add comfortable seating with indoor-outdoor cushions around them to enhance the experience," he said.

THE CONNECTION
Newspapers & Online
Education • Learning • Fun

GRADUATION & SUMMER EDUCATION EDITION

Advertise in the The Connection Newspapers **Graduation & Summer Education** edition featuring graduation photos, stories and coverage! Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our websites, reaching affluent viewers and readers.

Publishes:
June 21, 2017
Advertising Closes:
June 15, 2017

Call 703.778.9431
Email sales@connectionnewspapers.com
Visit connectionnewspapers.com/advertising

LOCAL MEDIA CONNECTION Reaching Suburban Washington's Leading Households
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

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

You Can Make a Difference

Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.

Consider Fostering visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

LOST DOG & CAT RESCUE FOUNDATION

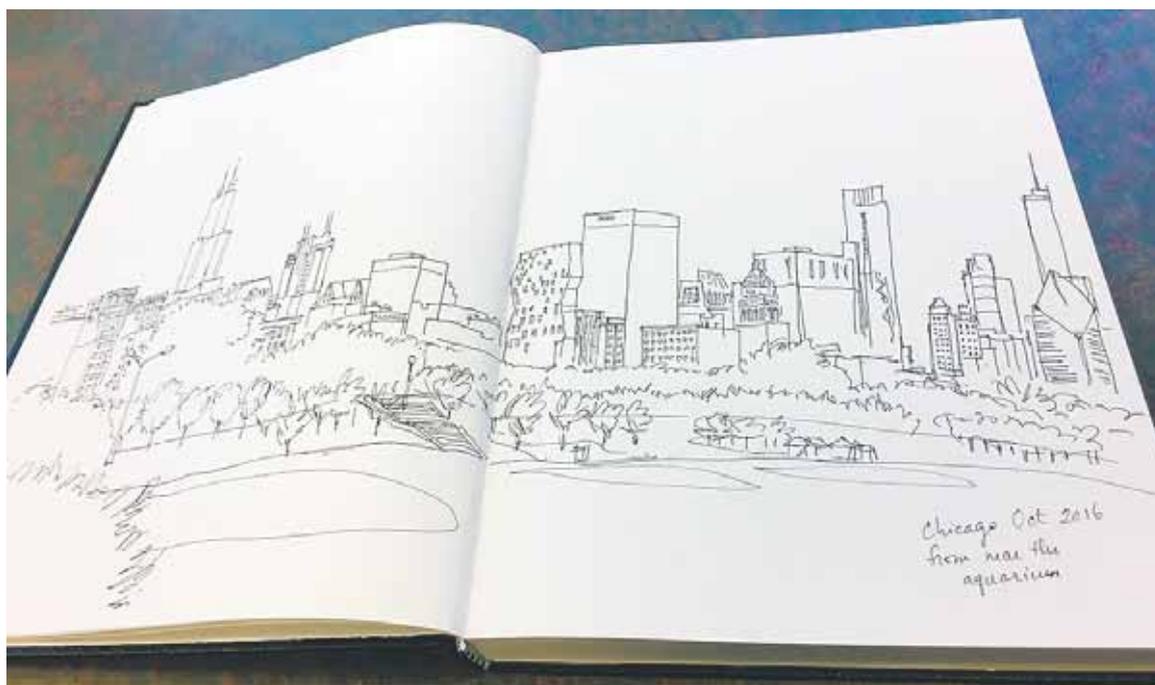
lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known

Helping Animals Find Their Way Since 2001

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

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

ENTERTAINMENT



Art at the Library

Keeping a Travel Sketchbook/Journal, 7-8:30 p.m. in the Centreville Regional Library, 14200 St. Germain Drive. Bring a sketchbook and drawing material. This is part of the The "Art at the Library" series which is held the fourth Wednesday of every month at Centreville Regional Library, 7-8:30 p.m. Call 703-830-2223 for more.

