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# Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

**WELLBEING**

PAGE 9

Rebecca Phares and Matthew Bucko went to the National Mall with friends for photos before Chantilly High School's prom on April 28.

## Pre-Prom Backdrop

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Year in Jail for  
Hit-and-Run Driver

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CALENDAR, PAGE 12 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY TOM MANNING/THE CONNECTION

MAY 2-8, 2018

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# Year in Jail for Hit-and-Run Driver Nguyen's car crash killed a mother of four.

BY BONNIE HOBBS

**N**o matter what sentence Judge Robert Smith handed down last week, the damage was already done: A 37-year-old mother of four was dead and a young Centreville man was about to learn his punishment for causing her death. Nothing would ever bring her back, yet her family wanted some measure of justice.

And in the end, so did the judge. On Friday, April 27, in Fairfax County Circuit Court, he sentenced Khoa Do Dang Nguyen, 24, to a year in jail for the Oct. 8, 2016 hit-and-run death of Yesenia Esmeralda Funes.

In this case, the state sentencing guidelines called for a range of one day to six months. But Assistant Commonwealth's Attorney Kathleen Bilton told Smith, "I'm asking you to exceed the guidelines. The victim-impact letters make clear the full magnitude of this tragedy — four children lost their mother, a husband lost his wife, and parents lost their child."

Funes, of Manassas, was the mother of two boys and two girls, ages 6-19. After Nguyen pleaded guilty, Jan. 16, to felony hit-and-run, Bilton presented details of the incident to the court. She said the vehicle crash happened around 2:10 a.m. Funes had a black Toyota Solara convertible, and Nguyen drove a Toyota Corolla.

"Yesenia Esmeralda Funes was driving on I-66 west, around mile-marker 56, when she pulled her vehicle over to the right shoulder and stopped," said Bilton. "She then got



Nguyen

out and retrieved a water bottle from the trunk. As she was approaching her driver's-side door, she was struck by the defendant's vehicle."

Bilton said Nguyen turned himself in to the Virginia State Police, two days later, giving them a written statement. "He wrote that he'd fallen asleep at the wheel and knew he hit something,"

said the prosecutor. "His windshield, bumper and side mirror were damaged."

"He wrote that he'd left work at a restaurant around 12:30 a.m. and went to eat at the Silver Diner in Merrifield, leaving there around 2 a.m." continued Bilton. "He said he didn't know what he'd hit; he thought it might have been a car because his vehicle had bounced off something. But he was tired, so he kept driving home."

Bilton said Nguyen later discovered that his side mirror and part of his bumper were gone. "He talked about it with his parents, who encouraged him to tell the police what had happened," she said. "In addition, debris at the scene matched that of the 2015 Toyota Corolla he

was driving, and DNA profiles of Funes were found on his car."

In court last Friday, she told Smith, "Yes, this was a terrible accident, and no racing or speeding was involved. But he struck and killed Mrs. Funes. He was tired, had the music turned up loud — trying to stay

awake — but he couldn't, and he fell asleep behind the wheel. That was his choice to drive when tired — and it had tragic consequences."

Furthermore, Bilton didn't buy Nguyen's statement that he didn't realize his vehicle had struck a car. And she said he should have understood that a person might have been inside it.

Instead, said the prosecutor, "He didn't stop, and he only went to the State Police at the urging of his parents. He fled the scene without stopping to see if he'd hurt someone. He hit Yesenia Funes because he was too tired to drive safely. She died on the side of I-66 while he fled the scene."

Defense attorney Peter Greenspun, however, tried to make his client's actions that night relatable. "We've all been on the road when we're tired — when you nod off and something wakes you up and you go, 'Wow, that was close,'" he said. "[In this case], there was the impact and the noise, but there was no fleeing."

He said Nguyen wasn't a thoughtless or uncaring person. "He works 50-60 hours a week," said Greenspun. After leaving the Silver Diner that night, he was headed home to sleep. "There's no evidence that he strays from lane to lane. And in a compilation in the intersection of the circumstances of life, he nods off at the exact moment Yesenia Funes gets a bottle of water. One-tenth of a second, either way, and this wouldn't have happened."

So, said Greenspun, "While it's understandable that the Funes family expects a

harsher sentence, [Nguyen] has already served three months in jail. And as a convicted felon, this will affect his life." Greenspun then asked the judge to consider a sentence of time served, but with a "significant number" of community-service hours added on.

"[Nguyen] had zero intent [to kill or injure the victim]," said Greenspun. "He didn't hide, or run his car to a body shop [to be quickly repaired]. He's a good, young man who made a tragic mistake."

