

Springfield CONNECTION

Franconia♦Kingstowne♦Newington

hello again

WE MISSED YOU, TOO

M
metro

HomeLifeStyle

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Ofori Akwasi is happy to see the smiles on many commuter's faces as Metro stations reopen with improvements, although some construction continues.



Trains Roll Again at Metro

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TSA Building Shaping Up in Springfield

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NEWS



The new TSA building abuts to the Metro station in Springfield.

PHOTO BY
MIKE SALMON/
THE CONNECTION

TSA Building Shaping Up in Springfield

BY MIKE SALMON
THE CONNECTION

The new building to house the federal Transportation Security Administration (TSA) is near completion in a location just south of the Springfield Town Center and within walking distance to the Metro station. To accommodate access to the building, Metro officials

are planning to open a connector road from the station to the building, said Caleb Lester at the Lee District Supervisor's office. Officials estimate the new location is expected to bring an estimated 3,000 jobs to Fairfax County. According to the Federal Business Opportunities website, the 625,000 square-foot headquarters will be leased by the General Services Administration for 15 years (with a five-year renewal option) with an estimated full occupancy date in 2020.

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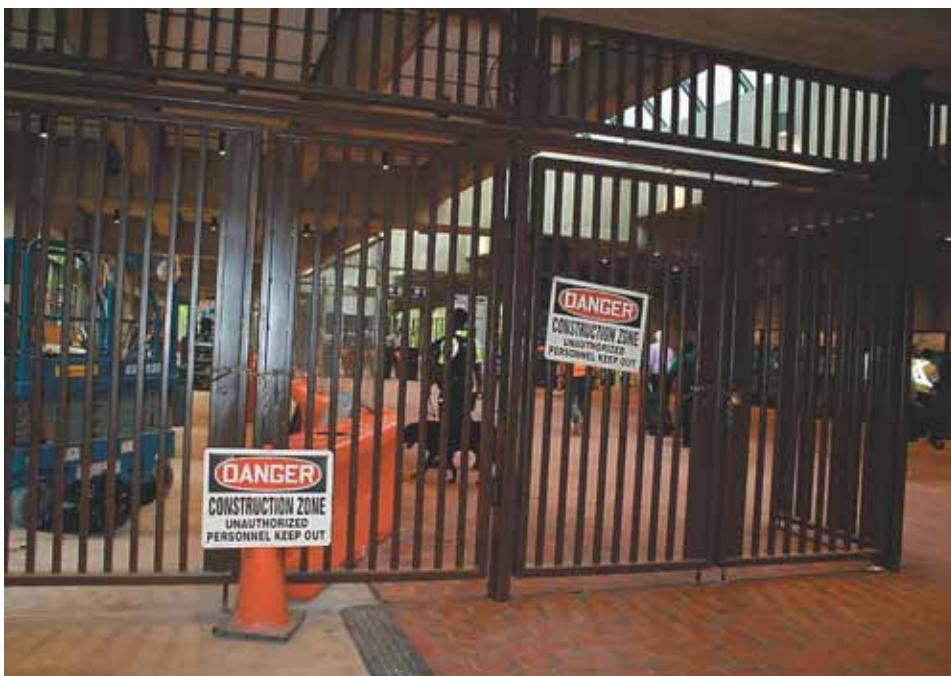


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The hustle and bustle was back despite the work that is continuing at the Franconia-Springfield Metro station.



PHOTOS BY MIKE SALMON/THE CONNECTION

Trains Roll Again at Metro

BY MIKE SALMON
THE CONNECTION

There are still signs of construction around the Franconia-Springfield Metro station, but the smile on Ofori Akwasi's face as he handed out papers at the bottom of the escalator on Sept. 9 was a good indicator that commuters were glad to have the trains rolling again.

"Everybody's happy," Akwasi said.

Emma Elms of Alexandria was heading to her job downtown. She drove to work all summer, but says the train is easier. "Too many people on the road," she said.

All summer, stations were closed for the "Platform Improvement Project," but Monday morning, the Washington Metropolitan Area Transit Authority announced that "the six Blue and Yellow line stations south of Reagan National Airport — Braddock Rd, King St-Old Town, Eisenhower Ave, Huntington, Van Dorn St and Franconia-Springfield — opened as scheduled with completely rebuilt platforms and several customer improvements."

