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The Future for Annandale Diversity is our Middle Name.

By Dan McKinnon

It was 54 years ago when my family arrived in Annandale, thanks to the U.S. Navy. We bought a townhouse; I complained, and wound up president of the Pinecrest Heights Community Association.

We saw neighbors picking up trash on Little River Turnpike and guiltily joined because we were yet to pay Virginia taxes. I wound up Chair of the Annandale Central Business District Planning Committee, and eventually, Chair of the Fairfax County Commercial Revitalization Coalition.

Annandale is a county transportation vortex and a family/fun commercial destination with a small-town Main Street core surrounded by wooded neighborhoods with beautiful single-family homes, as well as more population-dense well laid out and attractive apartments and townhouse complexes. Here are four ideas on how to improve Annandale

Idea #1 – Turnpike to Main Street

Turn Little River Turnpike through the commercial area – between Hummer Road and Braddock Road – into a real downtown Main Street, and not the freeway currently planned under the new Rt.236/Little River Tpk. Plan

Now, it's more like a highway, with cars coming in at one end and going out the other – to someplace else. Let's encourage these commuters to stop here to shop, eat at our many restaurants, go to a salon or barbershop, and otherwise take advantage of our diverse and exciting downtown.

There have been studies over the years recommending improved walkability by creating more attractive sidewalks, some benches, improve access to businesses, and provide public parking. It can be done.

Idea #2 – Wedgewood to Hollywood

Well, not quite. But we could have dancing.



The Wedgewood Apartments represent opportunity. Annandale's Wedgewood community, a 35 acre well maintained complex, is the largest affordable housing development in Fairfax County. It has 670 mostly garden-style apartments with one, two, or three bedrooms.

As a county-owned affordable housing complex just off Little River Turnpike, it is a small community asset capable of being a large community asset. A thing of beauty; not physical and external, but possessing those exquisite internal human qualities that can be captured and shared. Originally developed with young professionals, teachers, nurses, and first responders in mind, these apartments are now owned by the county and serve as Affordable Housing providing rental assistance to low-income households subsidized by public funds. (Wedgewood is restricted to households with incomes below 60 percent of the area's average median income. Renters pay about 30 percent of their income.)

The complex is so large that it more than serves to aid Annandale residents, it has extended housing to many in Fairfax County who have then relocated to Annandale. Each community should contribute to Affordable Housing but it is fair to say that Annandale has done more than her share while other wealthy communities have yet to contribute as significantly.

The Future for Annandale

Entrepreneur Village



*Potential Entrepreneur Village
Poplar Street, Annandale*



Potential Innovation Ave. instead of Poplar Street

That whole western end of our greater Annandale area is characterized by heavy population density and multiple apartments and condos. Multiple lovely neighborhoods with no indications of squalor or uncaring residents. It is culturally diverse and very much the home of many “New Americans”. You will find their children at Annandale High School with a minority population of over 85%, 90 national origins and 50 spoken languages. Over 60% of the students are considered “economically disadvantaged.” And, the young men and women excel.

A few years ago, Arlington took what could have become a stagnant civic asset on Columbia Pike and transformed a small land footprint of old buildings into a community center. We could do something like that – but different.

More than a decade ago, the current Chairman of Annandale’s Revitalization Committee, Greg McGillicuddy, was the first to propose a sweeping revitalization of Wedgewood that would maintain the same number of affordable housing units but build them with upgrades while adding significant public features such as regular community apartments, a new fire department, expanded space for ACCA, exterior entertainment space, landscaped vistas and many new retail opportunities. Picture an elegant complex in Annandale with more apartments and a real community hub featuring multiple uses that could serve, maybe focus on, “New Americans” ... even us old Americans.

Let the minds and ideas of Annandale families and leaders run wild. From daycare, to healthcare, to any of the multitude of services in the Fairfax County wonder-filled “Catalog of Care.” We have that catalog because people who live in Fairfax County are predominately gifted with personal success,

high levels of education (manual and mental), and the wealth and well-being that goes with what we generally think of as economic and personal success. Incentives, opportunities, and multiple means to help others abound.

“A rising tide lifts all boats” is not a bad metaphor. Wedgewood could provide space for service providers, advocates, like a favorite, the **Legal Aid Justice Center**, and other groups that help others – even if it’s just a closet. Phone booth?

Think working spaces to meeting spaces to dancing spaces. Think how exciting for all members of the community, to design and build something from scratch. Nothing preconceived. Just people who care and think and create a center complex for everyone in the 22003 Zip Code can enjoy. And call it the “**Annandale Opportunity Center**”. The word community speaks for itself. Opportunity speaks for everyone.

Idea #3 – Entrepreneur Village? Innovation Avenue?

Drive down Poplar Street in central downtown Annandale and what do you see? An ugly street where something great could be. (Love those poets.) Once a family neighborhood, it’s now a backwater to a growing nearby downtown. When it rains, mud and water dominate a friendly walk on an ugly street without curbs or storm drains. There are a couple of nice buildings, but most are old houses. Front yards have become cement landscapes and parking lots.

But what happens inside those old houses is not ugly. There are small businesses with entrepreneurs creating jobs, supporting their families, and trying to grow. That’s a struggle for most people, even tougher for New Americans.

For the county, this can become an economic development

The Future for Annandale

Create Parks around the Library while Preserving the Green.



*Parkland west of George Mason Library
Proposed Library Park*



*Parkland east of George Mason Library
Poe Terrace Park*

opportunity, maybe an experiment. Fairfax County has a wonderful reputation for encouraging, even sponsoring, new businesses. The Fairfax County Economic Development Authority, Department of Economic Initiatives, and *Fairfax CORE* are terrific assets. We can turn this troubled area into something special – an “Entrepreneur Village”, maybe on *Innovation Avenue*, with a small business center that can serve as an incubator for entrepreneurs, while (absolutely) retaining current business occupants.

Organize owners and tenants to help. Involve students, perhaps as a graduate project for students at UVA’s terrific Darden School of Business. Focus on helping New Americans learn and succeed.

Idea #4 – Just a walk in the park.

This one is easy. There is land with beautiful trees and shrubbery laying fallow next to our impressive local downtown library. Years ago, the owner attempted to make it commercial. The community said “no”. Now this small wooded area between our town center and George Mason Regional Library is for sale.

Last year, there was a proposal for the county to take control of this lovely nature site and create a library park with benches to sit and read and tables for lunch or group study; maybe a small play area for those needing a few months or years before they can read. It would also be a beautiful joining of the business area with residential family areas.

Former Mason Supervisor Penny Gross gained support from the Library Board and the Park Board.

The idea is hopefully still moving. What is moving is livabil-

ity beautification of the county outside the beltway due to prof- fers from developers, professional public/private land initia- tives, and roadway planning. Fairfax and Virginia, care.

The Annandale commercial revitalization effort continues. We should take advantage of this attractive family-friendly oasis in our small downtown. This is a great opportunity. It is low- hanging fruit. Pluck it.

There is another opportunity on the other side of the library: A real park where many years ago neighborhood opposition killed any proposal to make it better. NOW, the real opposition is fi- nancing. The Park Authority has acquired more land than they have the money to develop and all too often expect developers to foot the bill. No development exists near-by so developing a park will have to be financed by public funds through a suc- cessful bond initiative.

This area known as Poe Terrace Park has historic stonework dating from the Civil War era. It should not be difficult to achieve a land design that does not violate neighbors’ backyard privacy and still allow others to just take a walk in the park. Beautiful “green barriers” growing between two property uses are everywhere. It is time to try.

You/we/all of us, have friends and helping hands. There are plenty of knowledgeable people who’ve been working for the good of Annandale for a long time, including those with the Annandale Chamber of Commerce, the Annandale Central Business District Planning Committee, the Legal Aid Justice Center, many local community associations and church groups.

Cyberbullying

Reflections from a High School Student

Isabella Reuss



When thinking about the term “overrated”, TikTok is the first thing that comes to mind. TikTok is a social media platform where millions of short video clips are posted with the ability for users to *like, comment, follow, and message*. TikTok harbors immense levels of cyberbullying, does not publicly abide by federal data privacy laws, and is becoming one of the most toxically

addicting platforms available to the public.

One of the largest problems with TikTok and social platforms alike is the prevalence of cyberbullying.⁽¹⁾ Cyberbullying occurs in the comments of videos and even in direct messages. A recent study concluded that 64% of TikTok users below the age of 18 are cyberbullied. A large reason for these high numbers may be that TikTok does not regulate offensive language or behavior themselves; they often wait for the victim or observers to report it. Because of this lack of proactivity, it is often seen by the victim before it is taken away. This is detrimental to the users as cyberbullying, consistent or not, results in extreme damage to self-esteem levels and mental health. Meanwhile, it does not seem that TikTok is putting into effect more regulations that will monitor their offensive language towards the underage users that TikTok has also failed to identify.