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

ONGOING

- 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 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.
- 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.
- One-on-One English Conversation.**

Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

THURSDAY/JUNE 15

- Biodiversity Gardening Lecture.** 6-8 p.m. at the Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. Laura Beaty and Donna Murphy, members of the Potowmack Chapter of the Virginia Native Plant Society (VNPS), discuss a program that will benefit gardeners and homeowners who are interested in using a portion of their property to support biodiversity. Visit vnps.org/ for more.
- Sully Antique Car Show.** 7-8:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Enjoy a hike, campfire and s'mores. \$8. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/sully-historic-site/ for more.

SATURDAY/JUNE 17

- Children's Science Center Lab.** 6-8 p.m. at Fair Oaks Mall, 11948 Fair Oaks Mall Blvd., Fairfax. Instill a love of learning STEM in all children by providing opportunities to explore, create and be inspired. \$12, two for one admission special. visit www.childsci.org for more.

SUNDAY/JUNE 18

- Father's Day Antique Car Show.** 10 a.m.-3:30 p.m. at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. The 44th annual car show will feature more than 400 antique and classic cars and more than 100 vendors. \$10 for adults, \$8 for seniors and \$7 for children. call 703-437-1794 or visit www.fairfaxcounty.gov.

MONDAY/JUNE 19

- Dulles Chamber's Annual Golf Scramble.** 7 a.m. at Chantilly National Golf & Country Club, 14901 Braddock Road. Registration and Breakfast at 7 and tee-off at 8. Visit www.dulleschamber.org or call 571-

323-5304 for more.

SATURDAY/JUNE 24

- Rockin' in the Park.** 10-11 a.m. at the Ellanor C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. Rocknrocros is a three-man band from Fairfax that performs original children's songs and much-loved favorites. Visit www.fairfaxcounty.gov/parks/ for more.

TUESDAY/JUNE 27

- Nature Photography Fundamentals.** 7-8:45 p.m. in the Centreville Regional Library, 14200 St. Germain Drive. Professional instructor Michael Glagola teaches how to get that perfect shot. Call 703-830-2223 for more.

WEDNESDAY/JUNE 28

- Keeping a Travel Sketchbook/Journal.** 7-8:30 p.m. in the Centreville Regional Library, 14200 St. Germain Drive. Bring the sketchbook and drawing material of choice. This is part of the The "Art at the Library" series which is held the fourth Wednesday of every month at Centreville Regional Library, 7-8:30 p.m. Call 703-830-2223 for more.

TUESDAY/JULY 4

- Holiday Crafts Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The crafts will highlight the holiday and the railroads. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225 for more.

SUNDAY/JULY 23

- Z Scale Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Z scale is the smallest mass-marketed model train available anywhere. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225 for more.

COME TO THE TURTLE...
WHERE OUR PATIO IS CALLING



CELEBRATE FATHER'S DAY WITH
HALF-OFF CRAB DIP
JUNE 18TH!*



CHANTILLY
4301 Chantilly Shopping Center
Chantilly, VA 20151
571-375-1196

OTHER TURTLES NEAR YOU

ALEXANDRIA
7879 Heneska Loop
703-971-0200

FAIRFAX
3950 University Drive, Suite 209
703-934-5550

*Offer valid all day at participating locations, offer valid with the purchase of a house specialty menu item, excludes carry out purchases, offer limited to one per table.

PLAY SYA FOOTBALL

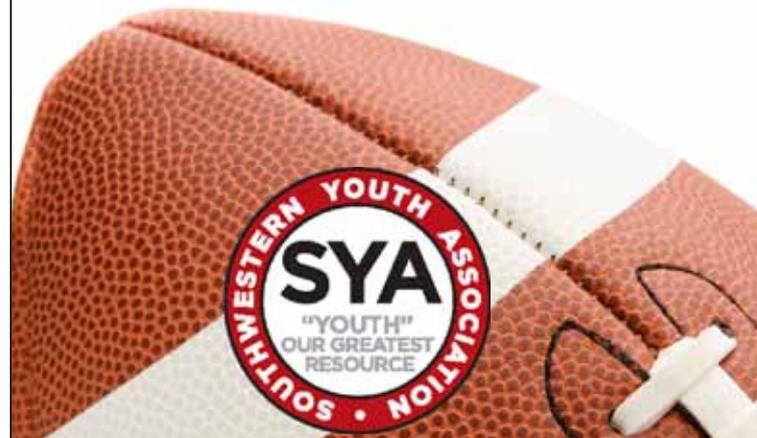
Play Safer with certified Player Safety Coaches teaching safer Heads – Up Tackling fundamentals.



