

At Ojus Overnight Oats, the Ramani sisters, (from left) Oju, 8, and Kashvi, 13, sell healthy breakfasts made from fresh fruit, an oat blend, peanut butter, cinnamon, almond milk and Greek yogurt at the Fairfax Children's Business Fair held Aug. 24.

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

Youth Entrepreneurs Shine at Business Fair

NEWS, PAGE 3

Local Students, Teacher Earn National Awards

NEWS, PAGE 2

Season Opening with 'Downton Abbey Era'

NEWS, PAGE 10

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-13-19

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

COMMUNITIES OF WORSHIP



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



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

NEWS



PHOTO COURTESY OF SUSAN VON SCHAACK

From left are STAR award winners Emily Sarber, Fairfax High sophomore, and Lanier Middle School eighth-graders Caitlyn Clark and Sierra Warden.

Local Students, Teacher Earn National Awards

They participated in FCCLA conference in California.

BY BONNIE HOBBS
 THE CONNECTION

Before school even began this year, a group of Fairfax students was in Anaheim, Calif., competing in a national event. And both the students and their teacher came home with awards.

It was the FCCLA (Family, Career and Community Leaders of America) National Conference, held in July, and the contingent from the City of Fairfax did its hometown proud. The participating students were from Lanier Middle School and Fairfax High and won silver and gold medals, respectively, and their adviser, Susan von Schaack, was honored by the organization.

"I have had the pleasure of working with students who have earned the opportunity to compete both at the state and national levels consistently for the last six years," she said. "Students earning this distinction are true models of FCPS' Portrait of a Graduate characteristics. What it takes to be successful, these students possess.

"I am always honored to be their adviser and see them earn this deserving recognition," continued von Schaack. "The members, their parents and advisers are excited that the 75th FCCLA National Conference will be in Washington, D.C., next summer. It will be an event not to be missed."

AT THIS YEAR'S national conference, many FCCLA students from Fairfax City attended multiple, leadership-training sessions, while others competed in STAR (Students Taking Action with Recognition) events.

Caitlyn Clark and Sierra Warden, both Lanier eighth-graders, earned a silver medal for their project in the Focus On Children category. "This is the first time the pair has ever competed in a national competition, after placing first in the Virginia State competition in April as newcomers," said von Schaack. "Since the girls are passionate about saving the environment and reducing waste, Caitlyn and Sierra developed a lesson to teach lower elementary students about upcycling, using a 'Jeopardy'-like game and a hands-on activity."

First, the girls researched water bottle pollution and recycling efforts to prepare for their presentation. Then they went to two of the local elementary schools to field-test the lesson with third-grade students in the after-school program. Every student made a bird feeder from the water bottles, played the game and learned about upcycling.

"Ms. von Schaack had the perfect balance of guiding the girls, but also having them make their own decisions on the project and presentation," said Caitlyn's mother, Annie Clark. "She showed the girls how to follow the rubric and guidelines of the competition and let them be as creative as they wanted. We are very happy that she dedicates her time to be the adviser of this chapter and helps

SEE NATIONAL AWARD, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's

Sept. 29 • Reston Town Center
 Oct. 12 • National Mall

Additional Walks available.
 Find one near you at alz.org/walk
 or call 703.359.4440.



2019 NATIONAL PRESENTING SPONSOR

Edward Jones



At Desiree's Workshop, Desiree Brown, 7, sells hair bows and "Desiree's Unicorn Birthday Party," a book she wrote and her mom illustrated.



Linda Pistun, 6, makes borax crystals, tints them with food coloring and makes necklaces. Her nonprofit Linda's Lab is working with a chef to develop mealworm bars to feed the hungry.

Youth Entrepreneurs Shine at Business Fair

The first Fairfax Children's Business Fair was held Aug. 24 in the Fairfax Club Estates community and enabled young entrepreneurs to market and sell products they created. Sponsors were the Acton Academy and Acton School of Business, and 24 vendors participated.



Nathan Heng, 7, sells handmade keychains and coasters made from plastic beads at Golden Key Loft.

The Konate siblings, Nahema, 9, and Yasmina, 13, with their Party Piñata business. They offer mini piñatas made from recycled materials, plus piñata poppers filled with candy and confetti.

PHOTOS BY BONNIE HOBBS THE CONNECTION



From left, Giselle Lozano and Mackenzie Gray, both 11, with their business, Sushi Slimes.



Gracy Noelle Love, 6, and brother Brooks, 4, man Gracy's Science Lab. Gracy uses super-absorbent polymers to create children's science-experiment kits, including an erupting-volcano kit. She also sells 3-D printed toys she made.



Neil Koodallur, 10, a Bonnie Brae Elementary fifth-grader, sells sand-art and suncatcher kits at Paint 'N Go. At left is younger brother Dev.

Purpose of a Corporation

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



While most of my columns are about issues that need resolution and challenges that state government must meet, a column focused on what others are doing to improve life in our communities is appropriate from time to time. If we allow ourselves to relax for a few moments to see and marvel in some good news, it does not mean that we are any less committed to improving the world or that we will lose our momentum in trying to do so. There are many more stories of progress that I hope to share in this short space in the future, but an event last month deserves our immediate attention.