Along with not protecting their users against cyberbullying, TikTok does not protect their users’ privacy rights. For many years, TikTok has faced widespread allegations that they do not comply with general privacy rights and they have done nothing to deny this since. Owned by China, TikTok uses third-party search engines to collect this data which means that it is almost impossible to find the source, causing public suspicion. Within this data tracking, they collect all sorts of personal information such as your name, address, birthdate, location and even activity on other sites. A study conducted by CNBC showed that TikTok collected more personal data from their users than any other social media platform and that the safety of this information is not guaranteed.

Furthermore, TikTok has showed concerningly high levels of addictiveness. Many see this as the users’ lack of self control but there is actually scientific evidence for why “scrolling” is so addicting. Watching short, compact, and entertaining clips, the human body creates a certain amount of dopamine. Then, short videos, and that is what compels a person to keep scrolling, creates a dopamine addiction.⁽²⁾ Research conducted about the affect of TikTok addiction in the daily lives of college students report that 18% spend more than five hours a day on TikTok while an additional 27% spend 2-3 hours. These significant amounts of time reveal that scrolling is replacing other beneficial activities. It is also hypothesized that through the continuance of

dopamine addiction, there may be a direct relationship with the decline in attention span along with the physical negatives that excessive blue light gives to humans.⁽³⁾ Consequently, the addictiveness of TikTok results in both mental and physical downsides.

Some may argue that TikTok and other social media platforms allow a place for people to express themselves and communicate with each other. Although people can express themselves in real life, while social media forums reach a larger crowd. If public forums are the only option, moving to a place where your data is protected and there are regulations against offensive language is a much better place to start. It is hard to argue that TikTok is necessary when there are other platforms that allow the same benefits and ideas but lack the safety concerns that TikTok presents.

All in all, it is clear that Tik Tok is an overrated platform. It continuously shows the lack of care for their users by not protecting them against cyberbullying and not protecting their data, let alone utilizing their users’ personal data for their own gain. Most social media platforms contain some level of addictiveness yet selecting other forums may be choosing the less of two evils.

United States Surgeon General Dr. Vivek Murthy released a new Surgeon General’s Advisory on Social Media and Youth Mental Health - PDF. “While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents.” Dr. Murthy explains: “With adolescence and childhood representing a critical stage in brain development that can make young people more vulnerable to harms from social media, the Surgeon General is issuing a call for urgent action by policymakers, technology companies, researchers, families, and young people alike to gain a better understanding of the full impact of social media use, maximize the benefits and minimize the harms of social media platforms, and create safer, healthier online environments to protect children.”

“Usage of social media can become harmful depending on the amount of time children spend on the platforms, the type of content they consume or are otherwise exposed to, and the degree to which it disrupts activities that are essential for health like sleep and physical activity. Importantly, different children are affected by social media in different ways, including based on cultural, historical, and socio-economic factors. While more research is needed to determine the full impact social media use has on nearly every teenager across the country, children and adolescents don’t have the luxury of waiting years until we know the full extent of social media’s effects.

- (1) *Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. Online threats and mean, aggressive, or rude texts, tweets, posts, or messages all count. August 2022, Medically reviewed by: Elana Pearl Ben-Joseph, MD, <https://kidshealth.org/en/teens/cyberbullying.html>*
- (2) *As humans, our brains are hard-wired to seek out behaviors that release dopamine in our reward system. When you’re doing something pleasurable, your brain releases a large amount of dopamine. You feel good and you seek more of that feeling. This is why junk food and sugar are so addictive. Mar 23, 2022, Cleveland Clinic, <https://my.clevelandclinic.org/health/articles/22581-dopamine#:~:text=As%20humans%252C%20our%20brains%20are,and%20sugar%20are%20so%20addictive>*
- (3) *Constant exposure to blue light over time could damage retinal cells and cause vision problems such as age-related macular degeneration. It can also contribute to cataracts, eye cancer and growths on the clear covering over the white part of the eye. According to a vision study by the National Eye Institute, children are more at risk than adults because their eyes absorb more blue light from digital devices. People also tend to blink less when using digital devices, which contributes to dry eye and eye strain. August 2022, UC Davis, <https://health.ucdavis.edu/blog/cultivating-health/blue-light-effects-on-your-eyes-sleep-and-health/2022/08>*

PROTECT YOUR SKIN THIS SUMMER

Skin Cancer Awareness



SUN SAFETY

PROTECT YOURSELF FROM HARMFUL ULTRAVIOLET RAYS

- 1 Always use sunscreen with a minimum of SPF 30, even when it's cloudy, and reapply at least every 2 hours.
- 2 Avoid uninterrupted sun exposure between 10 am to 4 pm whenever possible.
- 3 Cover up when you can with long sleeved shirts and pants.
- 4 Hats are fine, but remember baseball caps won't protect your ears and neck from the sun.

Patient First[®]

(Source: CDC)

As temperatures rise and outdoor activities increase, it's important to be mindful of sun safety awareness not just over the holiday, but throughout the year.

"It is important to be proactive and take preventative steps against skin cancer. Skin problems shouldn't be taken lightly. If you have a sunburn that is blistering or abnormal changes or growth of a mole, you should visit a Patient First Urgent Care to be examined" says Dr. Paul Wu, Patient First Medical Director.

More than 3.5 million cases of skin cancer are diagnosed in the United States every year. Whether you are headed to the beach or the backyard, protect your family from the sun's damaging ultraviolet (UV) rays. The following tips can help:

- Always use a broad spectrum sunscreen with a minimum of 30 SPF, even when it is cloudy. Reapply at least every two hours.
- Avoid uninterrupted sun exposure between 10am and 4pm whenever possible.
- Cover up when you can with long-sleeved shirts and pants.

- Hats are fine, but remember baseball caps won't protect your ears and neck from the sun.

Sun damage occurs even when you are not actively trying to soak up a few rays. It also accumulates. Whether you are walking the dog or mowing the lawn, sun damage adds up over time. Newborns and children are especially sensitive to the sun's rays. Protecting their skin is crucial.

It's important to be on the lookout for the more dangerous effects of sun exposure: skin cancers, including melanomas. Here are the A, B, C's and D's of determining if a skin lesion could be a melanoma, or a non-cancerous mole.

A = Asymmetry – If a line is drawn through the center of the mole, the halves would not match.

B = The Border of the mole is irregular.

C = The Color of the mole is uneven with shades of brown, black, tan, red, white, and/or blue.

D = Change in the Diameter of the mole.

If any mole is of concern, whether it meets the above criteria or not, you should seek the advice of your health care provider.

About Patient First: Open 8 a.m. to 8 p.m. every day of the year, including holidays. Patient First provides non-appointment urgent care for routine injuries and illnesses, primary care for patients who do not have a regular physician, as well as telehealth services. Patient First has on-site digital x-ray, on-site laboratory, and on-site prescription drugs.

Patient First in Annandale

7042A Little River Turnpike
Annandale 22003
patientfirst.com 703.343.7125



Annandale Real Estate

Keeping Up Your Home

Pat Sawhney, RE/MAX 100



Are you planning to do some updates to your home for your own needs or for a potential future sale?

Consider your Curb Appeal

- Replace overgrown or dated shrubs...planting native shrubs and flowers, keeping shrubs not close to the house which traps moisture.
- Add potted plants at the entranceway, Trim trees and shrubs
- Power wash sidewalks, patio, and driveway.
- Paint the entrance door and trim.
- Wash all windows inside and out

Create a Home Office or Generous Work Space

With the continued advent of home offices consider converting an existing bedroom or carving out a space in a living area. This is no longer a luxury but a necessity.

Kitchens often Sell Houses

- Consider minor kitchen improvements like adding a fresh coat of light-colored paint to brighten up the space.
- Upgrade old hardware, replace aging sinks or appliances

Flooring

- Deep clean your carpet but if it still looks worn, replace it with a neutral cover.
- If you have hard wood floors, buff them or refinish to rid them of surface scratches. Buyers don't want projects staring at them at every turn of their tour.
- Where possible, keep the flooring consistent

Lighting

Replace old fashioned or worn fixtures with modern or contemporary fixtures.

Feel free to contact me at any time for consultation and/or for names of contractors. Have a great summer!

Pat Sawhney, Associate Broker, Senior Real Estate Specialist, RE/MAX 100, 703-395-9214. pat_sawhney42@gmail.com

FCPS Outstanding Elementary School Teacher

Shea Hestmark, a second grade teacher at Columbia Elementary School in Annandale was recently recognized as FCPS Outstanding Elementary School Teacher.

Shea is a dedicated and passionate second-grade teacher committed to fostering a welcoming environment, supporting

student agency, and creating rigorous learning opportunities. Through developing strong relationships, Shea successfully motivates her students to take risks and grow as learners. Her commitment to equity and inclusion drives her to advocate for all students, ensuring each individual feels valued and supported in their educational journey.

Shea's work does not end at her classroom door, as she has taken on various leadership roles dedicated to ensuring the success of all students within her school community. Shea believes effective communication, an atmosphere of trust, and a commitment to inclusion drive positive change.



"It's a great day to be a Columbia Cougar!"



