

**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**OUR BEST OFFER EVER!**

In Plant Express or Signature Rug Cleaning

FOR EVERY 2 RUGS CLEANED GET THE 3<sup>RD</sup> RUGS CLEANED **FREE!**

SAVE up to 35%

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! \*Hurry! Offer Expires 2/10/19. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

# Fairfax CONNECTION

WELLBEING  
PAGE 6



## 'You Can Tell How Beloved He Is'

NEWS, PAGE 3

(From left) are Shirley and Mike Ward with Mayor David Meyer and the proclamation of appreciation he gave to former mailman Mike Ward.

Chocolate Treats,  
Sweet to Eat

NEWS, PAGE 10

Cute, Creative Cakes  
And Chocolate Beverages

NEWS, PAGE 5

PERMIT #322  
EASTON, MD  
PAID  
U.S. POSTAGE  
PRSR STD

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 2-8-19

BONNIE HOBBS/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

*The*  
**RAILROAD COTTAGES**

CITY OF FALLS CHURCH



SMALLER HOUSE, BIGGER LIFE!

Open House Every Sunday 2-4

[railroadcottages.com](http://railroadcottages.com)



Theresa Sullivan Twiford LICENCED IN VA 307-413-2872

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](http://lostdogandcatrescue.org)

*Fairfax Propane*<sup>®</sup>

*"Your Hometown Propane Company"*<sup>®</sup>

only  
**\$ 2.60**<sup>\*</sup> /gallon.

Check your gauge and call Jim with your percentage today.

9754 Lee Highway, Fairfax, VA

(C) 2018, all rights reserved.

**(703)352-5777**

\* Valid for current, former and new customers.  
Amount will be pre-authorized on credit card before delivery.  
Price only valid for the filling of customer owned tanks 500 gallons and larger.  
No extra delivery or hazardous material fees.  
Regular, automatic delivery service available.  
Offer subject to expiration without prior notice.

# 'You Can Tell How Beloved He Is'

Old Lee Hills community honors longtime mailman.

BY BONNIE HOBBS  
THE CONNECTION

**M**ike Ward's wife told him they were going to historic Blenheim for a wine-tasting. But when they arrived Sunday afternoon, Jan. 20, more than 200 people were there to surprise him with a party in his honor.

Ward's not a famous athlete, singer or movie star. But to the residents of Fairfax's Old Lee Hills community, he's their own celebrity – their beloved mailman for the past two decades, until he retired in December.

"He became friends with everyone in the neighborhood," said Connie Greenfield, who grew up there. "Everyone loves him – he's like family. He even knew everybody's pets by name."

When people heard about Ward's party, she said, "A couple who were going on vacation changed their plans to attend. And the wife of a 98-year-old man told me, 'If he has to crawl, he'll be there.' Everybody wanted Mike to know how much we love him and how much we'll miss him."

"He was really friendly, always smiling and having something nice to say," said longtime resident Patrick Segui.

"I always felt so bad for him because, when I had a hair salon, I got so many magazines sent to me that I felt bad he had to carry them all," added Segui's wife, Kaija. "So we're happy for him."

Jeff Yost and his wife have known Ward, almost 62, since their children were born – and they're now grown. "He's a wonderful, positive, pleasant man," said Yost. "You couldn't ask for someone better than Mike. He's also seen some of our dogs come and go. Even though they'd loudly announce his presence every day, we knew that, deep down inside, they loved him, as do we."

Cathy Gardner said Ward and her dog Frankie had a "real relationship. Frankie thought she was powerful because, every time she barked like a lunatic at him through the window, he'd leave. I miss him delivering our mail; he answered any questions and concerns I had, and I knew I could trust him."

Allie and Dan Vess described Ward as always pleasant and smiling. "We both work from home, so we saw him every day and looked forward to it," said Allie. "I always knew when he was on vacation, because we'd get mail mistakes. He was more than a mailman; I consider him a friend. I made him homemade cookies every Christmas."

She said Ward had a big heart and is "one of the kindest people I ever met. We wish him the best in retirement, but it won't be the same." Gesturing toward the crowd at his party, she said, "Look at this turnout –



Former mailman Mike Ward thanks everyone who came to honor him.



Resident Cindy Yost hugs Mike Ward after he arrived at his party.

you can tell how beloved he is."

Ward's neighbors, Robin and Chris Burke, were also there to celebrate him. "We went to school with Mike's wife Shirley and met Mike when we moved to that subdivision, 15 years ago," said Robin. "Mike's always willing to do whatever's needed for anybody at any time. And he loves to eat; we do dinners and vacations with him and Shirley all the time, including several cruises."

Her husband Chris said he doesn't have any brothers, so Ward is "like a brother to me. He's a good guy, and easygoing. Whenever either one of us is away and it snows, we take care of each other's driveways."

The Wards have been married nearly 17 years, and Mike served 17 years in the Army before joining the Post Office, 22 years ago. He delivered mail in Old Lee Hills since

1998, and Shirley was a mail carrier in Fairfax's Maple Hill subdivision until she retired, two years ago.

"We were initially both going to retire together, but he wasn't ready," said Shirley. "I think the people on his route kept him from retiring early. He'd come home and tell me stories about them and their puppies. But he did it now because we wanted to start traveling."