The Business Roundtable made up of 181 CEO's of America's biggest companies issued a new "Statement on the Purpose of a Corporation" last month that makes a dramatic shift from past statements that emphasized shareholder primacy to a "fundamental commitment to all of our stakeholders." The broadened purpose is explained to include delivering value to custom-

ers, investing in employees, dealing ethically and fairly with suppliers, and supporting communities in which they are located. (<https://opportunity.businessroundtable.org>)

Socially responsible actions taken voluntarily on the part of many companies may have spurred the new Business Roundtable statement, but the hope is that other corporations will follow with actions that are as positive for their workers and the communities they serve as they are for the bottom line. As the Roundtable statement explained, "investing in our employees...starts with compensating them fairly and providing important benefits."

Maybe there will be a future where my bill to increase the paltry \$7.25 an hour minimum wage in Virginia will be supported by local Chambers of Commerce instead of outright opposition they have expressed in the past. Concern for workers at the minimum should be that they are paid a wage on which they can live.

The Roundtable statement acknowledged that "while each of our individual companies serves its own corporate purpose, we share a fundamental commitment to all of our stakeholders." Among the stakeholders are the communities in which businesses are located to

which the Roundtable members expressed that "we respect the people in our communities and protect the environment by embracing sustainable practices across our businesses." The consumer continues to have the choice of buying products that are made in a sustainable way and to refuse to purchase those that are not.

The auto manufacturers who made an agreement with the state of California to follow strict emission standards for automobiles regardless of the irresponsible action by the federal government to lower standards are to be applauded and supported by other states in the court suit. How ironic would it be if the courts decided that companies could not gain a competitive advantage by being more environmentally responsible.

The Business Roundtable Statement on the Purpose of a Corporation concludes that "each of our stakeholders is essential. We commit to deliver value to all of them, for the future success of our companies, our communities and our country." Those same "stakeholders" are referred to in government as "constituencies." When the common goals of business and society as reflected through its government are recognized, success will be realized by stakeholders and constituencies!

Preventing Suicide Being there to take the call.

BY WENDY GRADISON
CEO, PRS



More people are calling, texting and chatting and that's good news. With greater emphasis on mental health, we are seeing an increase in the number of people reaching out for help to our local suicide prevention hotline. This is a trend that's also occurring nationwide.

While it's great that more people are seeking help, the issue is that the infrastructure and funding to support it are having a hard time keeping up with the growing demand. In fact, PRS recently received grants to serve as a national back-up center and core chat center to expand services in support of the National Suicide Prevention Lifeline network (Lifeline) to help address longer wait times nationwide as queues pile up for the hotline and chatline. Some of these calls and chats now get rerouted to PRS.

Prior to the recent expansion, PRS received a monthly average of 4,500 crisis calls through the Lifeline and local crisis number primarily from Northern Virginia. With the addition of the national hotline back-up center and

chatline services, our call volume has more than doubled, and we expect the chatline to generate over 20,000 chats this year.

This is the reality as we approach September's Suicide Prevention Month. For the 5th year, we are hosting the #CallTextLive Campaign, <https://prsinc.org/calltextlive/>, in partnership with Connection Newspapers. The campaign engages the community by providing activities to create awareness about preventing suicide and calling the PRS CrisisLink Hotline at (800) 273-TALK [8255] and the textline by texting "CONNECT" to 85511 to receive support.

#CallTextLive uses social media, activities and events to drive conversation and reduce stigma. By visiting PRS' website at www.prsinc.org/calltextlive, people can discover how to participate in the #CallTextLive Campaign, which includes Resource Mondays, a Facebook Live educational session, Selfie Day, and Fact Fridays.

Social media is used to engage people in sharing stories and photos on PRS Facebook, Twitter and Instagram using the #CallTextLive hashtag in hopes of making it easier for people to talk about suicide.

The campaign is critically important since

suicide claims the lives of more than 47,000 people annually and is the 10th leading cause of death nationwide and second leading cause for people aged 10-34. In fact, more than twice as many people die by suicide than homicide.

As we work to increase the number of individuals seeking help, we recognize that increasing our capacity to take these calls, texts and chats is essential.

We handle the national calls through federal grants, but the work we do to serve our Northern Virginia community is supported through local funding sources and the generosity of individuals like you. That's why the campaign encourages people to crowdsource to support the PRS CrisisLink center.

Volunteering to cover a weekly shift on the hotline or chatline, donating to support the overall operating expenses of this life-saving work or sharing our information across social media saves lives in our communities.

Crisis intervention and suicide prevention services work. For every death, 278 people manage to move past thoughts of suicide and survive. Join PRS this September as we encourage our community to make the call, send the text and live through their thoughts of suicide.

LETTERS

Happy to Be Back to School

To The Editor:

I am super excited to go back to school again and meet my friends and teachers. I have lots of fun things to share with my friend. The best things about the new school year is buying new clothes, shoes, and school supplies. It is so much

fun. Even though I am going to miss sleeping in late, going to the beach, riding my bike, and having fun with my friends, as an American Muslim girl I know that the importance of education is not only a requirement of my country but also my faith. The Holy Quran

states, "Oh my Lord increase my knowledge" (20:115). Now that I am going to be a fourth grader, I am ready to learn new things to increase my knowledge and hope my fellow classmates do too.