Insurance Insights

Homeowners Insurance for High Value Possessions

By Virginia Kinneman



People buy homeowners insurance for the protection it provides their belongings. However, under standard homeowners policies, there will be limits to how much compensation you might receive for a claim. When it comes to high-value or collectible items, you might face a significant deficit. What are some of the ways you can expand your homeowners policy to insure these high-value items?

The more value you try to insure on an insurance policy, the more cost risk it poses to the insurer. That's why, as you increase your possessions insurance coverage, you will likely pay a bit more for your coverage. Also, insurers will often set strict terms on how they will pay you for possessions damage. That way, they can further manage their investment risk in you. As a result, you might not be able to get full coverage for possessions of exceptional value. Indeed, some policies specifically exclude coverage for high-value belongings. They simply cannot assume the cost risk of covering them.

Commonly, insurers pay for damaged items only at their actual cash value. This is an item's used value at the time of the loss. For your everyday belongings, this might prove an adequate settlement. Still, you won't receive the full value you need to buy a new item. However, it might not prove helpful when it comes to your collectible, antique or high-value belongings.

All the same, there are ways to still insure your possessions of value under your homeowners insurance. It just might take a few extra steps to do so.

Some homeowners choose an expanded possessions insurance endorsement for replacement cost coverage. With this endorsement, the policy will pay based on the value of a new item. Therefore, you will receive more in compensation than you would from cash value coverage. This will better enable you to replace expensive items.

Though collectible or antique items might have limited standard coverage, you can still buy adequate coverage for them through a scheduled items rider. This endorsement will allow you to insure a particular possession for its exact value. So, if you need to insure a collection of antique china, then this might be your solution. You can ensure you have coverage directed at that specific item.

In some cases, you can buy a separate collectible items insurance policy. This coverage will provide more tailored protection for unique items like coins, stamps or other collectibles. You'll make a claim on this coverage separately from the claim on your homeowners insurance.

When getting home insurance, tell your agent about any valuable items that you want to insure. They can help you determine the best way to do so using your possessions coverage and expanded coverage options.

Kinneman Insurance
 50 S Pickett St No. 20-A
 Alexandria, VA 22304
www.kinnemaninsurance.com. 703-832-8800

Virginia Kinneman, LUTCF
 Agency Owner
 Virginia@KinnemanInsurance.com
 Phone: (703) 823-8800

50 S. Pickett Street #20
 Alexandria, Virginia 22304

1301 Vincent Place
 McLean, Virginia 22101

www.KinnemanInsurance.com

Lee's Hapmudo Martial Arts Studio

7036 Columbia Pike . Annandale, VA 22003
703-750-3330 . webmaster@hapmudo.net
www.hapmudo.net

FIND HARMONY OF THE MIND, BODY AND SPIRIT

New Guidelines Proposed for Bike Parking



A bike rack at George Mason Regional Library, Annandale

The Fairfax County Department of Transportation is proposing new guidelines on bicycle parking that cover short and long-term parking and acceptable locations and designs of bike parking facilities.

The new guidelines, drafted as part of the ActiveFairfax Transportation Plan, supplement the section on bicycle parking in the recently amended Zoning Ordinance and update the 2017 Bicycle Parking Guidelines.

FCDOT notes that the lack of secure parking is a common barrier to bicycling as a convenient, healthy, affordable, and environmentally friendly alternative to driving. As a result, the agency calls for adequate bicycle parking at residences, places of employment, schools, and wherever car parking is provided.

The 2024 guidelines recommend short-term bike parking – serving places like shops, libraries, and cafes – be located within 50 feet of the entrance, highly visible, and under cover to protect bikes from the elements.

Long-term bike parking – for commuters, employees, and residents – should be designed with security in mind, the report states. Examples of long-term bike parking include bike lockers, cages, and bike rooms accessible with a key, coded lock, or electronic access device. These facilities can be located in parking garages, office buildings, and multifamily residential buildings.

The report includes a matrix with suggested numbers of short and long-term bicycle parking spaces for different kinds of buildings. Urban centers and Transit Station Areas would need more bicycle parking than less dense areas.

Bike racks should be securely anchored to the ground and should support the bicycle in at least two places, the report recommends.

They should also provide multiple points of locking that secure the frame and one or both wheels.

Fairfax County is updating and combining the Bicycle Master Plan and the Countwide Trails Plan into the ActiveFairfax Transportation Plan. Active transportation means self-propelled, mostly human-powered travel including walking, biking, rolling (scooter, wheelchair, stroller), hiking, running, and riding for transportation and recreational purposes. The plan will establish a vision and a roadmap for implementation of safe, convenient, and enjoyable streets and trails in Fairfax County.

On May 10, 2022, the Fairfax County Board of Supervisors unanimously endorsed the Safe Streets for All Program, a comprehensive initiative to address systemic transportation safety issues for people walking, biking and using other forms of active transportation.

Fairfax County is continuing its efforts to prioritize transportation for all with its launch of the ActiveFairfax Transportation Plan. Active transportation is self-propelled, human-powered travel including activities such as walking, biking, rolling (scooter/wheelchair/stroller), hiking, running and riding.

Through collaboration with partners across the region, the ActiveFairfax Transportation Plan will:

- provide an engagement effort that provides a wide variety of outreach tools and activities that aim to ensure all County residents' mobility concerns, needs, and desires are understood and considered;
- develop a vision to help shape the future of active transportation in Fairfax County;
- consolidate previous active transportation planning efforts into one cohesive document that is easy-to-digest and track performance;
- encourage livable street design through the development of tools and products that ensures our transportation network connects people to where they live, work, play, learn and take transit;
- support access to safe, comfortable and connected active transportation facilities (such as shared-use paths, bike lanes and sidewalks) for people of all ages, incomes and abilities;
- provide clear direction to improve safety for our most vulnerable transportation users; and begin the planning process to update the [Fairfax County Comprehensive Plan](#).

Summer Fun at Fairfax Parks

Fairfax County Park Authority



The Water Mine Family Swimmin' Hole

Get ready to have fun in the sun with Fairfax County Park Authority this summer! From award-winning water features and waterfront parks to mini golf and amusements, there is **something** for everyone.

Water Park, Pool and Sprayground: Visit the Fairfax County Park Authority's award-winning Water Mine Family Swimmin' Hole, the Our Special Harbor Sprayground and the Martin Luther King Jr. Park Swimming Pool. These popular destinations are fantastic options for families to come and cool off on a hot summer day.

The Water Mine Family Swimmin' Hole (1400 Lake Fairfax Drive, Reston) is family water park captures the excitement of the Old West's Gold Rush with attractions tailored for all ages. The Water Mine Family Swimmin' Hole offers more than an acre of slides, flumes, sprays, showers, floatables, and an interactive water playground. Careen off covered wagons, float on wild animals and dash through showers tipped from water-filled ore carts. The activity pool is encircled by Rattlesnake River, a 725 foot lazy river you can enjoy a relaxing float as the current gently nudges you along.

The centerpiece is Pete's Peak, a craggy mountain dotted with boarded up mine shafts and tunnels. Several slides of various size and intensity jut from the mountain, giving a variety of thrills you'll return to again and again. Enjoy a slide down Big Pete and Little Pete, or experience the thrills of Prospectors Plummet with one of three 3-story waterslides!

The mountain and slides are named for Pete the Prospector. According to Lake Fairfax legend, he staked his claim there in 1849, searching for gold. Sadly for Pete, his years of digging found only water. But now, with The Water Mine, the Park Authority is turning Pete's worthless old strike into the golden fun of summer.

There's something here for everyone. Tenderfoot Pond, with its

pint-sized slide and gentle bubblers, gives toddlers a perfect place for water play. Children will delight at the never-ending bubblers and spray fountains in Boomtown, a multi-level water playground, along with the interactive slides and additional interactive features in the tot spray pad area! The more adventurous can test their skills on Box Canyon Crossing, the log walk obstacle course. Teenagers can join a game of water volleyball or enjoy the thrill of Prospectors Plummet, and everyone will enjoy going with the flow in a tube on Rattlesnake. Open 11 am to 6 pm.

Our Special Harbor Spray Park 6601 Telegraph Road, Alexandria

Martin Luther King Jr. Park Pool 8115 Fordson Road, Alexandria

MINI GOLF: Hit the course with the family for a round of mini golf at four locations this summer.

Burke Lake Park 7315 Ox Road, Fairfax Station)

Lake Accotink 7500 Accotink Park Road,

Jefferson Falls 7900 Lee Highway, Falls Church

Oak Marr 3136 Jermantown Road, Oakton

CAROUSELS: Enjoy a ride on one of the Park Authority's enchanting carousels at several park locations (weather permitting).

Burke Lake Park 7315 Ox Road, Fairfax Station

Clemjontri Park 6317 Georgetown Pike, McLean

Frying Pan Farm Park (2709 West Ox Road, Herndon):

Franconia 6601 Telegraph Road, Franconia

Lake Accotink 7500 Accotink Park Road, Springfield

MINI TRAIN: Take a scenic ride through the park on our mini, passenger trains. **Burke Lake Park** 7315 Ox Road, Fairfax

MARINA: Get out on the water by renting a kayak, canoe, paddleboard, pedal boat or other boat at one of our marinas.