New station improvements include slip-resistant tiles on the platforms and in the mezzanine areas, stainless-steel platform shelters with charging outlets/ports, additional Passenger Information Display (PIDS) screens, energy-efficient LED lighting throughout the station and improved speakers for clearer public announcements and emergency notifications.

Over the summer, there were several bus systems in use, shuttling commuters from the stations south of Reagan-National Airport to stations where the trains were still rolling.

The buses were free for the summer, as was the parking at the stations and the complaints were minimal. Erin Scronce of Springfield liked that system, particularly the cost. "It was great, I prefer it to taking the train," she said.



On the bridge from the parking lot to the platform, half of the walking area is cordoned off for construction.

Monday morning commuters rushed by as usual, and one man heading to the Pentagon had no time to reminisce.

"I'm just excited that something gets done," he said.

While all heavy construction activity has been completed, customers should be aware that work will continue for several more weeks without impacting train service, WMATA said. Metro users should be aware of the following when using the system:

❖ At Franconia-Springfield and Huntington stations, customers will board all trains from one side of the platform. In addition, non-slip tile installation is ongoing throughout the mezzanine areas in these two stations.

❖ At Huntington Station's north entrance, fare vending machines will not be available for approximately three weeks. The City of

Stations reopen with improvements, although some construction continues.



Ofori Akwasi is happy to see the smiles on many commuter's faces.

Alexandria's mobile commuter store will be located in the mezzanine weekdays from 5:30 a.m. – 12:30 p.m. At other times, customers can load their cards online or access machines on the south side of the station.

❖ At Huntington Station, the walkway between the Huntington North garage and Huntington 3 (middle) garage will remain closed.

❖ At Braddock Rd Station, the availability of bike racks will be limited due to ongoing construction staging.

❖ Some passenger information displays may not be operational in the first days of service.

Customers should listen for announcements from Metro employees or visit [wmata.com](#) for next train information, service status and trip planning.



'Morgan,' the black Labrador Retriever was on hand to greet the commuters and maintain order.

Big Picture

The platform project was part of a larger effort by Metro called "Metro's Capital Program," where they are investing \$15 billion over 10 years to improve the customer experience and keep the region's infrastructure in a state of good repair by investing in new railcars and buses, improving stations and platforms, upgrading fire-suppression and emergency response systems, replacing and repairing tracks, tunnels, bridges, signals, and communications systems, rebuilding decades-old bus garages and providing modern customer amenities such as passenger information systems, Metro information stated. For the first time in Metro's history, the capital program is bolstered by dedicated funding from Maryland, Virginia, and the District of Columbia, Metro said.

OPINION

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.prssinc.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 is 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

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NEWS DEPARTMENT:
south@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

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

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com





NEWS

PHOTOS COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT
The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County.

Applications Accepted for Community Fire And Rescue Academy

Want to learn more about the Fairfax County Fire and Rescue Department? Want to participate in an interesting, fun-filled, eight-week program that will show you what firefighters and paramedics do every day?

The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County. Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian

workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics.

CFRA Application will be accepted until Sept. 13, 2019. The Academy will begin Sept. 26, 2019, and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 14, 2019.

To learn more about the program and to sign up, go to: <https://www.fairfaxcounty.gov/fire-ems/cfra>

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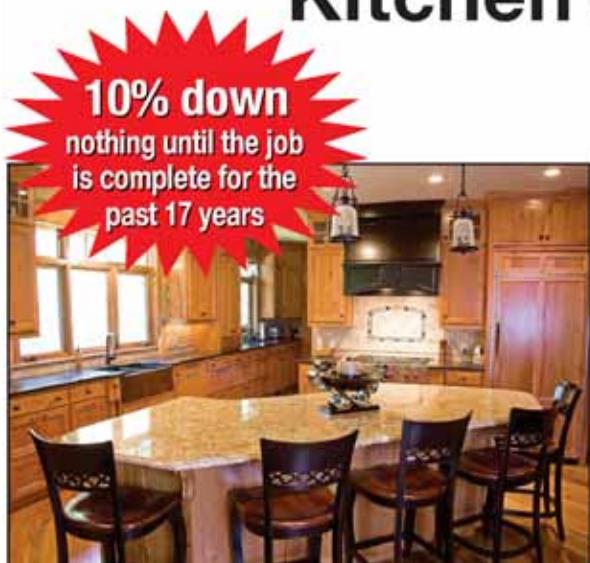
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HomeLifeStyle

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.