Tamseela Mumtaz
Chantilly

Write

The Connection welcomes views on any public issue. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
By email:
editors@connectionnewspapers.com



WEEK IN FAIRFAX

Live Dance and Art at Cheeky Monkey

Cheeky Monkey Pop-Up will host an evening of art and live dance, Saturday, Sept. 14, from 7-10 p.m., at 10426 Main St. in Old Town Fairfax. Performing will be dancers Estela Velez De Paredez and Daniel Paredez of Furia Flamenca, accompanied by guitarist Juan L. Romero. Artwork will be displayed by Terry Downs (reclaimed architectural materials), Kierk Ashmore Sorensen (soapstone sculptures) and JP Muller (reflective metal art).

Fire Stations Collecting School Supplies

Throughout the fall semester, both Fairfax City fire stations are collecting school supplies for local, Fairfax City students in need. Donations may be brought to Station 3 at 4081 University Drive, or to Station 33 at 10101 Fairfax Blvd.

Anti-drunk Driving Nonprofit to Host Fundraiser

The Northern Virginia-based nonprofit organization behind the region's free safe ride service to prevent drunk driving, SoberRide, is hosting a fundraiser on Wednesday, Sept. 18, 2019 at Glory Days Grill in Fairfax.

The Washington Regional Alcohol Program's (WRAP) fourth-annual "Football & Fundraising" event, open to the public and with tickets on sale at www.wrap.org, is scheduled from 6 to 9 p.m. that evening and features former Washington Redskin Ravin Caldwell, a sports memorabilia silent auction and door prizes. Glory Days Grill is

donating the hors d'oeuvres buffet for the event.

Caldwell played for the Washington Redskins from 1987 to 1992 as a linebacker. During his career, he helped the Redskins win two Super Bowls.

Tickets for WRAP's "Football & Fundraising" event are \$35 in advance or \$40 at the door that evening. Funds raised support WRAP's fight against drunk driving and underage drinking in Greater Washington.

Tickets and more information are available at www.wrap.org.

KING STREET KING STREET IN OLD TOWN ALEXANDRIA, VA

ART FESTIVAL

FREE ADMISSION
Visit AlexandriaVA.com/ArtFestival

SATURDAY, SEPTEMBER 21
10AM-7PM

SUNDAY, SEPTEMBER 22
10AM-5PM

Presented by:
Art Festival.com A Howard Alan Event (561) 746-6615
THE LINCOLN MOTOR COMPANY
Alexandria Living Magazine
PNC BANK
Alexandria EST. 1798
McHenry Associates
express lanes
Regional Airport

LOST DOG RESCUE FOUNDATION

2019 MEGA ADOPTORAMA

▶ CATS & KITTENS | PUPPIES & DOGS ◀

SEPT. 14-15
12-3PM

At **PETSMArt**
Seven Corners
6100 Arlington Blvd.
Falls Church, VA 22044

Bake Sale & Raffle
Fun for the whole family!

For more info visit
www.lostdogrescue.org

Bank Where You Breathe

- ◆ Put your hard-earned money to work
- ◆ Customized financial packages to meet your business goals
- ◆ Access to working capital
- ◆ Maximize your savings potential

Main Street Bank

4029 Chain Bridge Road, Fairfax, VA 22030
703-218-5160 • mstreetbank.com

Member FDIC

Gainesville Plumbing Service
We value your time . . . You'll value our service!

Service Work or Remodeling

We are here to help you with all your plumbing needs!

571-248-8727

Please follow us on @GainesvillePlumbing
www.GainesvillePlumbing.com

Locally Owned & Operated
Licensed & Insured

Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008
are available at

<http://connectionarchives.com/PDF>

PRS | CrisisLink

**#CALL
TEXT
LIVE**

**SEPTEMBER IS
SUICIDE
PREVENTION
MONTH**

Suicide takes nearly 47,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRS CrisisLink and Connection Newspapers to learn how you can help save lives.

1-800-273-TALK
prsinc.org/calltextlive

By combining a first level floorplan reconfiguration with a partial second floor “pop-up,” Glickman Design Build generated almost 800 square feet of new living space for a three generation family of five. The top level, now private quarters for the twin boys, includes two bedrooms, a 71 square foot work station alcove, and a loft devoted to video games and entertainment.



‘Pop-up’ Accommodates Growing Family Needs

Solution combines first level floorplan reconfiguration with attic conversion to create budget-friendly increase in living space.

BY JOHN BYRD
THE CONNECTION

Brian and Jee Coyle, two professionals in their early forties, had occupied their two-level 1,400-square-foot Colonial in McLean for over a decade. The busy household included Jee’s mother, Penvadee (65), and twin sons—Ty and Miles (10), who were fast-approaching the stage when more independence and privacy is an emergent priority.

Living arrangements called for Brian and Jee sharing the ground-level master suite on the southwest rear corner of the house while the twins bunked in a single first floor bedroom, sharing a hall bath with a tub,

Penvadee’s suite was situated on the lower level where Brian also retained a small office. The close-knit family daily shared meals and lots of quality-time pursuits. But needed changes were anticipated.

Looking ahead, the Coyles recognized they would soon want more usable square footage. Thoughts of finding a larger house nearby didn’t last long since the family considered the circa 1960s brick-facing original something of a classic, and particularly appreciated the good local schools. Still, a remodeling solution that would allow each generation to have a level to themselves made practical sense.

By making over the existing house, the boys might pick up a bedroom each, plus a shared bath and spaces for study and entertainment.

Brian would gain a larger and more private office.