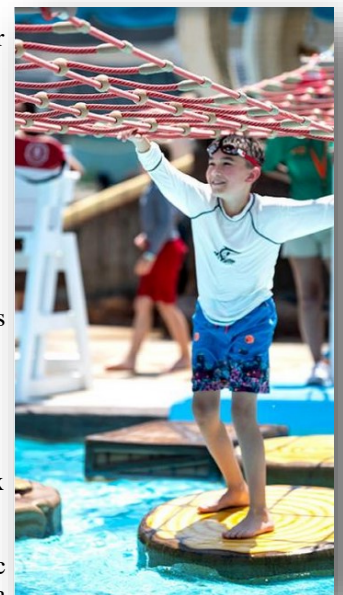
Many allow you to launch your vessels as well, check online for additional guidance and regulations.

Burke Lake Park 7315 Ox Road, Fairfax Station also offers guided boat tours on weekends!

Lake Accotink 7500 Accotink Park Road, Springfield kayaks

Lake Fairfax 1400 Lake Fairfax Drive

Riverbend Park 8700 Potomac Hills Street, Great Falls Marina will open in June.



VIEW ON NATURE

Glorious Forest Bathing

By: Stephen L. Wendt @ 2024



*Dawn in the forest near Luray, VA
All photograph by the author, Stephen L. Wendt*

I'm intrigued with Nature and its effect on me. The unspoken way it makes us *feel*. In an earlier edition of *View on Nature*, I spoke of there's nothing like a walk in the forest after a long rain to refresh your mind and soul. Earlier in the pandemic I also shared the meditative, restorable feeling of walking in the forest popularized in Japan as *shinrin-yoku* (forest bathing), and by famous naturalists David Thoreau and John Muir (see Annandale Chamber of Commerce website [VIEW ON NATURE: Wash Your Mind](#) and *ENDEAVOR* 2020). These feelings shaped within us as *Homo sapiens* over millennia remain untapped until we practice sensing the living world in Nature.

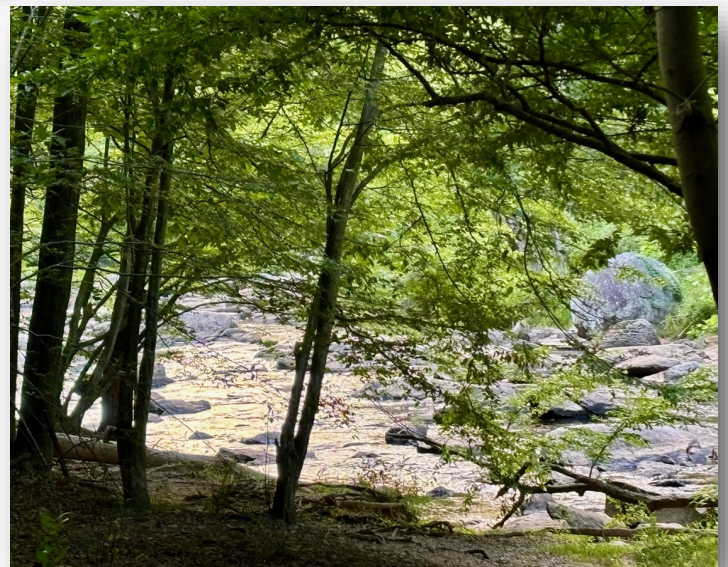
As the popularity of forest bathing grows, so does the terminology – ecotherapy, nature immersion, earthing. Time spent in Nature is good for our mental health. Integrative Medicine Physician/ author of *The Outdoor Adventurer's Guide to Forest Bathing*, Dr. Suzanne Hackenmiller describes scientists finding a 20% reduc-

tion in stress hormones after spending just 20 minutes in Nature. It should be no wonder, given our species evolved over the last 250 thousand years using all of our senses *within* Nature as part of Nature ourselves.

She references other studies that show nursing home residents having fewer symptoms of depression when their facility had more tree coverage; and office workers exhibiting the least amount of anxiety when they have a window view of Nature. There are reasons most cities have trees, and islands of Nature in and amongst unnatural urban settings.

Some theorize humans appreciate ancestral open space while others speak to the stimuli of natural light increasing the levels of serotonin, a neurotransmitter that contributes to better mental health/ feeling good. Sunlight is valuable in helping us build vitamins B and D and zinc which improve our moods, but morning light is crucial to our health. Think Circadian Rhythm, our internal "clock" triggered by light-induced hormone releases and suppressions which keep our brains functioning 24/7. The whole process clicks when photoreceptors in our retinas communicate the brightness of our surroundings to our brains.

Another benefit in being one with Nature is breathing in the fresh air that often contains phytoncides, volatile organic compounds derived from plants that have antibacterial and antifungal qualities. Studies have shown inhaling these oils (e.g., pine scents) help our immune system and mental health.



Dawn on Difficult Run, Great Falls Park, VA

VIEW ON NATURE

Shinrin-Yoku

Fishing with Children

By: FCPA, Dan.Grulke



Sunrise near Fort Valley, VA.

So, how do we get back to Nature? Start by putting our phones away and going outside, even if it's for 15 to 30 minutes. Decompress in your yard, on the sidewalk, in a nearby park. Start your day with a walk among trees, on a trail, alongside a creek, preferably in the morning light when the birds are chirping, and the air is cooler and fresher. Simply clear your mind by *immersing* yourself in the sights, sounds and smells of the forest. Absorb Nature.



Dawn beneath Kennedy Peak, VA

- Always ask if the child needs or wants help before helping.
- Praise the small successes (a great cast or tying their own lure).
- Let the child experience frustration and failure but redirect when needed.
- Short fishing trips work best.
- The fishing trip is the child's trip. If they are done pack it up and go.
- Prepare them before the trip. Manage expectations (e.g. We might not catch anything; we are going to fish for as long as one TV show, etc.).
- End the fishing trip before they lose interest or when they are still excited.
- A stop at your favorite dessert place never hurts or disappoints.

Dan Grulke is the Fishing Coordinator for the Fairfax County Park Authority. He has lived in Northern Virginia for all but five years of his life. He has been fishing locally, in other states, and in other countries for 40 years. He has previously been a freshwater fishing guide on the Susquehanna River and Upper Potomac Rivers for eight years. Although he currently is not a guide, he enjoys introducing others to the sport of fishing. You can contact Dan : Dan.Grulke@fairfaxcounty.gov.

Fishing Brochure: <https://www.fairfaxcounty.gov/parks/sites/parks/files/Assets/documents/fishing/FCPA-Fishing-Brochure-23.pdf>

The Garden Path

Elevate Your Garden: Designing with Raised Garden Beds



Do you love local fresh produce over store-bought in the summertime?

You can't get more local than growing fruits, vegetables, and herbs in your garden. You'll also be satisfied when you pick your first juicy tomato of the season or chop peppers to add to your favorite gazpacho recipe.

If your backyard is limited in space, don't fret. Raised beds are the perfect solution. They fit snugly into smaller backyards, offering a convenient and manageable gardening experience. No more kneeling on the ground to pull weeds or cut herbs—gardening made easy.

There are four materials you can use for a raised garden bed design:

- Timber**
- Cedar**
- Metal**
- Wall stone**

Constructing Your Garden Beds with Timber

Many homeowners use timber to build their raised garden beds—it's affordable and efficient. Here are five timber choices we can use to build your raised garden beds:

- Cedar**
- Cypress**
- Hemlock**
- Juniper**
- Pine.**

These wood types are durable and long-lasting. Cedar and hemlock are more resistant to rot and decay. However, pine isn't as resistant to pests as cedar because it has fewer bug-resistant tannins.

Designing Raised Garden Beds Using Cedar

Cedar's scent makes it an attractive building material for

raised garden beds and a natural insect repellent. Cedar is also a popular wood choice for decks and siding. It is a soft, dense wood that is naturally rot resistant.

The knots in the cedar also provide a natural, sustainable look that works well in raised garden beds. Imagine growing heirloom tomatoes, basil, and oregano in a pizza-themed raised garden.

Building Raised Garden Beds Using Metal

If you love modern rustic, you'll love the look of metal raised garden beds. With its rusty exterior and patina that will develop over the years, weathered steel, such as Corten steel, will give your garden a classic feel.

Corten steel and other distressed metals used for raised garden bed construction are warmer along the edges, while the inner part of the garden remains at a consistent temperature.

Plant heat-tolerant okra, oregano, thyme, and rosemary along the edges of the metal garden bed. Add cucumbers, zucchini, hot and sweet peppers, and eggplant in the middle of the raised bed.

Building Your Raised Garden Bed Using Wall Stone

You'll have a naturalistic and charming bed if you opt for wall stone for your raised garden bed construction. Stacked stone or cobblestone provides an old-world look that's attractive and enchanting. Raised beds with larger wall stones need a larger space since stone will take up a more prominent spot in the yard.