Even Fairfax Mayor David Meyer attended the party. "I don't think I've ever seen so many people together in Old Lee Hills," he said. "This gathering speaks volumes about how we feel about Mike Ward." Meyer then read a proclamation he wrote about Ward and presented it to him.

He noted that Ward served as union shop steward for the Chantilly Post Office, plus

"Everyone loves him – he's like family. He even knew everybody's pets by name."

– Connie Greenfield,

the Fairfax post offices on Judicial Drive and on Pickett Road, "effectively representing his fellow employees to ensure safe working conditions and just and fair treatment for his colleagues." Meyer described him as a "problem-solver with a positive attitude, firmness, common sense and wisdom that reflects the values of his parents and his upbringing, his experience and concern for others."

He also said the thousands of City residents whose mail Ward delivered are "profoundly grateful for his superior service every day, for his concern for and compassion to all of us through the years, sharing the joys of holidays, weddings, anniversaries, births, baptisms, bar and bat mitzvahs, confirmations, birthday parties, graduations, and the difficulties of loss that have also accompanied our lives."

Therefore, said Meyer, "On behalf of the City Council, all the citizens of the City of Fairfax, and especially [those] who hold Mike Ward as a dear and lifelong friend, I extend our heartfelt appreciation and gratitude for his service to us, for lifting our spirits every day at the doorsteps of our homes. I offer our collective congratulations and extend to Mike and his wife Shirley our prayer for God's blessings and the utmost joy and happiness in their years ahead."

Afterward, Mike Ward told the crowd, "Thank you, guys, from the bottom of my heart, for the best darned neighborhood in the best darned city in the world." And his wife thanked Greenfield and her mother Mary and their committee for organizing the event.

"One of the things I love most about Mike is his honesty, integrity and commitment, and I guess all these people here see what I see," added Shirley Ward. "And I think it's wonderful that the whole community turned out. Mike and I had a longstanding competition about who was the best mailperson, but now I guess I'll have to concede."

Calling the celebration in his honor "overwhelming," Mike said, "I couldn't even dream this would happen; it's amazing. This was like my neighborhood, and my customers were like family. We joked with each other, and I knew all their dogs. It was almost like this was meant to be and this was where I was supposed to be."

He said his favorite memories are of all the children growing up. "When I started the route, it was mostly retirees, but then it changed, and now it's a younger crowd and people having babies," said Ward. So what gave him the most satisfaction? He replied, "To see all those folks here and know they appreciated what I did."

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Week of Absurdities

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

**T**he 2019 session of the General Assembly has reached its mid-point, or crossover, when the two houses start to consider bills that have survived the other house. It also represents the final action on many bills giving an indication of what the ultimate legislation for the session is likely to be. In the back of most legislators' minds is the fact that when the legislature adjourns *sine die* (until another day) the election season will begin. The thought of going home to meet their voters motivates many votes. After all, that is the way it should be in a representative democracy. The results, however, create some absurdities.

Republicans appear to be planning to focus once again on abortion. Although *Roe v Wade* decided in 1973 was supposed to set the rules for abortions, the debate still goes on. This week in a massive media campaign linked to fundraising, the opponents accused Governor

Ralph Northam who is a pediatrician and first term Delegate Kathy Tran, a mother of four the youngest of whom she was nursing during session last year, of favoring infanticide! I witnessed the verbal ambush by some of the most skilled lawyers in the House who with some editing of the tape of their cross-examination of her created a false impression of her bill and what it did. Calling the episode absurd is a mild description; I think Governor Northam came closer to an accurate description when he called it disgusting. (Read more at [https://wapo.st/2GduVpd?tid=ss\\_mail&utm\\_term=.814210c15403](https://wapo.st/2GduVpd?tid=ss_mail&utm_term=.814210c15403))

Thirty-seven states have ratified the Equal Rights Amendment. It is looking doubtful that Virginia will join that group this year. In floor speeches on the amendment one of the women opposing the amendment said that she did not need "words on a piece of paper" to get what she wanted.

Bills that would have created an independent redistricting commission including my perennial bill have been defeated in the House. A bill introduced by the Speaker of the House that would create a commission to redistrict the legislature is far from independent in that it still has legis-

lators picking their voters in order to protect incumbents and hold onto the majority. If the bill makes it through the legislature it will be amended or vetoed by the governor. It remains difficult for the majority to play fair especially when it holds control by such a slim sliver of power. A two-vote shift in both houses would put Democrats in charge of the legislature.

Major divisions continue to exist between the parties on finalizing the budget. Republicans favor a plan that continues the federal approach of giving tax breaks to those with the highest income. My bill to establish a partially refundable Earned Income Tax Credit (EITC) was defeated. About half the states have used an EITC to help raise the income of working families. There is a slight possibility that Governor Northam could get the EITC in a compromise budget as he is a strong proponent of it.

Several weeks remain for the legislature to work its will. Some good bills are passing that will be favorable to the people of the Commonwealth, and I will discuss these in future columns. With an election looming in the fall, we may still see more absurdities!

### COMMENTARY

## Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and

your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt

your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone

number (we will not publish your address or phone number, just your town name).

Email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or submit online at [www.connectionnewspapers.com/pets](http://www.connectionnewspapers.com/pets).