The New Standard in Player Safety

Registration is now open!
WWW.SYAFOOTBALL.ORG

Early Registration Ends July 4th Sign up now to save \$25



Workforce Housing

FROM PAGE 3

Connolly. "But meanwhile, Fairfax is a model for the rest of the country. Since 2004, we're the only jurisdiction in Metropolitan Washington, D.C., that's reduced its homeless population by 40 percent."

Supervisor John Cook (R-Braddock), who also helped move this project forward, called affordable housing "probably the most vexing problem facing local governments."

By partnering, we were able to get it done, and it's a pleasure to have it in my district."

"We've been waiting a long time [for this]," said Supervisor Cathy Hudgins (D-Hunter Mill), on the county's committee to Prevent and End Homelessness. "But it would take 31,360 more affordable units to be built before everyone within this AMI could move into affordable housing. We're losing workers and businesses because people can't afford to live here." She then urged residents to participate in the county's Strategic Housing Plan "so they'll understand and support addressing this need."

Steve Wilson, president of Stratford Capital, one of the project's development partners, said its financial structure benefited everyone. "A 2015 GMU study said that, between 2011-23, about 60,000 lower-income households will move into Northern Virginia — and 30,000 of them will be renters," he said. With such a great need then for affordable housing, he added, "Only 18 out of 270 units are left at the Resi-



PHOTO BY BONNIE HOBBS

Sharon Bulova at the podium in front of Residences at the Government Center.

dences. That's about 2-1/2 times the normal, absorption rate, so the pent-up demand for this type of housing is significant."

Greg Lamb, Jefferson's executive vice president, said his firm normally builds market-rate housing. "We were selected for this in 2008 and then the recession happened," he said. "But the county didn't give up, and we were so grateful to be one of the partners."

"This project was complicated, but Paradigm Construction didn't cut any corners, did a beautiful job and built a quality project," he continued. "We're very proud and look forward to being property owners here for a long time."

Lord & Lady Fairfax Honored

FROM PAGE 2

serve the schools as vice president of the Fairfax County Council of PTAs.

SULLY DISTRICT

Lord Fairfax: Michael Frey, an involved member of the Sully community, initially served as an aide to other supervisors and then as the first Sully District supervisor in 1992. He has also coached youth sports for Southwest Youth Association and is involved with their Sports Park project. He presently serves as chair of the Dulles Suburban Advisory Group and on the boards of the Historic Centreville Society and the Fairfax County Historical Society. He recently joined the Board of the Friends of the Fairfax County Animal Shelter, which was named after him in recognition of his life-

long commitment to animals' issues.

Lady Fairfax: Trudy Harsh uses her personal experience to improve the community. As the president of the board of directors of the Brain Foundation, she was driven to establish the organization stemming from a tragic experience: her daughter had surgery for a brain tumor when she was 8 years old, which left her delayed emotionally and physically. The Brain Foundation provides affordable housing to many, most commonly those suffering from serious brain diseases. Since 2003, the Brain Foundation has created permanent housing for 36 individuals. Recently, she was awarded the Good Neighbor Award by The National Association of Realtors, and Washingtonian of the Year in 2010 by the Washingtonian magazine.

Announcements

ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING FINAL RELEASE OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

3 Log Home kits selling for BALANCE OWED, FREE DELIVERY

1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000

2) Model # 303 Little Rock \$38,525...BALANCE OWED \$15,000

3) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB
A+ Rating

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Announcements

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

LIKE US ON FACEBOOK

www.Facebook.com/connectionnewspapers

Announcements

Earn more with Quality!

★★★30 YEARS OF SERVICE★★★

CDL Drivers needed to deliver new trucks. Tow cars are a plus. Reload opportunities available.