Training edibles like zucchini and cucumbers to spill over the raised bed edges will have a dramatic effect. Granted, you'll probably use trellises to train the plants, but those parts growing closest to the ledge can spill over.

If your backyard is limited in space, don't fret. Raised beds are the perfect solution. They fit snugly into smaller backyards, offering a convenient and manageable gardening experience. No more kneeling on the ground to pull weeds or cut herbs—gardening made easy.



Deeper-colored edibles, such as Thai and purple basil or mint, contrast nicely against wall stone. Add rosemary, and you'll be reminded of an old European garden.

Any raised bed still on the ground needs good drainage before there can be any construction of your beds. At Campbell & Ferrara, our drainage contractors will ensure that any in-ground raised beds have properly installed drainage.

Also, consider having a raised bed or two near one of your patios to make it convenient for the grill master to pick fresh vegetables and herbs for your al fresco menu.

If you choose to build your raised garden beds as part of your retaining wall, remember to add a fire pit so you can enjoy making s'mores while sitting near your garden.

Of course, you want to add patio paving to create walkways connecting your patios, fire pit, and raised gardens. This will create easy access to your outdoor destinations.

Don't worry if you're not a seasoned gardener or a DIY enthusiast. Campbell & Ferrara's landscape designers will work with you to construct your raised garden beds. With their expertise in horticulture and design, you can confidently create beautiful, raised garden beds using timber, cedar, wall stone, or metal. Call us today at (703) 354-6724 or www.campbellferrara.com

Sources:
 DIY.DunnLumber.com, Cedar, Juniper, or Pressure-Treated Wood: What to Use When Building a Raised Bed.
 Gardenary.com, The Best Type of Wood to Use for a Raised Garden Bed.
 Ibid, Do Metal Raised Beds Get Too Hot to Grow In?
 Ibid, The Pros and Cons of Stone Raised Garden Beds.

Above and left:
 The Miller Farm
 Blacksburg, VA
 Raised Beds in
 Practice

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955 Sunset Lane
 Annandale, VA 22003
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www.kenwoodschool.com
admissions@kenwoodschool.com

Spotlight by Starlight Summer Concerts

Mason District Park



Spotlight by Starlight

FREE!

Wednesday, Friday and Sunday Evenings • 7:30 p.m.

Mason District is thrilled to invite you to Northern Virginia's premier performance event of 2024: Fairfax County's Summer Entertainment Series featuring the Spotlight by Starlight concerts. Now in its third decade, Spotlight by Starlight captivated audiences with performances by talented artists from across the globe. From dance troupes and puppet theater to music concerts, there's something for everyone at Spotlight. Mason District is the "Cultural Hub" of Fairfax County and we're excited to partner with these artists for a series right here in our own backyard. I hope to see you there!

Sincerely, Supervisor Andres Jimenez



Lamell Starkey & the Spiritual Seven



Sala Heely Celtic

MASON DISTRICT PARK
6621 Columbia Pike, Annandale
Wednesdays, Fridays, Sundays at 7:30 p.m.

JUNE

- 14 City of Fairfax Concert Band (Concert Band)
- 16 Collective Delusion (Rock)
- 19 Izis La Enfermera De La Salsa (Salsa/Merengue/Bachata)
- 21 Lamell Starkey & the Spiritual Seven (African-American Gospel Singing)
- 23 Kalanidhi (Indian Dance)
- 26 Frank Solivan & Jillian Lea (Bluegrass)
- 28 Soroche (Cumbia/Folk/Punk)
- 30 Washington Balalalka Orchestra (Russian Folk Music)

JULY

- 3 The Porch Delights (American/Roots)
- 5 Tom Principato Band (Funky Roots)
- 7 Kadencia Orchestra (Bomba, Plena, Salsa)
- 10 Cathy Fink & Marcy Marxer with Chao Tian (From China To Appalachia)
- 12 Greater Washington Chinese Dance (Chinese Folk Dance)
- 14 The United States 257th Army Band (Classical/Jazz/Rock)
- 19 John McCutcheon (Folk)
- 21 The NOVA Symphony Orchestra (Summer Pops)
- 24 Jess Elliot Myhre & the Honky Tonk Anti-Heroes (Country)
- 26 The United States Navy Band Commodores (Jazz)
- 28 Plunky & Oneness (Funk/Jazz/Afro-fusion)
- 31 The Fuss (Ska/Rocksteady)

AUGUST

- 2 Good Shot Judy (Big AMP Jazz)
- 4 Latin Ballet of Virginia (Caribbean Dance/Music)
- 7 The Thrills (Roots Rock)
- 9 Seán Heely Celtic Trio (Irish, Scottish)
- 11 Jingo - The Heart and Soul of Santana (Santana Tribute Band)
- 14 Carly Harvey (Blues/Jazz)
- 16 The United States Air Force Strings (Alt-country/Roots-rock)
- 18 Cheryl Wheeler with Kenny White (Folk)



123 Andrés

ARTS in the PARKS

A Free Children's Entertainment Series

Saturday Mornings • 10 a.m.

JUNE

- 22 Groovy Nate (Children's Songs)
- 29 The Great Zucchini (Comedy, Magic)

JULY

- 6 Mr. Lilo (Children's Songs)
- 13 Marsha and the Positrons (Family Show)
- 20 123 Andrés (Children's Songs)
- 27 Ms. Niki (Children's Songs)



AUGUST

- 3 Rocknoceros (Children's Songs)
- 10 Blue Sky Puppet Theater (Puppets)
- 17 the grandsons, jr. (Children's Songs)

For details, visit www.fairfaxcounty.gov/parks/performances

Performances are held outdoors. Bring lawn chairs. In case of inclement weather call the concert hotline at 703-324-7469 before leaving home. Cancellations are recorded on the concert hotline one hour prior to the show time.



NATIONAL NIGHT OUT

Bring the family to the Annandale Shopping Center and Celebrate Our First Responders

Free Family Fun, Games, Prizes from 6-9 pm, August 6, 2024

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MASON DISTRICT LITTLE LEAGUE

Artisans UNITED

SILVERADO

Police - Community Partnerships

National Night Out
Tuesday, August 6, 2024
6:00 - 9:00 PM

Kenwood Summer Day Camp

DISCOUNTS AT PARTICIPATING STORES

Refreshments Free Family Fun Hapmudo Demonstration Glitter Tattoos Raffles & Children's Activities

Free Family Fun & Games

Meet Our First Responders

ANNANDALE Shopping Center
7042 Columbia Pike

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FAIRFAX COUNTY VIRGINIA

KENWOOD SCHOOL

ANNANDALE Boys & Girls Club
EST. 1959 Virginia

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The Golden Years

HYDRATION AND OLDER ADULTS

By: Deena Imbriglia
Home Instead Senior Care



- Fatigue or feeling weak. Irritability, dizziness, headaches or dry mouth.
- Muscle cramps in arms or legs. Confusion and decreased cognitive functions.
- Tiredness and lack of coordination from dehydration may lead to falls and injury.

How to Stay Hydrated Every Day.

- As a general rule, take one-third of your body weight and drink that number of ounces in fluids, but it's best to consult your doctor for the proper amount specifically for you.
- Choose foods with high water content.
- Keep water with you – always!!
- Avoid or reduce your alcohol intake.
- Build hydration into your daily routine.

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our hearts. Dehydration can be a serious condition that can occur when you don't consume enough fluids for your body's needs. This can cause Urinary Tract Infections (UTIs), heat stroke, heart problems, kidney failure and blood clot complications.

Seniors are more vulnerable to dehydration and up to 40% may be chronically underhydrated, often due to the following issues.

- Appetite and thirst tend to diminish with age. Older adults experience body composition changes over time that, initially, leave them with less water in their bodies.
- Seniors are likely to take medications that increase dehydration risk.
- Older adults' bodies don't regulate temperature as efficiently as younger people and may dehydrate through sweating during an activity or exercise.

Symptoms of Dehydration: RECOGNIZE THE WARNING SIGNS!!

- Dark-colored urine; urinating less frequently.

REMEMBER-WATER IS ESSENTIAL TO LIFE! CAREGIVERS CAN HELP TO CONTROL THIS ISSUE



Home Instead Senior Care
7058 Columbia Pike, Annandale 22003
703.750.6644 . www.homeinstead.com

(PHOTO: Creative Commons)

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MUSIC MAKES THE DIFFERENCE

The Annandale Food Pantry at ACCA

Donations are Needed



7200 Columbia Pike, Annandale, VA (across from Giant Food)

As families across the country struggle with reduced Supplemental Nutrition Assistance Program (SNAP) benefits, we have seen an increase in demand for food from our food pantry here in Annandale. At the same time, we've all seen the increased prices for food overall which is depleting the funds we've set aside for fresh foods. Although we had very successful food drives in February, our shelves are bare. Can you help? We need:

- 1) Cash to purchase fresh foods.
- 2) Nonperishable foods - We will be **collecting food donations Tuesday-Friday afternoons from 1:30 pm - 4 pm**, with the exception of County Holidays and other scheduled closings. The ACCA food pantry is located at 7200 Columbia Pike (trailer separate from the day care center) in Annandale (next to the fire station). Please do not drop off food if a volunteer is not available. To see what is most needed at any given time view: <https://accacares.org/foodpantry/>

3) Volunteers to pick up food from the pantry and make local deliveries.