For advertising information, email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

### LETTERS TO THE EDITOR

## Assistance League Receives Grant

To the Editor:

Assistance League of Northern Virginia recognizes The Allstate Foundation and Allstate volunteers for being positive forces for change in our community. Twenty-two Allstate volunteers came together to host a day of community service that enabled the all-volunteer, non-profit organization to secure a \$22,000 Helping Hands Grant.

Allstate volunteers, including David Akers, Christine Angles, Rudolf Alston, Jose Bernal, David Bowen, Sharon Driscoll, Shelley Driscoll, Kevin Dupree, Matthew Henaghan, Joyia Lytle, Mike Mazri, Sharon Neighoff, Jason Passarell, Ricardo Paz Soldan, Christopher Ruby, Tonya Semones, Jason Sengpiehl, William Simkins, Miguel Villegas, Michael Wallach, William Waughn and Don Wright, gave their time to support the nonprofit's program that reduces hunger in our vulnerable communities.

For more than 60 years, the Allstate Foundation has been bringing out the good in millions of lives, committing financial and human resources where they can make the most impact. Weekend Food for Kids was selected as the featured service activity for the "Feed Your Future Volunteer Relay" that took place in Washington, D.C., in October 2018. Assistance League was honored to be included as a partner providing innovative and lasting solutions to enhance the community's well-being.

The Allstate Foundation supports the causes that its employees care about most. Allstate executives and regional advisory board members, including exclusive agents and exclusive financial specialists from D.C., Delaware, Maryland, Virginia, and West Virginia, participated in a relay race to pack more than 500 bags of nonperishable food for less advantaged children in our region.

Allstate senior communication consultant, Caitlyn Barron, and Allstate exclusive agent, Christine Angles, organized the group activity and orchestrated the

group grant.

"This is all beyond outstanding! We are so proud to hear that our efforts benefited some of the most vulnerable in our society - our children," said Shaundra Turner Jones, Allstate corporate relations manager. "This impactful event has our hearts full and we look forward to being involved in many more," she added.

The Allstate Foundation Helping Hands Grant will help Assistance League advance its mission to transform the lives of children and strengthen our community. The funds will be used to purchase three-months' worth of food for underprivileged children in six partner schools enrolled in the 2019-20 Weekend Food for Kids program.

Allstate Foundation and Allstate volunteers bring out the good in their community, helping organizations like Assistance League bring important programs to those most in need. To learn more, visit [www.alnv.org](http://www.alnv.org).

**Karen Smith Amster**  
VP Resource Development  
Assistance League of Northern Virginia

## Extremely Disappointed

To the Editor:

I graduated from college in 1986. I went to the University of Mississippi my freshman year and half of my sophomore year. My freshman year (1982), the school was still waving Confederate flags at football games and was in the process of transitioning to using a flag that just said, "Ole Miss" in red on a blue background. To protest, the Ku Klux Klan showed up at at least one football game. It was terrifying. The KKK is not funny. Not even a little bit.

I am extremely disappointed to discover that Mr. Northam participated in photo wearing Blackface with someone in a KKK outfit. He knew better. I voted for Mr. Northam, so this makes the discovery even more painful.

Everyone does stupid things in college. This was not stupid. It was mean and it wasn't funny. Mr. Northam should resign in order to show respect for his Black constituents and, really, all Virginia voters.

**Amy Dickson**  
Springfield





(From left) Olivia Allan and Charmaine Mortley-Wood offer organic chocolate milk, courtesy of Earth Fare.



(From left) Jenn Wright and Lisa Greenfield enjoy Hazelnut Truffle cocktails from MurLarkey.



Andrew Traub of Adroit Theory Brewing Co. offers Nutella Stout beer.



(From left) Eveonna Ruffner and owner Krissee D'Aguiar of River-Sea Chocolates served cacao juice.

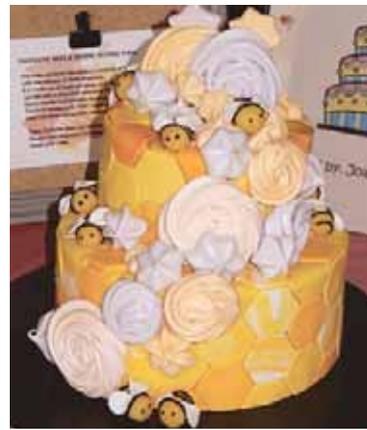
## Cute, Creative Cakes and Chocolate Beverages

Liquid Chocolate and the Chocolate Challenge were big hits during the Feb. 1-3 Fairfax Chocolate Lovers Festival.

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



A chocolate caked titled "Puppy Love."



A honeycomb cake decorated with bees and flowers.



An "Under the Sea" cake featuring a cute unicorn.

# Give your money a raise



Make your money work harder by earning higher interest rates.

Talk to a banker for more details. Offer expires March 22, 2019.

### Platinum Savings Account

**2.10%** Annual Percentage Yield for 12 months<sup>1</sup>

Enjoy a special interest rate for 12 months with new money deposits of at least \$25,000 and a minimum daily account balance of \$25,000 or more.