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..

'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, Penvadée (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,

Penvadée'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.

“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

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

NEWS

Law Enforcement Challenge Awards Presented

Local police and special law enforcement agencies awarded for best traffic safety programs in the state

BY MERCIA HOBSON
THE CONNECTION

Impaired driving, occupant protection and speed awareness impact the safety of Virginia roadways. The Virginia Association of Chiefs of Police (VACP) Law Enforcement Challenge is a traffic safety recognition program that recognizes agencies that excel in keeping their roadways safe. Last week, VACP announced multiple Northern Virginia police agencies recipients of the 2019 Virginia Law Enforcement Challenge awards for the best traffic safety programs in the state in 2018. The Virginia law enforcement community consists of 125 city and county sheriff's offices, 242 police departments and seven state police divisions within 48 areas of the state according to the 2018 Virginia Highway Safety Plan, Annual Report Fiscal Year 2018 by the Virginia Depart-

ment of Motor Vehicles.

According to the report, while a data comparison of Jan. 1 – Nov. 30: 2015 vs. 2018 revealed a 7 percent increase in Virginia fatalities, 689 to 737, there was a 12 percent decrease in serious injuries, 7430 to 6569, and an 8 percent decrease in unrestrained passenger vehicle occupant fatalities, 277 to 254 respectively.

VACP named the first, second and third place state winners during an awards luncheon that took place during its 94th Annual Training Conference on Tuesday, Aug. 27 at the Hilton Norfolk. VACP also presented special awards for outstanding enforcement and education efforts in the areas of occupant protection, impaired driving, speed awareness, commercial motor vehicle safety, distracted driving, technology, bicycle/pedestrian safety, and motorcycle safety, as well as the Commonwealth Award for the Best Overall Traffic



PHOTO BY ERIN SCHRAD/VIRGINIA ASSOCIATION OF CHIEFS OF POLICE
Police Chief David Huchler of the Metro Washington Airports Authority Police Department receives the 1st Place Award in the 2019 Virginia Law Enforcement Challenge Special Law Enforcement category from 2018-19 VACP President Chief Doug Goodman, Ashland Police and Virginia Deputy Secretary of Public Safety & Homeland Security Ryant Washington.

Safety Program in Virginia 2018, regardless of agency size or type and special awards.

LOCAL NORTHERN VIRGINIA WINNERS of the 2019 Virginia Law Enforcement Challenge were

Municipal Police:

♦Herndon Police Department- First Place, Category 2: 26-60 Of-

ficers

♦Arlington County Police Department-First Place, Category 5: 301-600 Officers

♦Alexandria Police Department- Second Place, Category 5: 301-600 Officers

♦Fairfax County Police Department- Second Place, Category 6: 601 or More Officers

Special Law Enforcement:
♦Metro Washington Airports Authority Police Department (MWAA)-First Place

VACP also recognized MWAA with the Distracted Driving Award and recognized Herndon Police Department with the two additional awards, the Commonwealth Award for the Best Overall Traffic Safety Program in Virginia and the Impaired Driving Award. Although representatives from most of the recognized agencies attended the awards luncheon, representatives of Fairfax County Police Department did not.

AWARDS were based on entries prepared by the participating agencies, which highlighted their traffic safety education and enforcement activities in occupant protection, impaired driving and speed over the past calendar year, according to VACP. Judges gave points to the agencies in six areas — problem identification, policies, planning, training of officers, public information and education, enforcement, and an evaluation of the outcomes of the agency's efforts.