Annandale Christian Community for Action houses a number of charitable arms besides the food pantry. Most notable is their Child Development Center, which is a full day comprehensive child development program. The mission of the CDC is to provide affordable, high-quality early education and developmentally appropriate care for children ages 3 months to 5 years in a safe, healthy and diverse environment.

Families are welcomed into a friendly, inclusive environment. It is a program where parents and children are valued as the foundations of a strong and thriving community. Further, we see parents as partners in the shared goal of providing children with the best possible education.

The teachers lead by example, educate using best-practices and foster children's creativity, choice and discovery. Consequently, we graduate successful, kindergarten-ready children, who are poised to become lifelong learners. In short, we encourage children to **PLAY, EXPLORE, LEARN and GROW.**

The Fairfax County Child Care Assistance Program provides tuition subsidies from state and local funds to qualified families. The Center also receives support from churches, foundations, corporations and individuals. The Center is rated with 4 out of 5 stars under the Virginia Star Quality Initiative, a state standard for quality early education.

For more information, visit the ACCA website at accacares.org/child-care-development-center-2/ or call 703-256-0100 . info@accacares.org



MEET ANNANDALE’S ARTISANS

Artisans United Gallery of Gifts



Artisans United, Inc., which officially began in 1988, is a non-profit organization serving as a network of and for artists. Currently comprised of members of various Guilds and independent local artists and crafts-people, its primary purpose is to preserve, promote, and develop the disciplines of visual arts and crafts.



Artisans United, Inc. is tasked with taking arts out into the community. To fulfill this mission, we have participated in craft demonstrations, classes, talks, and exhibits both at the Gallery and in schools, hospitals, nursing homes, and libraries. In addition, we have taken part in the Annandale Fall Festival and have worked with the Cub Scouts and the Lifetime Learning Institute (which is connected with the Northern Virginia Community College). And, we also promote a ‘Christmas in July’ event, inviting the public to join us in making holiday ornaments to be shared with the residents of the Katherine Hanley Shelter in Fairfax County.



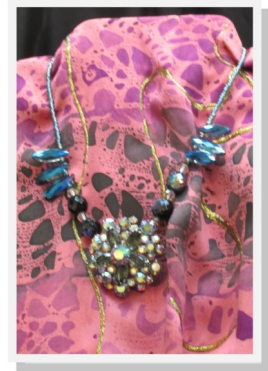
As a community resource, Artisans United, Inc. operates **The Craft Gallery of Artisans United** which is located just inside the front door of the Fred M. Packard Center in the Annandale Community Park off Hummer Road. Here the artists’ creations are on display and may be purchased.



The Craft Gallery of Artisans United is a cooperative endeavor, staffed and run by the independent members of Artisans United, Inc. as well as those individuals belonging to the member Guilds. On a daily basis, visitors will find the Gallery artisans happy to explain crafting techniques and to share their knowledge of where craft materials may be obtained. And, too, visitors will often discover impromptu demos in progress as the artists complete their creations. We are always looking for new craftspeople to join our organization. If you are interested in joining us as a member artist, please ask at the front desk for a membership packet which explains the jurying in process, what is expected of you as a member of Artisans United.



If you are looking for gifts, please visit the Gallery where you will find an exceptional range of items appropriate for baby, wedding, mother’s day, father’s day, graduation and housewarming gifts, or a special treat for yourself. Gifts are very reasonable prices with the average cost of these fine artisan wares around \$35.



4022 Hummer Road, Annandale, VA 22003
 (in the Annandale Community Park)
 10-4 pm Tuesday through Saturday and 1-4 on Sunday
 703-941-0202 . www.augallery.org



Jet's Pizza Now Open

Great Pizza Comes to Annandale



At last, **GREAT Pizza** can be found in Annandale at the Annandale Shopping Center at 7026 Columbia Pike. (Columbia Pike and Gallows Road)

Jet's Pizza is a Detroit based premium pizzeria specializing in their famous Detroit style deep dish square pizza. Founded in 1978 in the Detroit suburb of Sterling Heights, Jet's Pizza has expanded exponentially over the years to a total of 425 franchises across 22 states as of January 2024. As a family friendly business, Jet's aims to be a staple in the community and provide the Jet's is known for their uber cheesy pizza, with fresh veggies and quality toppings. This **buttery Detroit-style square pizza** is legendary, with a signature crunch and an aromatic Flavored crust.

The menu also offers other pizza styles and lots of variations, including buffalo ranch chicken pizza, aloha pizza, veggie pizza, and many more. Other items include salads (the ranch dressing is home made and especially tasty), deep-dish bread, calzone-style boats, five different flavors of chicken wings, cookies and brownies.

Jet's provides catering for home and business gatherings, hot deliveries, friendly service, and always a warm greeting.



JET'S PIZZA

7026 Columbia Pike
 (In the Annandale Shopping Center)
 Open 10 am to 10 pm, Monday thru Sunday
 703-977-7117 . <https://www.jetspizza.com/stores/virginia/>

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KIDS' KORNER

Summer Entertainment Series Features *Arts in the Parks*

Grab your sunscreen, favorite snacks and the kids for family fun in the parks this summer! Every Saturday and Wednesday morning, *Arts in the Parks* will be hosting several performances perfect for the whole family. Not only will you be entertained with live performances, but you can also connect with the beauty of our parks and the joy of time spent outdoors.

Arts in the Parks is a FREE family fun alternative to Wednesday and Saturday morning cartoons and video games. It entertains children; teaches them the importance of protecting our natural resources; introduces them to live entertainment in an informal, kid friendly atmosphere; and forges a connection between kids and parks.

For most children, Arts in the Parks is their first exposure to live entertainment. Many of the young audience members get their first chance to join professionals on stage, so they remember and forever associate the delightful experiences with parks. For Fairfax County's younger set, ARTS IN THE PARKS has become THE THING TO DO!

Arts in the Parks is held at Burke Lake Park, Mason District Park, E.C. Lawrence Park and Wakefield Park on Saturday mornings at 10 a.m.; at Frying Pan Park on Wednesday mornings at 10 a.m.; Mosaic Live! at Mosaic Center on Saturday



evenings at 6 p.m. and at Sully Historic Site on Saturday evenings at 7 p.m.

All concerts are held outdoor and will be canceled due to inclement weather. Call 703-324-SHOW (7469) for inclement weather updates. For details regarding each series, go to the Summer Entertainment Series website:

www.fairfaxcounty.gov/parks/performances/arts-in-the-parks

TOP Baby Names



1. Olivia/Liam
2. Emma/Noah
3. Charlotte/Oliver
4. Amelia/James
5. Sophia/Elijah
6. Mia/Mateo
7. Isabella/Theodore
8. Ava/Henry
9. Evelyn/Lucas
10. Luna/William
11. Harper/Benjamin
12. Sofia/Levi

Gender Neutral Favorites:

Hollis, Carter, Valentine, Harlowe, Atlas, Beck, Sailor, Justice, Whitley, Channing, Casey, Peyton, Nikki, Flynn, and Blue

AUMC Weekday Preschool & Early Learning Program

A Beacon of Light for Children, Families, & Community

Website: www.annandalechurch.com/preschool

CENTER FOR DENTOFACIAL AESTHETICS

7617 Little River Tpke. #900
Annandale, VA 22003
703-256-2556 . www.cdavirginia.com

Local Farmers' Markets

In-Person or Pre-Order and Pick-Up



Organized by the Fairfax County Park Authority, these Farmers' Markets offer a wide variety of freshly picked fruits, vegetables, herbs and cut flowers. There are also fresh eggs, baked goods, fresh pasta, honey, jam, teas and cider to purchase. Milk and cheese products, and homemade ice cream, along with a wide array of meat products, round out the edible delights offered. If gardening is an interest, many vendors have small plants at the beginning of the season, while other vendors have larger landscape plants for those ambitious projects. Edible potted plants, figs, spices dried lavender, cut flowers including some varieties of wild flowers are also sold to round out your table.

Mason District Park

6621 Columbia Pike, Annandale, VA 22003
Thursdays May 2 - November 14, 2024

Markets are open for in-person shopping. Some vendors offer online ordering with pickup at the markets. Please check individual vendors for more information: www.fairfaxcounty.gov/parks/farmersmarkets/annandale

Vendor Listing

78 Acres
Abby Rd. Donuts & Banh House
BOSO Foods
Farm Kettle Corn
FJ Median & Son Farm
From Home LLC dba Pho from Home
Garden to Go
Great Harvest Bread Company
Hog Haven
Honeycomb Heroes
Index Coffee Roasters
Layla's Lebanese Restaurant
J&W Valley View Farm
Sharkawi Farm
Sweet Twist of Ecuador LLC Ana's Twist
The Traveling Shepherd Coffee Company
Twin Springs Fruit Farm, Inc.and MORE

Directions: Beltway (Route 495) exit 52B (Little River Turnpike, Route 236) east 2 miles to left at John Marr Drive and right on Columbia Pike to park entrance on right just before Sleepy Hollow Road. 703-941-1730.

www.fairfaxcounty.gov/parks/farmersmarkets/annandale



Wakefield Park

8100 Braddock Road, Springfield, VA 22009
Wednesdays, May 1 – October 30, 2024
2:00-6:00 PM

In Person or Pre-Order Available...Steps to Pre-Order

- Select a vendor below.
- On vendor page, select the CONTACT button near the vendor logo at the top of the page.
- Fill in the blanks and send a message to the vendor saying that you want to place an order.
- Vendor will contact you. Place your order and make payment.