### Fixed Rate CD

**2.60%** Annual Percentage Yield for 11 months<sup>2</sup>

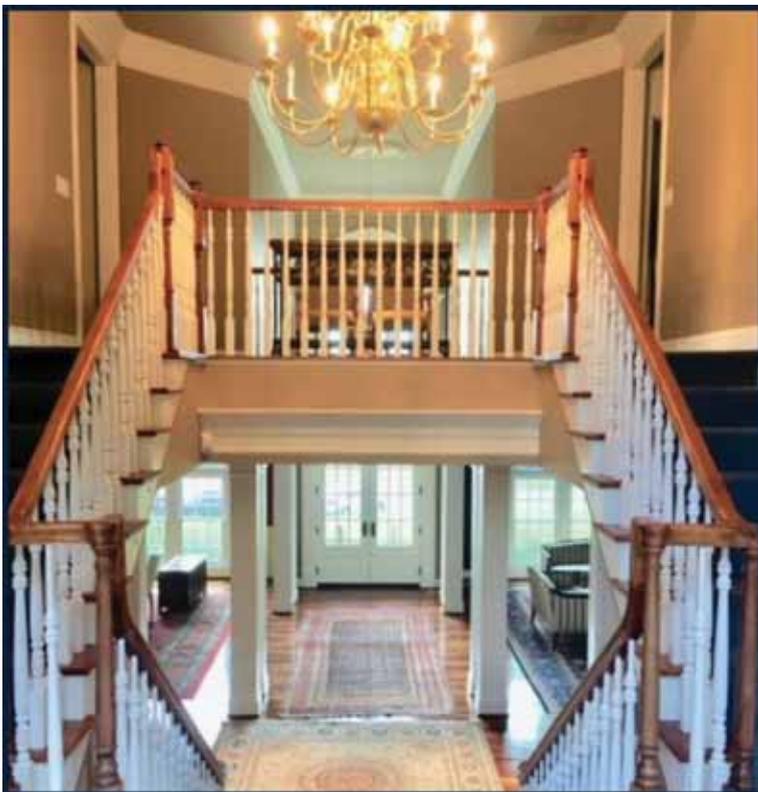
Guaranteed fixed rate with new money deposits of at least \$25,000 for an 11-month term.

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. Portfolio by Wells Fargo<sup>®</sup> customers are eligible to receive an additional interest rate bonus on these accounts.<sup>3</sup>

1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

Investment and Insurance Products:  
Are not Insured by FDIC or any Federal Government Agency | May Lose Value | Are not a Deposits of or Guaranteed by a Bank

© 2019 Wells Fargo Bank, N.A. All rights reserved.  
Deposit products offered by Wells Fargo Bank, N.A. Member FDIC.  
NMLS ID 309801



Don't let the winter blues get you down!  
Call Tech Painting today to schedule your free estimate,  
and ask us about our interior winter discount!



**703-684-7702**

techpainting.com

Painting the blues away in Northern  
Virginia's finest homes since 1987

**ANY TYPE OF RUG, ANY PRICE LEVEL,  
WE HAVE A SOLUTION FOR YOU!**

Hadeed, The People You've Trusted for Over 82 Years,  
Now Bring the Same Quality Cleaning to Everyone!

Now Servicing Every Type of Rug from Machine Made Synthetic to  
the Finest Handmade Silk. We Bring the Same Quality to Everyone  
with Our Multi-Pricing Level Menu that will Match Your Rug.

**OUR  
BEST  
OFFER  
EVER!**

**In Plant Rug Cleaning**

**SAVE up to  
35%**

**FOR EVERY 2<sup>ND</sup> → GET THE 3<sup>RD</sup> → FREE!**

3 Rugs = 1 Cleaned FREE! • 6 Rugs = 2 Cleaned FREE! • 9 Rugs = 3 Cleaned FREE! On & On

\*Hurry! Offer Expires 2/10/19. Valid on Express or Signature Rug Cleaning Services.  
Get the third rug of equal or smaller size for free. Not valid w/any other offers.

**IN-PLANT RUG RESTORATION**

Expires 2/10/19. Not valid w/any other offers.

**10% Off**

**WALL-TO-WALL CARPET STEAM CLEANING OR  
HARDWOOD FLOOR CLEANING & POLISHING**

Expires 2/10/19. Not valid w/any other offers.

**20% Off**

**HADEED** SINCE 1929

**FREE  
PICKUP &  
DELIVERY!**

Oriental Rug Cleaning & In-Home Services

535 W. Maple  
Avenue  
Vienna, VA

4918  
Wisconsin Ave.  
DC/MD

3206 Duke  
Street  
Alexandria, VA

6628  
Electronic Dr.  
Springfield VA

3116 W. Moore  
Street  
Richmond VA

**Grand Opening! » 330 North Stonestreet Ave., Suite A, Rockville, MD**

**703-836-1111 | JoeHadeed.com**

†Available in MD, DC, & VA. Min. order required, some restrictions apply.  
Doesn't include breakables. Call for details.

## WELLBEING

# American Heart Month

Making healthy diet and exercise choices  
are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of



PHOTO CONTRIBUTED

**Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.**

fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

## WELLBEING

# Focus on Safer Driving

## Bans on holding cellphones while driving.

BY ANDREW GIONFRIDDO  
CAPITAL NEWS SERVICE

**T**he Virginia Senate and House of Delegates on Tuesday, Feb. 5, each passed bills prohibiting motorists from touching their cellphones while driving.