But Judge Smith said Nguyen stated that, after the accident, he bought a cover for his car. "There's only one reason why you do this — to cover up something," said Smith. "This lady was taken from her family far too soon."

Then, right before sentencing, Nguyen stood and addressed the court. "I want to tell the Funes family how sorry I am for everything," he said. "I'd give anything to take back that night. I'll have to live with that, the rest of my life. I promise you that I'll work hard to be a productive member of society. I accept full responsibility for what I did."

Smith then exceeded the sentencing guidelines and ordered Nguyen to spend a year in jail. He also gave the defendant three additional years behind bars, but suspended all this time and placed Nguyen on three years' post-release supervision. Nguyen's driver's license was suspended for a year, as well.

Greenspun then asked the judge if his client could serve his time via either the work-release program — which is a combination of outside employment plus jail — or home, electronic incarceration. Smith had no objection, so the final say will be up to the county Sheriff's Office.

**"He's a good, young man who made a tragic mistake."**

— Peter Greenspun, defense attorney

**"She died on the side of I-66 while he fled the scene."**

— Kathleen Bilton, Assistant Commonwealth's Attorney

**"I'd give anything to take back that night."**

— Khoa Nguyen, defendant

## Transform I-66 Project to Lead to Overnight Closures

Overnight lane closures on southbound Route 28 between Westfields Boulevard and Braddock Road are scheduled to occur Thursday night, May 3. On Friday and Saturday nights, May 4 and 5, overnight lane closures are scheduled on eastbound I-66 between U.S. Route 50 and Route 123 (Chain Bridge Road). Crews will shift travel lanes and set up work zones for construction on the Transform 66 Outside the Beltway project. Details are:

Southbound Route 28 between Braddock Road and Westfields Boulevard will be shifted to allow for barriers to be set up along the outside shoulders for upcoming construction activity. Closures include: Thursday, May 3: Overnight, two left two lanes will close on southbound Route 28 in the vicinity of Willard Road to

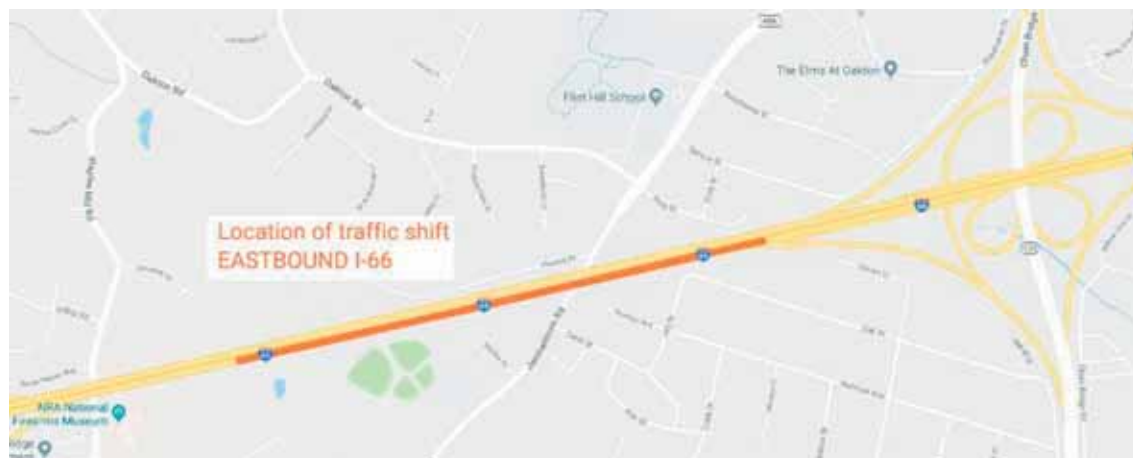
Braddock Road starting at 9 p.m. Thursday. I-66 East between Route 50 and Route 123 Lanes on eastbound I-66 between U.S. Route 50 and Route 123 (Chain Bridge Road) will be shifted toward the inside median to support upcoming construction activity. Closures are scheduled to occur overnight beginning at 9 p.m. on Friday, May 4 and Saturday, May 5:

- ❖ Single lane closure at 9 p.m. on eastbound I-66 near Monument Drive

- ❖ Multi-lane closure at 10 p.m. on eastbound I-66 near U.S. Route 50

- ❖ Closure of one of two lanes on the eastbound and westbound Route 50 ramp to eastbound I-66 at 10 p.m.