PICKUP

- Enter the market. There may be a waiting line.
- There will be a one-way path through the market.
- Follow the one-way path to your vendor's stall.
- Pick up your paid pre-order, or give the vendor your name and payment.
- Vendor will present you with your order.

Vendor Listing

AAA Caregiver Unit	Colonial Kettle Corn
Baguette Republic	Kuhn Orchards, LLC
Bad Ass Pickles	Linda Vista Farm
F.J. Medina & Son Farm	Luke & Son for Global Food
Authors Best Selling Ice Cream	My Alfajar LLC
Grammy J's Baking	Stallard Rd. Farm & Botanicals
Ttu	Sue's Pies & More

Directions: From Beltway (Route 495) exit 54A (Braddock Road) go west 1/4 mile to entrance of park on right. From Burke: East on Braddock Road to left at Queensberry Ave. Organized by the Fairfax County Park Authority, these Farmers' Markets offer a wide variety of freshly picked fruits, vegetables, herbs and cut flowers. There are also fresh eggs, baked goods, fresh pasta, honey, jam, teas and cider to purchase. Milk and cheese products, and homemade ice cream, along with a wide array of meat products, round out the edible delights offered.

www.fairfaxcounty.gov/parks/farmersmarkets/wakefield

UnCovered

The Humble Oyster

Heather Hembrey, FCPA



The eastern oyster (*Crassostrea virginica*)—also called the Atlantic oyster, American oyster, or East Coast oyster—is a species of true oyster native to eastern North and South America. Other names in local or culinary use include the Virginia oyster, Malpeque oyster, Blue Point oyster, Chesapeake Bay oyster, and Apalachicola oyster. *Wikipedia*

Oysters have been a part of North American food traditions for thousands of years. On Thanksgiving Day, many of us enjoy oyster dressing as part of our meal. Oysters on the half shell, Oysters Rockefeller, oyster stew, fried oysters, middens, mortar, pirates. What do middens, mortar and pirates have to do with oysters?

Fairfax County's First People harvested oysters along the Potomac River's west bank as early as 4,000 years ago. Oysters were an ample food source for these people who settled in seasonal camps. The Doeg people established permanent settlements along the Potomac and Occoquan Rivers by 1607 when they encountered the first English explorers. They harvested oysters by scooping them into baskets at low tide or by diving. Doeg and people before them discarded oyster shells and other refuse in shell mounds. These mounds, or middens, can contain thousands of shells and are rich sources of information for archaeologists in Fairfax County and elsewhere.

Oyster shells were not always thrown away. George Washington had much difficulty obtaining oyster shells from which lime was made as a component of mortar. On 28 February 1785, he wrote Henry Knox:

I use a great deal of lime every year, made of the Oyster shells, which, before they are burnt, cost me 25 a 30/ pr hundred Bushels; but it is of mean quality, which makes me desirous of trying Stone lime. (The Papers of George Washington Digital Edition. Charlottesville: University of Virginia Press, Rotunda, 2008.)

Eighty years later, humble oysters spurred the Oyster Wars between Virginia and Maryland. Oysters had become a favorite food for people across the United States and abroad. Ches-

apeake Bay and Potomac River oysters were deemed the finest in the world. By 1865, canning and railroads brought oysters to inland states, sharply increasing demand and decreasing oyster populations. Maryland and Virginia watermen who ignored laws protecting oyster beds poached the mollusks at night. These oyster pirates' clashes with authorities sometimes led to gunfire. When New England watermen used dredgers to harvest Chesapeake oysters, tensions sharply increased. In 1868, Maryland created the armed Oyster Navy to catch pirates. In February 1882 Virginia's Governor launched his own fleet, leading to 71 arrests. Pirates harvested Chesapeake Bay oysters until April 1959, when an officer killed a Virginia man who was illegally dredging, thus ending the Oyster Wars.

Other Uses for Oyster Shells

- Line Floral Beds
- Crush and spread along footpaths & roads to stabilize the soil
- Incorporated into concrete mixes for building works to enhance strength, durability, and resistance to erosion.
- Mixed into garden soil to balance soil pH levels while discouraging moles and voles.



Maryland--The oyster war--A state police steamer overhauling a pirate boat on Chesapeake Bay, off Swan's Point, from a sketch by Frank Adams. Frank Leslie's illustrated newspaper, Jan. 7, 1888. Library of Congress, public domain.

Chamber Chat: News, notices & bulletins posted by Annandale Chamber Members

The Annandale Shopping Center is in full bloom and ready to serve the needs of the community. Visit the newly opened Jet’s Pizza, Sweet Frog, Tiffany’s Bakery and the redecorated Beanetics Coffee Roasters and try some of their new menu items. Shop at our other stores such as ALDI, American’s Favorite Grocery, Silverado, Hair Unik, Collector’s World, Eden Nails, Hapmudo Martial Arts School and Camp, Kitchen and Barth Solutions, Home Instead Senior Care, H&R Block, Enterprise Rent-a-Car, Annandale Barber Shop, Annandale Photo, Pupusas Express, Cue Club Café, and Mathnasium who are all waiting to serve you. 7000 Columbia Pike at Gallows Road, Annandale www.annandaleshoppingcenter.com.

Annandale Boys & Girls Club: The Annandale Boys & Girls Club (ABGC) mission is to provide many recreational opportunities for many young athletes, in order to teach the importance of sportsmanship and teamwork. The sports we offer at our club are Soccer, Football, Boxing, Basketball, Tee-ball, and Wrestling. Currently, registration for our fall sports, which will begin in September, are now open. Email: abgc@abgc.org . 703-941-2242 . 4216 Annandale Rd Annandale www.abgc.org Sign up for email alerts or text “follow annandalebge” to 40404 on your cell phone for text alerts. Twitter at [witter.com/#!/AnnandaleBGC](https://twitter.com/#!/AnnandaleBGC). Facebook at www.facebook.com/#!/AnnandaleBCG-703-941-ABGC

Annandale Volunteer Fire Department provides an exciting bingo game and lots of opportunities to win every Monday & Thursday and other special times throughout the year. Doors open 4:30pm – Early Birds start at 6:45pm – Regular Session starts at 8:00pm. See AVFD BINGO special events. Must be 14 yrs. of age to play, ATM machine available. Bingo Hotline is 703-941-1328. call (703) 560-3109 x118. 3504 Gallows Rd, Annandale, VA 22003.

Demaine Funeral Home: With summer travel in full swing, there comes peace of mind with our Travel Protection program. It is easy to arrange with our team of professionals, so that no matter where in the world you are, your loved ones can get you home with a phone call if something were to happen. Demaine Funeral Home, 5308 Backlick Road, Springfield 703-941-9428 www.demainefunerals.com

Quality Electric Service Inc. is a family owned business. We can take care of all your Residential Electrical needs in Northern VA. Please call us today at 703-642-1880 and ask about our discounts and specials. We are highly rated on Angie's List and Check Book Magazine. We also install and service Generac Generators.

RE/MAXX 100-Pat Sawhney Realtor: In challenging times you need a Senior Real Estate Specialist more than ever when preparing to buy or sell your home. I have 44 years of experience in Northern Virginia. I am also able to help those who choose to move to senior housing by--helping to organize and supervise renovations and painting, suggesting vendors to help with downsizing and other experts in all phases of a move. My services also include staging your home with your furniture or ours. 703-395-9214.

The Shepherd's Center of Annandale Springfield where seniors helping seniors, needs volunteer drivers to take area adults 50+ to medical, dental, and physical therapy facilities during the week and shopping and banking on the weekends. You can drive as often as you want and only when it fits your schedule. At the same time, you can make a real difference in the lives of area seniors. Other volunteer positions also available. If you are interested, contact our office at 703-941-1419 Monday— Friday 10:00 am to 1:00 pm.



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Lambros Magiafas, known professionally as Lambros Goldsmith, is an award-winning fine jewelry designer born in Crete, Greece. Growing up in such a culturally rich and beautiful place had a profound impact on his creativity and matchless style.

Lambros Goldsmith's Jewelry is one of a kind and tailored to the person's dreams, ambitions, and understanding of beauty. His goal is to bring joy, uniqueness, and appreciation for beauty into people's everyday lives through his stunning creations. With shops across the country, Lambros Goldsmith has become a prominent figure in the world of jewelry design, known for his personalized approach and exceptional craftsmanship.