The Senate approved SB 1341 on a vote of 34-6, and the House passed HB 1811, 69-27. The bills would explicitly ban using a hand-held communication device, unless it is in hands-free mode, while operating a vehicle.

State law currently prohibits only reading email or text messages or manually entering letters or text in a hand-held personal communications device while driving. The legislation would extend that ban to using the device for making phone calls, checking social media and other purposes.

"It is unlawful for any person, while driving a moving motor vehicle on the highways in the Commonwealth, to hold a handheld personal communications device," the bills state.

Drivers would still be able to operate their phones if they are lawfully parked or stopped or are reporting an emergency.

The chief sponsors of the House bill were Republican Dels. Christopher Collins of

Frederick County and Michael Webert of Fauquier County and Democratic Del. Michael Mullin of Newport News.

Speaking as a former police officer, Collins said the existing law needed improvements.

"Our current texting while driving statute has just not been enforced," he said. "The enforcement numbers went way down during the last several years."

The penalty for a first offense is a \$125 fine that rises to \$250 for a second or subsequent violation.

"This is going to be straight up — if you have your phone in your hand, you are in violation of a law," Collins said.

The Senate bill was sponsored by Republican Sens. Richard Stuart of King George County and Frank Wagner of Virginia Beach and Democratic Sen. Scott Surovell of Fairfax. Under the legislation, the ban on using hand-held devices would not apply to citizens band radios. The bills also would exempt hand-held communication devices that are physically connected to the vehicle and used for navigation or audio transmissions. Although the House and Senate bills are identical, the legislation still hasn't cleared the final hurdles. Now, the House must pass the Senate bill, or the Senate must pass the House bill, and then the governor must sign the legislation.



## New Year. New Plan. Fresh Start. Fairfax Divorce Workshop.

What everyone needs to know about divorce.

Start the New Year off with a plan. Empower yourself with knowledge! Join us for our Second Saturday Divorce Workshop and get the information, support and guidance from a family law attorney, a financial advisor, an estate planning attorney, and a family therapist (speakers vary for each workshop).

**Date:** Saturday, February 9, 2019  
Saturday, March 9, 2019  
Saturday, APRIL 13, 2019

**Time:** 9:00-9:30a.m.-Registration  
9:30-1:00 p.m.-Workshop

**Place:** **Duff & Kronfeld, P.C.**  
Fair Oaks Commerce Center  
11320 Random Hills Road/Suite 630  
Fairfax, VA 22030

**No Fee**  
Pre-registration recommended  
as space is limited.

**Online Registration**  
[www.secondsaturdaynova.com](http://www.secondsaturdaynova.com)

**Email:** [nduff@secondsaturdaynova.com](mailto:nduff@secondsaturdaynova.com)

**Call:** (703) 591-7475

Support. Information. Hope.  
You've come to the right place!



2019

## OVERTURE®

### FAIR RIDGE

62+ APARTMENT HOMES

**APARTMENT HOMES  
STARTING AT \$1,900\***

\*Pricing & availability subject to change.

Discover carefree and maintenance-free living that's modern, spacious, and spontaneous.

- Modern residences
- Active amenities
- Innovative programs
- Lots of new friends and neighbors

GREYSTAR® 



Gwen, Overture Resident

Schedule your Experience at Overture today!

**844-899-9408** [OvertureFairRidge.com](http://OvertureFairRidge.com)

3955 Fair Ridge Dr, Fairfax, VA 22033

Overture is an equal housing opportunity. Amenities and services vary by location. Photo of Overture resident(s). See a Greystar representative for details.

# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Exhibit: Purchased Lives.** Through Feb. 28, 9 a.m.-5 p.m. daily (except major holidays) at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Purchased Lives is a traveling exhibition from the Historic New Orleans Collection. The exhibit examines a complex and divisive period of American history and educating about the far-reaching economic and heartbreaking personal impact of the domestic slave trade. Look for The Washington Home of the Philippine Suffrage Movement March 3-31. Call 703-385-8414.

## FRIDAY/FEB. 8

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/FEB. 9

**Winter Wonderland Family Dance.** 5-8 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Bring the whole family for an evening of magic and wonder with dinner, special guest characters, crafts, dancing and more. All families are welcome. \$30 per adult, \$20 per child. Visit [fairfaxva.gov/parksrec](http://fairfaxva.gov/parksrec) or call 703-385-7858.

## SUNDAY/FEB. 10

**Modern Dance Performance.** 2 p.m. at the Chaiken Auditorium at the JCC

of Northern Virginia, 8900 Little River Turnpike, Fairfax. Carolyn Dorfman Dance presents a performance which draws on her family's journey of faith, survival and renewal. This event has been made possible in part thanks to a generous grant from ARTSFAIRFAX, the Arts Council of Fairfax County. Tickets are \$25 general admission, \$20 JCC members, and \$10 students at [dormandance.brownpapertickets.com](http://dormandance.brownpapertickets.com). Free parking is available. Visit [www.jccnv.org](http://www.jccnv.org).

**Handbell Dessert Concert.** 3 and 6 p.m. at St. Matthews United Methodist Church, 8617 Little River Turnpike, Annandale. Be serenaded by handbell choirs at their fundraising event while enjoying dessert at a candle lit table. Adults, \$15; ages 7-17, \$12; age 6 and under, \$8. Tickets at [Shawn.Guth@verizon.net](mailto:Shawn.Guth@verizon.net). Email [mb.brooke@verizon.net](mailto:mb.brooke@verizon.net).