Quality
Drive-Away

www.qualitydriveaway.com

Call 574-642-2023 NOW!

Announcements

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Announcements

LIFETIME METAL ROOFING

Storm Proof Metal Roofing

Will your roof withstand another storm season?

Call us today for a free roof inspection!

WE FINANCE!

CALL 800-893-1242

WWW.METALROOFOVER.COM

SINGLE WIDES DOUBLE WIDES HOUSES
by VA CAROLINA BUILDINGS, INC

Announcements

WET BASEMENT???

CRACKED WALLS???

We Fix: Basements, Crawspaces, Cracked/Settling Foundations, Bowing Walls

800-772-0704

seal-tite

FREE ESTIMATES

Serving you since 1972 Call Now! 10% Limited Time Coupon

Some Restrictions Apply

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS



PHOTO BY BONNIE HOBBS

Police Sgt. Brad Metz (on left) receives his Officer of the Month certificate from the Sully District Station's assistant commander, Lt. Alan Hanson.

Metz Honored

BY BONNIE HOBBS

Sgt. Brad Metz was selected as the Officer of the Month for April for the Sully District Police Station. He was honored at the May 10 meeting of the station's Citizens Advisory Committee.

Usually, the recipient of this honor is nominated by a single person — most commonly, his or her supervisor. But Metz was nominated by the station's entire evening shift "A" squad. In the official write-up, Lt. Trafton Parr explained why.

"In December 2016, the second lieutenant for the evening shift "A" squad went on light duty due to an injury," wrote Parr. "But Sgt. Metz rose to the occasion and assumed the many roles and duties that both supervisors fill until the second lieutenant's return to full duty in early April of this year."

During this period, said Parr, Metz had to multitask many issues, including staffing shortages, squad training, employee personal matters, routine Internal Affairs cases at the supervisory level, and citizen complaints — all while responding to a number of high priority, as well as routine, calls.

"Metz has an easygoing personality and demeanor that makes him very approachable," wrote Parr. "His open-door policy reflects his likeable nature and, in turn, motivates his subordinate patrol officers to perform at a higher level. Whenever Metz requests volunteers for an undesirable assignment, there are always squad members willing to step up and assume the task."

Parr said Metz has also been an "excellent role model and mentor" to the officers of the evening shift "A" squad. "He utilizes training videos to better prepare his squad for multiple, high-risk situations," wrote Parr. "He distributes current case law and other pertinent information to prepare his squad mentally for situations that may arise."

Furthermore, continued Parr, "Metz's management style allows senior patrol officers to handle routine issues that normally do not require the involvement of a supervisor. He also assists officers in preparing for advancement and developing in their police careers."

"It is a pleasure having Sgt. Metz serving in the Sully District on the evening shift "A" squad, and he is well-deserving of the recognition as Officer of the Month."

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL		ELECTRICAL		LANDSCAPING		Good is not good, where better is expected. -Thomas Fuller
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465				
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		LANDSCAPING		
GUTTER		GUTTER		LANDSCAPING		
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!		Patios & Drainage Your neighborhood company since 1987 703-912-6886		
IMPROVEMENTS		IMPROVEMENTS		LANDSCAPING		
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		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		J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		
TILE / MARBLE		TILE / MARBLE		LANDSCAPING		
Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service		BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231		
TILE / MARBLE		TILE / MARBLE		LANDSCAPING		
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		Alfredo's Construction Company, Inc. • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg						

Spontaneous Confusion



By KENNETH B. LOURIE

Since I have some alone-time; just me and the cats, I thought I'd try to write my next column a few weeks ahead and take a bit of the time-sensitive deadline pressure off. Not that meeting my weekly commitment has been too much of a problem over the years (nearly 20 in fact), still, I thought I'd put pen to paper, literally, and see what comes out.

So far what has come out is that I'm having creative difficulty writing something that's to be published two weeks hence. It seems/feels that writing in the present about something to be published in the future is awkward, sort of. It's somewhere between wishful thinking and a prediction. Neither of which is characteristic of who I am or how I think. I guess my writing nature is that I like to react to reality and then address it in print, rather than anticipate it and then respond to it. Typically I prefer to be current in my thinking and honest in my prose. Apparently, I have nothing else to share so trying to explain that void is the semi point of this column.