Yet the quest for more additional square footage also seemed something of a “reach” since the existing floorplan was notably cramped, situated on a one third acre lot on a hill and offered few visible expansion options. Still, there were opportunities worth examination.



BEFORE: Situated at the top of a hill on a one third-acre lot, the Coyle’s 1,400 square foot circa 1960’s Colonial..

“An open attic with about six feet of headroom was accessible from a staircase in the dining room,” Brian said. “We could picture this as a potential new top level, but weren’t sure of the cost issues, which members of the family would live there or any of the design details.”

Taking the inquiry to the next step, Jee began investigating ideas on “Houzz,” a popular consumer web site. They noticed Glickman Design Build emerged in relation to a nearby makeover that proved to offer spot-on relevance to the Coyle’s goals.

“We had no idea how a new top level should be configured,” Brian said. “But Glickman’s advanced computer imaging technology (CADD systems) made it easy for us to not only model alternate floorplan configurations, but also to narrow-down our many finishwork choices.”

Better yet, the Coyles found that the feasibility study phase of Glickman’s agreement allowed them to closely examine a host of the technical issues while absorbing design fees into the building process.

“The contract permitted us to imagine a large range of options without adding cost,” the homeowner said. “We even considered relocating the master bedroom to the top floor, or bumping out the front. This freedom to explore every consideration was liberating.”

In the end, the attic was converted into a 776-square-foot suite designed primarily for the twins. Each son has a private bedroom. There’s a 78-square-foot master bath; a roomy work station and a spacious loft devoted to video games and entertainment.

Their former first floor bedroom has been converted into Brian’s 150-square-foot office. The now open first level plan is an improvement on all fronts.

“The whole first floor circulates much better” said Brian. “There’s more natural light throughout the primary living area, and it’s a much interactive floorplan. Great for the entire family.”

For Information: 703-832-8158 or 301-444-4663 or GlickmanDesignBuild.com



PHOTO COURTESY OF SUSAN VON SCHAACK

From left are Master Adviser: Sandy Spavone, National Director FCCLA, and Susan von Schaack, receiving her FCCLA Master Adviser Award.

Earning National Awards

FROM PAGE 2

all the students become leaders, themselves. It is a great chapter and organization.”

Fairfax High sophomore Emily Sarber, in her third year of competing in the FCCLA National Conference, won a gold medal in the Career Investigation STAR event. “When she started FCCLA as a seventh-grader, Emily told me that she wanted to be a teacher,” said von Schaack. “But she had to investigate a different career, event planner, for her project category this past year.”

As part of the STAR event, Sarber took several Interest Inventory Assessments to determine additional careers to select and research. Then, after narrowing her search to event planner, Emily was required to learn all she could about the career by using a variety of resources. “She had to prepare a 10-minute presentation referencing a thoroughly planned portfolio to use in front of three judges,” explained von Schaack. “Emily took time from school to shadow a local, event planner and impressed the judges with her work to earn a gold medal.”

Von Schaack, herself, was also recognized at the conference. During the Scholarship and Awards Ceremony, she was selected to receive the National Master FCCLA Adviser award. Over the last six years, von Schaack has guided

numerous state and national winners, advised the Virginia State Officer of Membership and helped Fairfax High student Jacob Major win the FCCLA Japanese Exchange National Program.

AS A RESULT, he received a free trip to Japan, where he stayed for six weeks. A five-year FCCLA member, Major said, “Through years of encouragement and networking with others who had applied and received the scholarship, Ms. von Schaack supported me when I went to apply and receive the full scholarship.”

In addition, the local FCCLA chapter coordinated many, community-service projects and supported the Fairfax school community in the drama, choral and science departments. And von Schaack has been asked by the FCCLA state organization to chair its Ruby Circle Committee on the Alumni and Associates Board.

The parents are also pleased with the growth and maturity they’ve seen in their children as a result of participating in the FCCLA program. For example, dad Marcos Contreras, said, “FCCLA has helped my son, Marcus, develop as a student, individual and citizen. Marcus has gained confidence, plus an awareness of and appreciation for today’s society and preparation for tomorrow’s opportunities.”

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

HOPSFROG GRILLE G

Great American Food



*Celebrating Life's Little Pleasures
Our 23rd Year in Burke, 1996-2019*



September Sailing to the Greek Islands

- Souvlaki
 - Pastitsio
 - Spanakopita
 - Baklava
- and more!

“Oktoberfest Coming Soon”

Serving Breakfast

Saturdays 8-11 AM & Sunday 8 AM-3 PM

20% Discount

Valid Mondays and
Tuesdays Only

Offer expires 10/24/19.
Not valid with any other offers.

10% OFF

Entire Check

Offer expires 10/14/19.
Not valid with any other offers.

6030 Burke Commons Road • Burke • 703-239-9324

REMODELED TOUR: A New Perspective in a 50's Home

SATURDAY, SEPTEMBER 14TH, 2019 12-4PM

Come see how redesigning existing space created better function, flow, and light. Relocating and enlarging this kitchen changed the whole vibe of this contemporary home.



Location: 6504 Elmdale Road, Alexandria, VA 22312

Major Remodels • Additions • Kitchens + Baths • Basements • Exteriors
703.425.5588 | SunDesignInc.com

SUN DESIGN
ARCHITECTURAL DESIGN-BUILD FIRM

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Shir HaLev, the Community Jewish Chorale of Northern Virginia. Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit carolboydleon.com/shir_halev for more.