Lambros Goldsmith's process of creating jewelry is personal and thorough. He regularly travels to reputed craft and trade shows where he carefully handpicks the highest quality materials and gems. He then tells a story for each gem by creating exclusive designs and settings that are harmoniously intertwined with their qualities and beauty. His personal touch is evident in every piece he creates, and one can feel his love for design just by looking at the intricate patterns and hand-crafted details.

Lambros Goldsmith takes great pride in making people happy through his creations and designs. His customers often remark on the joy and happiness his jewelry brings to their lives. If you desire a spectacular personal experience where a true artist works with you to handcraft a piece of jewelry uniquely representing your vision and desires, stop by Lambros Goldsmith's shop located at 7137-C Little River Turnpike, in Annandale.

Wearing one of Lambros' creations is not only a daily reminder of beauty and art but also of how distinctive and special we all are as parents, professionals, and individuals.



Biking and Walking in Fairfax County



Fairfax County has over 600 miles of walking, hiking and biking trails and paths, including popular regional trails for long distance hiking or biking, and natural surface loop trails for hiking or equestrian use.

The following types of facilities are available to help people biking or walking in Fairfax County to get around safely and

conveniently.

Sidewalks

A sidewalk is a concrete walkway along the edge of a roadway that is primarily designed for walking, but biking and scooting on sidewalks is legal in Fairfax County unless posted otherwise.

Trails

Trails come in many forms and provide recreation and transportation opportunities for a variety of users. In Fairfax County, primary and secondary trails are wide, paved shared-use paths that run along streets and through parkland. There are also a variety of natural surface trails that are open for hiking, mountain biking and other uses.

Bike Lanes

Bike lanes give people riding bicycles their own space on the road.

Buffered Bike Lanes

Buffered bike lanes use striping to provide additional space between people riding bicycles and vehicular traffic.

Shared Lane Markings

Shared lane markings and “Bikes May Use Full Lane” signage indicate a shared travel lane for bicycles and cars. Motorists may legally cross the double yellow line in order to safely pass a person riding a bicycle, as long as the oncoming lane is clear.

Bicycle Wayfinding Signs

Bicycle wayfinding signs are placed to help direct cyclists towards preferred bicycle routes, and provide information like destinations, directional arrows, and distance in miles. Look for signs near the Franconia-Springfield, Huntington, Vienna and Wiehle-Reston East Metro stations, in downtown McLean, Tysons along the Washington & Old Dominion (W&OD) Trail and the Fairfax County Parkway Trail.



with the
**Annandale Boys & Girls
Club**

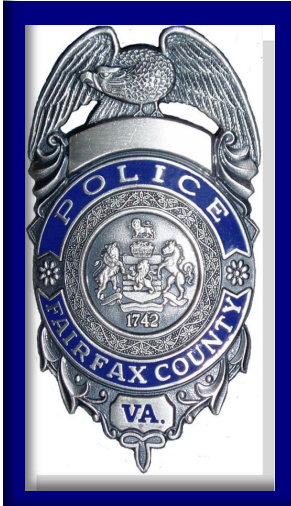
From Soccer to Wrestling and everything in between, ABGC is committed to provide our community with the best youth sports programs in the state of Virginia. Join the Summer Fun!

**abgc.org
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The Police Beat

Critical Incidents, Peaceful Resolutions: FCPD's Crisis Negotiation Team

Fairfax County Police Dept.



In the profession of law enforcement, one specialized unit often works silently behind the scenes, ensuring the safe resolution of high-stake situations. This unit is responsible for responding to hostage incidents, barricade situations, and high-risk warrant services. For over 40 years, our Crisis Negotiation Team (CNT) has been an integral part of our department and continues to do exceptional work.

Who We Are:

CNT is comprised of twenty-four highly skilled and trained officers and detectives. These negotiators have undergone extensive training at the Fairfax

County Criminal Justice Academy. Striving to enhance their skills, negotiators also attend outside training and conferences to allow exposure to different perspectives, strategies, and techniques used by professionals from various law enforcement agencies. Each quarter, CNT participates in training to maintain the team's operational readiness and preparedness. CNT is part of the Metropolitan Washington Council of Governments' (COG) Crisis Negotiation Team Subcommittee, which meets quarterly to discuss best practices within the region.

What We Do:

The primary objective of a negotiator is to establish communication and rapport with individuals or groups involved in critical incidents. Negotiators employ various techniques during these critical incidents, such as de-escalation, active listening, empathy, and effective communication skills. CNT works closely with our [SWAT](#), Technical Response Unit (TRU), and Mobile Crisis Clinicians to help develop a strategy that prioritizes the safety of all individuals involved in critical incidents.

The FCPD's Crisis Negotiation Team remains committed to its mission of fostering communication, ensuring safety, and resolving critical incidents peacefully.

Fireworks Safety

Take this Seriously!

Fairfax County Fire Department



The Fourth of July just would not be the same without those breathtaking fireworks. However, those beautiful fireworks can turn your holiday into a tragedy within seconds. Many people are injured each year in Fairfax County due to fireworks. Some are injured seriously and left with permanent damage.

Any firework, which explodes, emits a flame or sparks higher than 12 feet, or performs as a projectile is prohibited by the Fairfax County Fire Prevention Code.

A permit is required for the sale of all fireworks, and these permits are only valid from June 1 to July 15 of each year. **Fireworks purchased in other states and brought into Virginia are most likely illegal for use in Virginia and those displaying them will be fined and charged.**

Many fireworks are not available in Northern Virginia because they are illegal. Firecrackers, cherry bombs and skyrocketers are just a few examples of fireworks which may be purchased in other areas, but are illegal here. Since even the possession of unapproved fireworks are prohibited in Fairfax County, such fireworks will be confiscated and the person possessing them can be charged with a Class 1 misdemeanor. This carries a maximum penalty of a \$2,500 fine and/or one-year in jail.

Please adhere to the following safety tips:

- ◆ When displaying legally purchased, approved fireworks, place them on a flat surface, clear of any combustible material and clear of all buildings.
- ◆ Keep all bystanders at least 25 feet away from fireworks.
- ◆ Read the directions.
- ◆ Do not permit young children to handle or light fireworks.
- ◆ Light only one firework at a time.
- ◆ Never throw fireworks.
- ◆ Sparklers can be very dangerous and account for the majority of injuries. Pieces can break off and burn bystanders.
- ◆ Young children should not use sparklers as these can attain a temperature as high as 1800 degrees Fahrenheit.
- ◆ Store fireworks in a cool, dry place.

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Pet Preparedness

Keep Your Pets Safe

Fairfax County Emergency Management

Being prepared isn't just for humans – our pets need us to plan for them too. By taking steps now during Pet Preparedness Month, we can make sure our furry, feathered or scaly friends stay safe in any situation.

Remember, pets are part of the family, and they depend on us completely. Let's show them how much we care by being ready for anything. Start your pet preparedness plan today and enjoy the peace of mind that comes with knowing your whole family – pets included – is ready for whatever comes your way.

Keeping Your Pets Safe

Before an emergency strikes, take these important steps:

- **Microchip** your pets: This tiny chip under their skin can help find them if they get lost.
- Get a **collar with tags**: Put your phone number and address on the tag.
- Keep **vaccines up to date**: This protects your pet from diseases, especially in shelters.
- Make an **emergency kit** just for your pets: We'll talk more about this later.
- **Practice** your emergency plan: Get your pets used to their carriers or leashes.

Find pet-friendly hotels or shelters: Know where you can go with your pets.

Traveling with Pets

If you need to leave home quickly, follow these rules:

- Keep pets in a **carrier or harness** in the car: This keeps them safe and stops them from distracting the driver.
- Don't let them ride in the **front seat**: Airbags can hurt pets if they go off.
- Never leave pets **alone in a parked car**: It can get too hot or cold very fast.
- Bring **water and snacks** for your pet: Travel can be stressful for them.

Take frequent breaks: Let your pet stretch and use the bathroom.



Pet Emergency Kit

Put these items in a strong, easy-to-carry container:

- **Leashes, harnesses or carriers:** Have one for each pet.
- **Food and water** for at least 3 days, with bowls and a can opener.
- **Medications** for 2 weeks and copies of medical records in a waterproof container.
- **Current photos** of you with your pets: This helps prove they're yours if you get separated.
- **Information** on feeding schedules and medical needs: Write down any special instructions.
- Your **vet's contact information**: Include an out-of-area vet too.
- **Pet bed and toys** for comfort: Familiar items can help pets feel safe.
- **Poop bags or litter box**: Don't forget cleanup supplies.
- **First aid kit**: Ask your vet what to include for your pet.



SAVE THIS DATE & Register to Participate: Saturday, October 26, 2024 - The Annandale Parade 10 AM—Noon

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The Annandale Parade

Saturday, October 26, 2024
10:00 AM - Noon



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www.annandalechamber.com

Scouts Fire Trucks Antique Cars Clowns
Dancers Marching Bands Storybook Characters

Event organized by the Annandale Chamber of Commerce. The Annandale Parade will be accessible to people with disabilities.