And I suppose, without being too self-indulgent, that if a stage IV cancer patient — yours truly, who shares everything with you regular readers; highs, lows and in-betweens, has nothing of particular interest to share, perhaps it's because I'm experiencing a comparatively easy fortnight between 24-hour urine collection, pre-chemotherapy lab work, every-five-week infusions, and quarterly scans followed by my quarterly face-to-face appointment with my oncologist, so I have minimal cancer-related business to preoccupy my life. It's almost as if I'm unencumbered by my underlying problem: non-small cell lung cancer. And I have to admit, it's a heck of a feeling to not have my conscious and unconscious minding my business and reminding me that I have an incurable form of cancer. Which of course I never need reminding of; as opposed to ending a sentence with a preposition which obviously I do need to be reminded of.

Getting back to the substance — if you can even call it that, of this column: my difficulty writing weeks ahead of publication. What's puzzling about this difficulty is how uncharacteristic of my personality it is. I am not spontaneous. I rarely do anything spur of the moment other than getting off the couch, changing the channel on the television, switching radio stations in the car, deciding what to wear, eating/drinking/going to the bathroom and/or miscellaneous other household-type duties and responsibilities. Yet the problem I'm experiencing now — related to my June 14 column, is that since I'm not being spontaneous, I'm unable to create?

How can that be a problem? That's who I am all the time. I do everything in advance — of consequence, that is. Maybe I'm making too much out of nothing? (Oh, really.) Maybe I'm simply stuck in my head and need to get out of my own way. Not that I make mountains out of mole hills but sometimes, and I've told by my oncologist that I can blame my having cancer for everything, I might not think so clearly and get bogged down emotionally. Ergo, I will lay the blame for this column and it's lack of substance, on having "terminal" cancer.

Cancer doesn't work in mysterious ways (well, perhaps it does to researchers), it works in destructive ways: physically, mentally and spiritually. Logical becomes illogical — and vice versa; rational becomes irrational — and vice versa; and manageable becomes unmanageable — and vice versa. For cancer patients/survivors, expecting that one's life will go merrily along is totally unrealistic. Expecting the unexpected is the path of least resistance.

This week's column/dilemma is simply another example/reminder of how cancer intrudes and deludes and affects those of us who naively thought we would be unaffected.

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



THE
CASEY SAMSON
TEAM

SAMSON PROPERTIES #1 TEAM



JUST SOLD
WWW.13224LADYBANK.COM
OAK HILL

4.5%
PROFESSIONAL
LISTINGS

*Results
Count*

**104 HOMES
SOLD IN AN
AVERAGE OF
16 DAYS**

PUT THE
POWER OF
OUR TEAM
TO WORK
FOR YOU

**WE DON'T LIST HOMES
WE SELL HOMES**



Oak Hill Contract \$699K
www.3168Kinross.com



Centreville Contract \$595K
www.5218Rushbrook.com



Centreville Contract \$625K
www.6351LeeForest.com



Fairfax Contract \$925K
www.3586SharpesMeadow.com



Vienna Contract \$850K
www.8651PoplarGlen.com



Oakton Sold \$1.25M
www.2909FoxMillManor.com



Vienna Sold \$1.051M
www.1614Fremont.com



Vienna Contract \$1.025M
www.201Glyndon.com

WHAT YOUR NEIGHBORS ARE SAYING:

"The Casey Samson team provides the best realty services in Franklin farm due to their comprehensive knowledge of the local market, their ability to differentiate your house from other properties, and their extensive planning prior to your house going on the market" Oak Hill Sellers

"We would highly recommend The Casey Samson Team to anyone thinking about selling their home and particularly to those in and around Franklin Farm" Oak Hill Sellers

CHECK YOUR MARKET CONDITIONS AT:

CASEYSAMSON.COM

703.508.2535 | CASEY@CASEYSAMSON.COM