Senior Olympics. Volunteers needed. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Fall Art Classes. Sessions begin Saturday, Sept. 14 or Tuesday, Sept. 17 at the Woods Community Centre at 10100 Wards Grove Circle, Burke. Art lessons for 5-8 years, 8 years & up and teens/adults. Call the instructor Carol Zeitlin at 703-250-6930 or visit www.czartlessons.com.

Art Exhibitions. Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit www.torpedofactoryartists.com/mosaic/ for more.

❖ "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.

❖ "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.

(Im)Permanence Continued. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit www.WorkhouseArts.org for more.

VMFA: Futures. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which live the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Fransulich and Sarah Phillips. Visit www.WorkhouseArts.org for more.

Juried Exhibition: Clay International. Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. Clay International represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit www.WorkhouseArts.org for more.

Crafters Wanted for 2nd Annual Fall Craft Show. The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked



Community Fair

Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Sunday, Sept. 15, 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

Game Day and Scavenger Hunt

Play a Train or History Game as well as try your luck at a Scavenger Hunt. Sunday, Sept. 22, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Museum visitors enjoying games at the Fairfax Station Railroad Museum.

vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, and much, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old



COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/SEPT. 13

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/SEPT. 14

Oktoberfest Volksmarch Walk. 8 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Walk, jog or run 3 or 6 miles. German food and drinks. Begin anytime 8 a.m.-1 p.m. Leashed dogs welcome. Trail okay for sturdy stroller. Adult must accompany children under 12. Walk is free. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

NVSO Opening Ceremonies. 9-9:30 a.m. at the Thomas Jefferson Community Center, 3501 South 2nd St., Arlington. Join the fun and cheer for athletes at the opening ceremonies of Northern Virginia Senior Olympics, featuring the carrying of the NVSO Olympic torch, Color Guard presentation and recognition of County

officials and patrons. The public is invited, free of charge, to all NVSO events. For more information about events throughout Northern Virginia during the competition, Sept. 14-28, call 703-228-4721, go to www.nvso.us or email nvso1982@gmail.com.

AARP Boomers Academy. 9 a.m.-noon at Osher Lifelong Learning Institute at George Mason University, 4210 Roberts Road, Fairfax. Join AARP Virginia and the Osher Lifelong Learning Institute at George Mason University (OLLI Mason) for the 2nd Annual Boomers and Beyond Academy. Learn about the positive powers of lifelong learning, getting legal documents in order, decluttering a home, and more. Free. Visit aarp.cvent.com/BoomerAcademy or call 1-877-926-8300.

Biketoberfest. 9 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Two guided bike rides: 9 a.m., 24-miles through neighborhoods, along paved path and into Occoquan Park. Restrooms and water mid-way. 10 a.m., 15-mile ride is slower and flatter. German food and drinks at start/finish. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

American Pilgrims Walk. 9:30 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. American Pilgrims on the Camino, who walked or will walk the Camino de Santiago trail in Spain, will go nine miles through parks. Interested people can join the group for the 9-mile hike to talk with experienced 'pilgrims' and plan their own adventure or live vicariously. Walk is free. German food for purchase. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

Naturalization Ceremony. 11 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Help Gunston Hall celebrate America's newest citizens at this special naturalization ceremony. George Mason helped found the United States of America, and paved the way for others to become citizens. Free admission until 1 p.m. Visit gunstonhall.org/event/naturalization-ceremony or call 703-550-9220.

Workhouse Brewfest. 1-8 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join the fourth annual celebration of craft beer, art, music, distilled spirits, and more. Tickets are available at workhousebrewfest.org. Both General Admission and Designated Driver tickets will be available at the gate during the event. Visit www.WorkhouseArts.org for more.

Find Magical Beasts and Craft a Wand at Harry Ponder. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. While the wizards head to Hogwarts, muggles can celebrate the start of a new school year at Hidden Pond Nature Center with the "Harry Ponder" program. Learn about the nature center's magical beasts, make a wand, have fortunes told by Professor Treefroggie, and defend against the dark arts of pollution. Designed for students age 6-18. \$10 per child. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

SATURDAY-SUNDAY/SEPT. 14-15

VGC Open House. Saturday, 8 a.m.-10 p.m.; Sunday, 8 a.m.-9 p.m. at Virginia Golf Center, 5801 Clifton Road, Clifton. Enjoy the area's largest Toptracer facility as Virginia Golf Center has 38 bays outfitted with the same ball-tracking technology used on the PGA Tour and owned by Topgolf. Free. Family friendly. Visit www.viriniagolfcenter.com or call 703-850-9970.

SUNDAY/SEPT. 15

NTRAK Model Train Show at Fairfax Station Railroad Museum. 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 Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Community Fair. 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

Come Enjoy Pop-Up Parks on Sept. 20

Promoting a 'healthy, vibrant, walkable' business community.

BY BONNIE HOBBS
THE CONNECTION

Area residents will be able to enjoy themselves in a new way on Friday, Sept. 20, from 9 a.m.-5 p.m., during Fairfax City's first annual Park(ing) Day. During this fun event, parking spaces at both Fair City Mall and Main Street Marketplace will be turned into two, individual, pop-up parks.