## FRIDAY/FEB. 15

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/FEB. 16

**"One Woman, One Vote."** 10 a.m. at Sydenstricker United Methodist Church, 8508 Hoes Road, Springfield. All are welcome to the showing of the PBS video "One Woman, One Vote." The film documents the 70-year battle for women's suffrage in the United States, culminating in the passage of the 19th Amendment to the Constitution. The film, narrated by

Susan Sarandon, is part of the general meeting of the Springfield-Annandale branch of the American Association of University Women. Contact Irene McGhee at 703-628-4048.

**Pet Adoption Event.** 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit [fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet](http://fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet).

## SUNDAY/FEB. 17

**NTRAK Scale Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Model Train Display at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## TUESDAY/FEB. 19

**Serve Up Dinner for the Animals.** 4:30-5:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. It may not be everyone's idea of dinner, but worms and insects are considered fine dining for the nature center's exhibit animals. Help a naturalist care for and feed the animals. Ages 3-adult. \$6 per person. Call 703-451-9588 or visit [www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond).

## FRIDAY/FEB. 22

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All

proceeds go to purchasing fire and rescue equipment. Visit [fairfaxvfd.com](http://fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/FEB. 23

**Orienteering Workshop.** 10 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Participants in this program will learn how to use a compass, read a topographic map and navigate orienteering courses. A compass is required. Designed for participants age 8-adult. \$31 per person. Call 703-323-6600 or visit [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake).

## SUNDAY/FEB. 24

**MainStreet Band Concert.** 4-5:30 p.m. at Sidney Lanier Middle School, 3801 Jermantown Road, Fairfax. 10th anniversary celebration. Medley of Beatles hits, a Romantic-era composition by Camille Saint-Saëns, and selections from favorite movie musicals and birthday cake to celebrate the band's decade of success. Free. Visit [www.fairfaxband.org/product-category/tickets/](http://www.fairfaxband.org/product-category/tickets/) or call 571-336-CFBA (2322).

## The Capitol Steps Benefit

**Performance.** 7 p.m. at Fairfax High School, 3501 Rebel Run Road, Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit [www.cappies.com/nca](http://www.cappies.com/nca).



PHOTO COURTESY VIRGINIA OPERA  
**Matthew Burns appearing in the Virginia Opera's "The Elixir of Love" at the Center for the Arts.**

## "The Elixir of Love"

Virginia Opera presents "The Elixir of Love" at the George Mason University, Center for the Arts, 4400 University Drive, Fairfax. Performances: Saturday, Feb 16, 2019 at 8 p.m. and Sunday, Feb 17, 2019 at 2 p.m. Tickets: \$110, \$90, \$54. Call 888-945-2468, or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu). **Note:** Sung in Italian with English subtitles. A pre-performance discussion featuring "Dr. Opera," Glenn Winters begins 45 minutes prior to the performance.

**Gainesville Plumbing Service**

Call us for all your plumbing needs!  
**571-248-8727**

Please follow us on [@GainesvillePlumbing](https://www.facebook.com/GainesvillePlumbing)  
[www.GainesvillePlumbing.com](http://www.GainesvillePlumbing.com)

Locally Owned & Operated  
Licensed & Insured

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

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

10% down nothing until the job is complete for the past 17 years

**Free Estimates**  
**703-214-8384**

Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

**Enjoy those kisses early and make it Valentine's Week!**

Place your order for **Mon. Feb 11th or Tues. Feb 12th** and receive \$5 off delivery or a free balloon.

**flowers 'n' ferns**  
[www.flowersnferns.com](http://www.flowersnferns.com)

9562 Old Keene Mill Rd., Burke • **703-455-3100**

# COMMUNITIES OF WORSHIP

**JC JUBILEECHRISTIANCENTER**  
"Loving People to Life"

Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups  
Visit our Website: [jccag.org](http://jccag.org)

4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170

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

(From left) Kaitlyn Woltz and Mary Zhulkie hold strawberries they dipped into the chocolate fountain.

PHOTOS BY BONNIE HOBBS THE CONNECTION



# Chocolate Treats, Sweet to Eat

Last weekend's Taste of Chocolate at the Fairfax Chocolate Lovers Festival had sweet treats galore.



(From left) are Brandi Mara Jennings, 9, and mom Erika enjoy a cake pop and a hazelnut truffle at the Taste of Chocolate.



(From left) are Brandi Lovett, Catie Cunningham and Jessica Ramos of Cameron's Coffee & Chocolates.



Naomi Woidka, 9, is excited about her chocolate-dipped strawberry.



Annie Greener, 9, dips a Rice Krispie treat into the chocolate fountain.



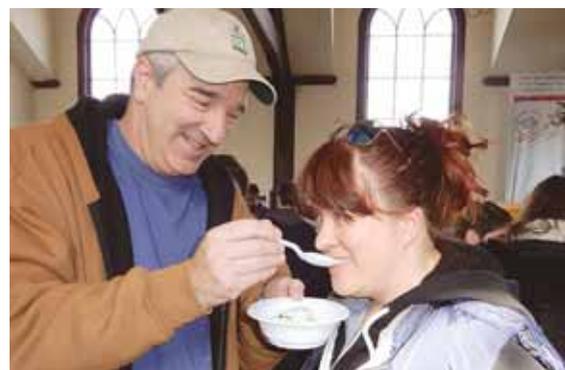
Tim Ford holds son Jake, 18 months, eating a chocolate-covered lollipop at the Taste of Chocolate.