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

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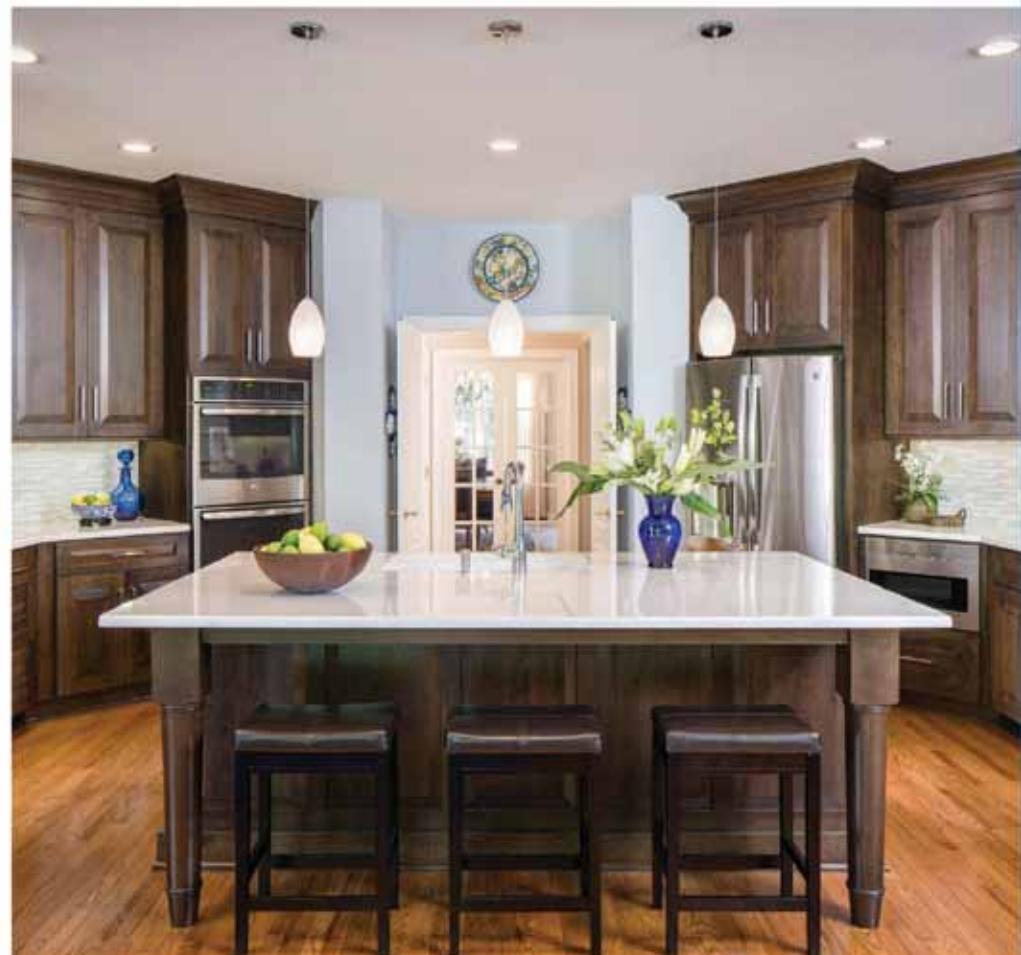
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CALENDAR

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 liven 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 Franusich 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 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.



COURTESY OF 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, Igancio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old

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 Treefrooggie, 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-tracing technology used on the PGA Tour and owned by Topgolf. Free. Family friendly. Visit www.virginiagolfcenter.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.

ENTERTAINMENT

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 "Downton 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 "Downton 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 As-

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 8 p.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.



PHOTO BY LISAMARIE MAZZUCCO
COURTESY FAIRFAX
SYMPHONY ORCHESTRA

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

cending" as "beautifully lyrical and soaring" while Ravel's "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.

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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 Ciambrone, Benjamin Jessurun, Tae Kim, Michael Lee, Sara Lewis, Mike Masri, James Mwangi, Glenda Palacios, Amber Ritchie, Claudia Rivas, Paul Sarnak, Jason Sengpiel, 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.

PHOTO CONTRIBUTED

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 Storch will host Saturday office hours. Email mvernon@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.

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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.

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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.

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!

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