Park(ing) Day began in September 2005 when a single parking space in downtown San Francisco was transformed into a reimagined public place. Since then, Park(ing) Day has become an international event celebrated on the third Friday in September, changing parking spaces into pop-up, public spaces for a short time. In Fairfax City, the installation at Fair City Mall at 9650 Main St. will include large picnic games, touch-a-CUE-bus and promotions from participating mall businesses. The Main Street Marketplace parklet at 10300 Main St. will feature a public art, rain installation, plus specials from members of the Old Town Fairfax Business Assn.

"Fairfax City continues to think outside the box – and, in this case, the parking space – when it comes to making connections between businesses, residents and consumers," said Fairfax Mayor David Meyer. "This is a creative way to showcase two activity cen-

ters in the City while having some fun."

Sponsoring this event are the City of Fairfax Office of Economic Development, the Old Town Fairfax Business Assn. and Fair City Mall. And Danette Nguyen, Assistant Director/Programs Director of Economic Development, is looking forward to it.

"The Park(ing) Day movement enlivens streets by temporarily transforming them into social spaces that strengthen community connection and encourage people to rethink their urban landscape," she explained. "The city's pop-up parks not only support the reactivation of public space, but also the visibility of our great business community."

Chloe Ritter, Multimodal Transportation Planner, said CUE Bus is excited to participate in the City's first Park(ing) Day event at Fair City Mall. In addition, she said, "CUE is providing free rides all week for Try Transit Week and Car Free Day. It's a great chance to give transit a try, as we reimagine our [City] transportation options." "The Old Town Fairfax Business Assn. relies on our businesses' creativity, enthusiasm and broad-based talents to communicate our mission and support community events such as Park(ing) Day," said Shannon Duffy, Business Coordinator for the Old Town Fairfax Business Assn. "We are thrilled to collaborate with them and demonstrate our commitment to promote an urban infrastructure and business community that is healthy, vibrant and walkable." During the event, residents and visitors alike are encouraged to play, interact, shop and share photos of their experience using the hashtag #ParkingDay and #ParkingDayFairfaxCity. For more information, visit fairfaxva.gov/parking.

NAVY BAND COMMODORES

CELEBRATING
50 YEARS OF JAZZ
SUNDAY, SEPT. 22, 3 P.M.

The Rachel M. Schlesinger
Concert Hall and Arts Center
4915 E. Campus Drive
Alexandria, Va.

FREE, no tickets required



50 years of jazz / est. 1969
// U.S. Navy Band Commodores

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



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com

Season Opening with 'Downton Abbey Era'

Guest violinist Janet Sung joins Fairfax Symphony Orchestra in Mason concert.

BY DAVID SIEGEL
THE CONNECTION

September brings the opening of the new Fairfax Symphony Orchestra (FSO) season. The FSO launches its new season with a concert evening with music of the "Downtown Abbey Era."

"We're delighted and privileged to continue bringing great music to our community," said Christopher Zimmerman, Fairfax Symphony Orchestra Conductor and Music Director. "We're incredibly fortunate and grateful to perform for an audience that seems to love our musical concerts as much as we do."

FSO's "Downtown Abbey Era" concert includes music from composer John Lunn and his "Downton Abbey Suite." Lunn's musical creations have been an integral part of the popular PBS television series; soon to be a major motion picture.

The FSO concert will also include Vaughan Williams' "Lark Ascending," Elgar's "Enigma Variations" (heard in the finale scene of the award-winning movie "Dunkirk"), as well as Elgar's "Pomp and Circumstance March No. 1" and Ravel's "Tzigane."

Since making her major orchestra debut at age 9, violinist Janet Sung has earned an international reputation as a virtuoso soloist. "I am so looking forward to joining the Fairfax Symphony and conductor Chris Zimmerman for their season-opener," said Sung.

"I'll be performing Vaughan Williams' 'The Lark Ascending' and Ravel's 'Tzigane.' They are both beloved pieces," noted Sung. "They allow a performer to show a vast range of expressions."

Sung described "The Lark Ascending" as "beautifully lyrical and soaring" while Ravel's



PHOTO BY LISAMARIE MAZZUCCO/
COURTESY FAIRFAX SYMPHONY ORCHESTRA

Janet Sung will be in performance with the Fairfax Symphony Orchestra at its 'Downtown Abbey era' concert.

"Tzigane" is a "virtuosic tour de force...that culminates in the wild rush to the end."

Beyond entertainment, "the Arts play a vital role in driving economic growth, and in meeting the artistic and educational needs this growth demands," said Jim McKeever, Chair, FSO Board of Directors. After more than six decades, the FSO continues to reflect Fairfax County's; and the broader region's vibrant future as one of the best places in the world to live, learn, work and play."

McKeever noted that the FSO "serves thousands of residents, employees, and visitors of all ages." Of interest, the FSO is a combination of young, new artists performing together with more veteran musicians. About one-third are active duty, retired and former military service members.

"Live orchestral music provides us with pure entertainment, as well as allowing us to revel in human artistic achievement. It is also an inspiration for creativity in our lives, and a universal bond that can break down social barriers and unite us around a common beauty and truth," added Zimmerman.

Where and When

Fairfax Symphony Orchestra presents "Music of the Downtown Abbey Era" at George Mason University Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Performance: Saturday, Sept. 21, 2019 at 8p.m.. Tickets: \$65, \$50, \$43, \$39, with \$15 student tickets Call 703-993-2787 or visit www.FairfaxSymphony.org.