The Capital Candy Jar owner, David Burton, with his chocolates.



Tiffany Calderin and Jimmy Ayala got chocolate-brownie ice cream, chocolate-covered bananas, vanilla-bean ice cream and truffles.



Eric Bush shares a spoonful of his mint chocolate chip ice cream from Sugar Mama's with his wife Erin.

**Announcements**

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

**Find us on Facebook and become a fan!**

[www.Facebook.com/connectionnewspapers](http://www.Facebook.com/connectionnewspapers)  
**THE CONNECTION**  
Newspapers & Online  
The Connector to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

**Legals**

According to the lease by and between the below listed tenants and tkq-storagemart and its related parties, assigns and affiliates in order to perfect the lien on the goods contained in their storage units, the manager has cut the lock on their units and upon cursory inspection the units were found to contain: books, bags, bed, furniture, doll-house, tubs, boxes, household items, etc.

Unit # 1069 - Barbara Franceschi  
Unit # 2045 - Magnus Kaikai  
Unit # 3109 - Betty Jo Cook  
Unit # 4106 - Poneetinder Nagra

Items will be sold online via ibid4storage.com or otherwise disposed of on Friday February 15, 2019 at 12:00 pm, or thereafter, at the location listed below to satisfy owner's lien in accordance with state statutes. Storgemart 1851 11325 lee hwy fairfax, va 22030 703.352.8840 Ext 2.

**Announcements**

**Announcements**

**OUTER BANKS, NC - VACATION RENTALS**

Over 500 vacation homes from S. Nags Head to Corolla's 4x4!

**Brindley Beach**  
VACATIONS & SALES

877-642-3224  
[www.brindleybeach.com](http://www.brindleybeach.com)

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

[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)

**Learn About Advertising in the Connection and Digital Options!**

Advertising in the Connection and upcoming special sections:

[CONNECTIONNEWSPAPERS.COM/ADVERTISING](http://CONNECTIONNEWSPAPERS.COM/ADVERTISING)

or call **703.778.9431**

## My Own Sort of Groundhog Day



By KENNETH B. LOURIE

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing.

Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned.

And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was.

He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R.

Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. -Thomas Fuller		<b>TILE / MARBLE</b>   <b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Fall Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>ELECTRICAL</b>   <b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated 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		<b>GUTTER</b>   <b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!			
<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia					
<b>RN. CONTRACTORS, INC.</b> 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					
<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>J.E.S. Services</b> Free Estimates - Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed			
<b>ATTENTION ADVERTISERS:</b> expand your audience beyond our weekly print edition with <b>CONNECTION DIGITAL</b> <ul style="list-style-type: none"> <li>▶ Email Marketing</li> <li>▶ Social Media</li> <li>▶ Sponsored Content</li> </ul> FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING					
<b>Find us on Facebook and become a fan!</b> www.Facebook.com/connectionnewspapers <b>CONNECTION</b> Newspapers & Online The Connection to Your Community www.connectionnewspapers.com					

## BULLETIN

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

### WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

### VOLUNTEERS WANTED

**Interested in local Civil War or Railroad History?** Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**The Shepherd's Center of Fairfax-Burke** needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at [recruiter@scfbva.org](mailto:recruiter@scfbva.org) or call 703-323-4788.

### INPUT SOUGHT

**Shaping the Future Together.** Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

### TUESDAYS THROUGH FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

### THURSDAY/FEB. 7

**Public Hearing on E-Bikes on Park Trails.** 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, 9751 Ox Road, Lorton. A public hearing will be held on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. Draft guidelines for the use of e-bikes within Fairfax and NOVA Parks' will be presented. Visit [www.fairfaxcounty.gov/parks/e-bikes](http://www.fairfaxcounty.gov/parks/e-bikes) for more.

# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3 TIRES AND GET THE 4TH FOR \$1**



See Service Advisor for details.  
**GOT TIRES?**  
INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE**  
INITIAL DIAGNOSIS

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



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

*Jack Taylor's*  
**ALEXANDRIA TOYOTA**



**SERVICE & PARTS DEPT HOURS:**  
Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
**NOW AVAILABLE** Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

**OIL & FILTER CHANGE**  
**\$29<sup>95</sup>** NON-SYNTHETIC  
**\$44<sup>95</sup>** SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**BRAKE SPECIAL \$79<sup>95</sup>**

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only. MACHINE ROTORS ADDITIONAL.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**SIGHT LINE WIPER BLADES \$10 OFF**  
Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 2/28/19.

**FREE BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99  
**\$30.00 OFF** when you spend \$200.00 - \$299.99  
**\$45.00 OFF** when you spend \$300.00 - \$399.99  
**\$50.00 OFF** when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**TRUESTART™ BATTERIES \$99<sup>95</sup>**

**SPECIAL OFFER**  
INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**ALIGNMENT SPECIAL \$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.