Note: Hear the stories behind the music with music director Christopher Zimmerman and special guests before the concert at 7 p.m.

NEWS

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The

event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free

and open to the public, and questions for the candidates will come from the audience.

Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

Assistance League to Sustain, Expand Children's Programs

Allstate Foundation awards \$20,000 to assist vulnerable communities in Northern Virginia.

Assistance League of Northern Virginia recognizes The Allstate Foundation, Allstate agency force and employee volunteers who helped the organization secure a \$20,000 grant award to ensure basic human needs are met in vulnerable communities.

In late spring 2019, sixteen members of Allstate's regional advisory board, comprising agency owners, exclusive agents and financial specialists from across Virginia, West Virginia, Maryland and the Metro D.C. area, came together to participate in a volunteer service activity that yielded 500 bags of nonperishable food items for elementary school children at-risk of hunger on weekends. The efforts of Allstate volunteers allowed the all-volunteer nonprofit to satisfy an immediate unmet need, providing supplemental food to students at two schools not served by its Weekend Food for Kids program. At the time, resources allowed the nonprofit to provide 1,810 bags of food monthly to six partner schools. The extra food bags made a positive difference. In addition, the volunteers' service to Assistance League qualified the organization to apply for The Allstate Foundation's Helping Hands Grant program.

Assistance League recognizes Sharee Merenov, Allstate Capital Region division manager - corporate relations, and the agents who committed their time, resources and energy to help it win the significant grant award, including Christine Angles, Doris Banegas, Frank Ciambone, Benjamin Jessurun, Tae Kim, Michael Lee, Sara Lewis, Mike Masri, James Mwangi, Glenda Palacios, Amber Ritchie, Claudia Rivas, Paul Sarnak, Jason Sengpiehl, Miguel Villegas and Logan Wease.

"As a mom, I know how important it is for kids to eat right to be ready to learn and do their best. As a volunteer, I know how critical it is to have the funding to do what your heart knows is right," said Christine Angles, Allstate exclusive agent in Manassas. "It's been a pleasure working with the Assistance League of Northern Virginia, a group of passionate volunteers working to get kids on the right footing so they can thrive. And, it makes me proud that the Allstate Foundation supports nonprofits like this one where I volunteer my time and work towards making our community better."

The Allstate Foundation grant award will help the organization sustain and expand its successful Op-

Volunteer Information Meeting

Assistance League of Northern Virginia is sponsoring an information meeting to be held on Oct. 9, 2019 at 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly. Join us to learn about the organization's children's programs and how you can help support and expand these activities. Contact Vernetta Gaiani at Membership@alnv.org if interested in attending.



Allstate's exclusive agent, Christine Angles, and field senior vice president of the Capital Region, Robert Becker, engaging in community service.

eration School Bell programs that help nearly 8,000 low-income children in the region every year. Through its New Clothing for Kids, Literacy for Kids and Weekend Food for Kids programs, the nonprofit addresses the negative effects of poverty on children's academic performance and behavior.

The grant funds will be used to purchase nutritious, nonperishable food items, school clothes and new books for students in 11 Title I elementary schools in Fairfax and Prince William counties and the City of Alexandria, where up to 85 percent of the students live in poverty. Some of them experience homelessness or live in multi-family housing environments and rely on the organization to fulfill a number of their basic, critical needs.

With Allstate's partnership, Assistance League will be able to increase the level of support provided to low-income families and expand the programs to include additional schools. Allstate's charitable donation will directly impact children and help prepare them for success in school.

www.alnv.org.

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.

SATURDAY/SEPT. 14

2019 Arts Educational Panel. 8:30-11 a.m. at the Reston Community Center Hunter Woods (Rooms 2-3-4). ARTSFAIRFAX welcomes the community to the 2019 Arts Educational Panel, "Think Like an Artist: Creativity in the Classroom" featuring Dr. Kimberly Sheridan, Associate Professor of Educational Psychology at George Mason University and Julie Carmean, Museum Educator and Coordinator of Professional Development at the National Gallery of Art. \$10-\$25. Open to the public, but advance registration is recommended at bit.ly/AFXArtsPanel19.

Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.

❖ 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.

❖ 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

111 Healing Bowls. 6-9 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Practice with 111 Tibetan Bowls from the Gilung & Sindupalachoka Villages in Nepal. Use these hand-crafted sound tools and support these villages in recovering and rebuilding their homes from the 2015 earthquakes. \$25. Register at www.eventbrite.com/e/111-tibetan-healing-bowls-essential-oils-chakra-chocolate-experience-sound-healing-fairfax-va-tickets-64390522787.

SUNDAY/SEPT. 15

Raise Our Frequency. 2-5 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join Dr. Dream and Stephanie as they facilitate this experiential workshop exploring the practical role of frequency in daily life. \$25. Visit www.eventbrite.com/e/lets-raise-our-frequency-an-experiential-workshop-in-fairfax-va-tickets-64391794591 to register.

MONDAY/SEPT. 16

Community Conversations. 6:30-8:30 p.m. at Lake Braddock Secondary School in Burke. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

TUESDAY/SEPT. 17

Successful Transitions. 1:30-2:30 p.m. at Lee Senior Center, 5722 Lee Highway, Arlington. Learn how to successfully transition an individual with dementia into a long-term care setting. Learn important communication tips and reassuring approaches to help ensure a stress-free adjustment. Call Lee Senior Center at 703-228-0555 to register.