**ALEXANDRIA TOYOTA**

©SMS Productions, Inc. 1-800-289-7671 #201811026

Check your windshield. Does your sticker say **12/18, 1/19, or 2/19**? If so, your VA Safety Inspection is now due  
**VIRGINIA STATE INSPECTION FREE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

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



**BEST**  
WASHINGTONIAN  
**2018**

**Hermendorfer Associates**  
Top 1% of Agents Nationally



**Clifton \$895,000**  
Beautiful Colonial with Cedar siding, wrap around porches and balconies, three car garage with work shop above.



**Clifton/Redlac Forest - \$975,000**

Charming, custom Colonial on quiet cul de sac w/ authentic pine wood floors, 9' ceilings, metal roof, and detached garage w/ finished space above! Expert landscaping, flagstone patio and fish pond, too! Robinson HS.

on 5 acres, located on quiet cul-de-sac. Gorgeous wide plank hardwoods, two fireplaces, updated Chef's kitchen, wonderful great room, main level library and walk out lower level, fourth level with huge guest suite area.

Find More Information at: [www.Hermendorfer.com](http://www.Hermendorfer.com) • 703-503-1881



**Real Estate Goals?**

**KAREN SCHIRO**  
BEAUTIFUL HOMES



CALL ME TODAY  
TO SEE HOW I CAN HELP.

**703-509-3888**



For More Information: [www.keepcalmwithkaren.com](http://www.keepcalmwithkaren.com)

**BEST**  
WASHINGTONIAN  
**2018**



**JUDY SEMLER**

**703-503-1885**  
judys@lnf.com



**Fairfax COMING SOON \$315,000**  
Fantastic condo right in the heart of everything! Over 1,120 sqft of beautifully updated living space. 2 master bedrooms with private baths. Updated kitchen. Main level condo with no stairs to climb. Walk to shopping and restaurants. Plus only 1/2 mile to Fair Oaks Mall and Costco or Fair Lakes! Easy access to Routes 66, Fairfax County Parkway and Vienna Metro. Perfect for a first time home buyer or even someone looking to downsize. Call Judy for information today!



**Jim Fox**  
703.503.1800

jim.fox@LNF.com  
Washingtonian Magazine's "Top Team" 2015  
NVAR Lifetime Top Producer



**Alexandria The Greenhouse \$339,900**

Rarely available 3BR/2BA (1500+ sqft) unit w/2 gar spaces. Overlooks scenic courtyard. Expansive MBR w/3 closets & full bath. Freshly painted & brand new carpet. Dual HVAC. Extra storage. Community pool, tennis, gardens, gazebo & more. All utilities included in condo fee. Super convenient location. Bus stop at door. Close to Van Dom Metro, shopping, major routes, Pentagon, airport and DC. Call K Hatch @ 571-214-1870



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



**Fairfax 22032 "Coming Soon" Mid-February**  
Great Location: close to VRE, Shopping, Metrobus stop. Beautiful and Spacious home with Great Features!

\*\*\*Ready for a Happy New Owner\*\*\*  
Call Kay for more details 703-217-8444



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

**J A**  
**JOHN ASTORINO & associates**

**We Sell Townhouses at the Highest Price and Fast!**



Fairfax • Sold in 1 Day Above List with 6 Offers!



Springfield • Sold in 1 Day with 3 Offers!



Previously Listed with another Agent • Sold in 7 Days at List!



W. Springfield • Sold in 3 Days Above List with 6 Offers!

For more information, go to [www.JAHomes4u.com](http://www.JAHomes4u.com) or [John.Astorino@LNF.com](mailto:John.Astorino@LNF.com)

*Cheryl Pryor*  
REALTOR® | Certified Negotiation Expert  
Accredited Staging Professional  
703-801-9985 | [ckpryor@msn.com](mailto:ckpryor@msn.com)

**Providence Village Townhouse/Condo**  
Totally Renovated | 3 Bedrooms | 2½ Baths



335 Lancaster Square  
Sterling, VA  
Sold for **\$274,000**

Thinking of Selling?  
**Beat the Spring Market Competition!**  
Call me today. You may be delighted to learn what your home is worth!

LONG & FOSTER REAL ESTATE CHRISTIE'S INTERNATIONAL REAL ESTATE



**Sheila Adams**  
703-503-1895  
Life Member, NVAR Multi Million Dollar Sales Club  
Life Member, NVAR Top Producers



**Fairfax Station \$799,900**  
Architecturally design Contemporary nestled on richly wooded 5.75 lot. Award winning landscaped yard enhances beauty of serene surroundings. 4 Bedrooms, 3 full Baths plus 2 Half Baths. Gorgeous wall to wall windows in every room offers spectacular views. Looking for something different, here it is.

**Looking for a New Career?**



**Long & Foster**  
Is Proud to Offer Real Estate Scholarships for the Military

Contact Paul DiCicco to learn more about the P. Wesley Foster Military Service Scholarship  
**703-503-1899**  
or  
[PaulD@LNF.com](mailto:PaulD@LNF.com)



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

**Haymarket/Dominion Valley Country Club - \$1,100,000**



The Hampton by Toll Brothers in beautiful Dominion Valley Country Club. Exquisite appointments and upgrades throughout the interior while the woods beyond offer wonderful views and privacy from your multilevel decking. Over 6000 finished square feet with 4 bedrooms, 4.5 bathrooms, and spacious three car garage.



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