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

Public Information Meeting. 6:30-8:30 p.m. in the gymnasium at Bryant High School, 2709 Popkins Lane. Fairfax County will hold a third Public Information Meeting on the Richmond Highway Bus Rapid Transit (BRT) project. The meeting will feature an open house from 6:30-8:30 p.m., with a presentation at 7 p.m. Fairfax County Department of Transportation (FCDOT) staff and project consultants will provide updates on the BRT project (including the system design and potential property impacts), discuss next steps, answer questions and take public comments. Visit www.fairfaxcounty.gov/transportation/richmond-hwy-brt.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia	
TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		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	
LANDSCAPING Improvements Power Washing Free Estimates Go from green to clean, do you have mold on your siding rotten wood that's a HOA violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. LICENSED & INSURED 703-987-5096 email: jnave@comcast.net		LANDSCAPING Improvements HOUSES FROM \$145 TOWNHOUSES FROM \$110	
LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		TILE / MARBLE Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE	

Time and Again



By KENNETH B. LOURIE

Not to be morbid in the least – or self-indulgent in the most (last week's column, "Something or Nothing" notwithstanding), but recently I've had cause to hear about the future and be more concerned about the present.

I have a homeowner problem that like all such problems, is way beyond my limited skills: a crack in the concrete slab which "porches" our house, apparently caused by a very large and old tree growing way too close to this slab.

This is not a water-leaking-into-the-house problem. This is a structural-type problem identified by a home appraiser whom I've paid for – but not bought, to process a mortgage refinance.

Given the two-week time-frame during which I was expecting to schedule this assessment – considering the time-sensitivity of these applications, I was flabbergasted to learn that my expectations were totally unreasonable. Two weeks! I might as well have been asking for two months, which is what I ended up getting.

After hearing the nearly identical appointment-unavailability story multiple times, and getting increasingly frustrated and impatient at the unlikely timely resolution of my problem – in my lifetime (no joke), I finally heard from a company that was able to schedule an appointment which they did so with an apparent straight face (as much as I could glean over the phone): "I can have someone to your house on Oct. 25." I snickered.

"October 25! That's two months," I said. ("I could be dead by then," I said to myself.) To the woman I said, "No. I need someone sooner, in the next week or so. Good-bye." (I made this call on Aug. 21.)

When I hung up the phone I started laughing at what I didn't say and why I hadn't said it. Being that I have stage IV lung cancer, I am not exactly on firm footing.

I didn't say to the woman that I could be dead by then because those words were, figuratively speaking, a bit too close to my literal reality. It was a case of fiction being a bit too close to fact and my mouth actually being able to cash that check.

In addition to providing fodder for this column, my calls to miscellaneous home improvement/concrete/foundation repair companies left me not high, still dry, but totally unrequited. I needed help. I put myself out there and received practically nothing in return. It is a lesson I'll take to the grave.

I don't want to sound unreasonable because I still think I'm of sound mind (not so much sound body), but being diagnosed with cancer does, at least in my experience, move up your timeline, so to speak. There's a certain amount of patience and accommodation that is totally ripped from your subconscious.

When your life is in jeopardy, dealing with the daily double: life and death, becomes extraordinarily difficult, regardless of whether your answers are in the form of questions. The uncertainty of it all is very off-putting. Sometimes, you don't know whether you're coming or going.

Trying to live a "normal" life under these kinds of constraints – and restraints – can make Jack a very dull boy. And very often this dullness manifests itself in one's inflexibility.

When your life is at stake, it's nearly impossible to act as if it isn't. Your brain seemingly gets rewired and re-purposed. As much as you attempt to retain your old and familiar self, this newer cancer-affected version slowly takes over.

You're not exactly in "The Twilight Zone," but "imagine if you will" at age 54 and a half, expecting to live into your mid-80s as both your parents did, instead being told that you have "13 months to two years" to live?

Though I've taken it mostly in stride and lived way beyond my oncologist's expectations, to say one's stride is not changed by the experience is to give naivete a whole new meaning. (Not to mention the fact that the neuropathy in both my feet makes walking extremely difficult.) Nevertheless, life goes on.

As such, as much as I want to plan for the future, sometimes, it's the present for which I need to plan.

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

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 9/30/19.

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 9/30/19.

Jack Taylor's
ALEXANDRIA TOYOTA



3750 Jefferson Davis Hwy • Alexandria, VA 22305

SAFETY FIRST ALWAYS!
Have Your Vehicle Checked for Open Campaigns/Recalls
Recall Hotline: 703-684-0710

SERVICE & PARTS DEPT HOURS:
Monday - Friday, 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

HOW AVAILABLE
Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$24⁹⁵

NON-SYNTHETIC

\$34⁹⁵

SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

BRAKE SPECIAL

\$79⁹⁵

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

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

SIGHT LINE WIPER BLADES

BUY 1 GET 1 FREE

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY GOOD THRU 9/30/19.

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 9/30/19.

TRUESTART™ BATTERIES

SPECIAL OFFER
\$129⁹⁵

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 9/30/19.

ALIGNMENT SPECIAL

\$69⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.



ALEXANDRIA TOYOTA

CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

\$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.
Bring back that new car smell!

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 9/30/19.

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