Drivers are advised that once this lane shift is implemented, the "red X" signs between U.S. Route



**Southbound Route 28 between Westfields Boulevard and Braddock Road will close Thursday night, May 3; I-66 East between U.S. Route 50 and Route 123 (Chain Bridge Road) will close Friday and Saturday nights, May 4 and May 5.**

50 and Route 123 (Chain Bridge Road), which are part of VDOT's Active Traffic Management (ATM) system, will be transitioned out of service. The signs will remain op-

erational east of Route 123.

Four travel lanes will be available during peak periods throughout construction of the Transform 66 Project. All work is weather

dependent, and will be rescheduled if inclement weather occurs. The I-66 Outside the Beltway Express Lanes are expected to open in December 2022.



# ‘A Different Kind of Wonderful’

Westfield’s Adapted Art students display their work.

BY BONNIE HOBBS

Besides teaching digital art at Westfield High, Kerry Johanson teaches two classes of Adapted Art for students with special needs. And although many of them have difficulty communicating verbally, they’re able to express themselves through art.

So imagine their joy at having their artwork on exhibit for the rest of the school to see. “One of our goals is inclusion,” said Johanson. “During the year, they display their work in the art cases and in the library, just like any other art students.”

Recently, however, they did something extra-special. “We’ve had art in the pyramid art show before,” said Johanson. “But this year, the students created a 20x8-foot, 3D, Southwestern U.S. desert scene that was displayed for three weeks in the student gallery in the main foyer.” Most of the items were paper sculpture and included cactus, scorpions, a coyote mom and her pups, armadillos, desert owls, vultures, coral snakes, roadrunners, dead trees, lizards and painted rocks.

“They got a lot of compliments from students and staff, and it was delightful,” said Johanson. “They were just thrilled to have their work on display; they’re kids — they beamed. And we made signs with their names and faces on them, at the display, so everyone else could see who created everything.”

She has 10 students in one class and seven in the other. And since they have various intellectual and physical disabilities, among her goals are imparting to them both functional and life skills. So while creating art, they improve their fine-motor skills, such as hand grip, control and pressure. They also learn how to clean up after themselves and protect their clothing.

Besides that, the students learn about sequencing, colors, numbers, shapes and sorting. And they hone their social skills — including voice volume, personal space appropriate touch and taking turns — while interacting with their classmates. “They treat others with respect and accommodate others’ preferences,” said Johanson. “Meanwhile, they’re learning to follow through and have the stamina to complete a task or painting.”

“Westfield pioneered the Adapted Art course in Fairfax County, and we’re very proud of our program,” she said. “We want all our students to feel an integral part of the Westfield family.” Displays like the desert scene help our kids feel the pride of accomplishment and give them something to show off and talk about with other students.”

Hers are studio art classes so, just like other Westfield art students,



From left: Students Jefry, Sedona, Fernando, Bruce, Brandon and Britany by the display.

Johanson’s do 2D painting, drawing and printmaking, plus 3D sculpture with various types of media. That way, they get to sample a variety of materials and techniques to create a work of art.

“We’ve done weaving, painting with acrylics and watercolors, and a lot of sculpture,” said Johanson. “The kids also draw but, for most of them, it’s difficult” because of the hand coordination required. They employed their skills to make each part of the desert exhibit, and they dazzled even their teacher with their talent.

She designs and engineers her students’ class projects — but doing so takes extra effort. “I have to think through how they

can do them with their particular limitations,” she said. “For example, folding is difficult because it’s an abstract concept. But whenever I see how the students do their artwork, I learn something new.”

They use a great deal of recycled materials, and Johanson said the faculty is wonderful about bring them to school. “Then we turn these items into something terrific, like robots,” she said. “We even just created giant, Venus flytraps. And whatever the students create, they also learn about. For example, they’ve learned about spiders and their habitat and how bats are beneficial to

people. So everything they do has some educational component.”

All their artwork falls into four main categories — nature, art history, people and things (such as the robots). For art history, for instance, the students made totem poles and learned about different cultures around the world. Johanson also taught them how the birds and animals on their poles represent the various strengths and powers of a community.

In addition, her students have folders that go with them from class to class. “I write notes in them about what the kids did that day, and then the parents can talk with them about it,” said Johanson.

Before they do a new project, she shows them PowerPoints about what they’ll make and explains each step to them and to their adult, instructional aides. Calling these aides kind and amazing, Johanson said, “They know the kids so well — and even if they’re having a bad day or don’t feel good — because they’re with them for several periods a day. I honestly couldn’t do it without them. We’re a team and, by the end of the year, we’ve become like a well-oiled machine.”

In addition, she said, “We have some wonderful, peer-helper students who come to every class. They socialize with the kids and help them with their projects and, in so doing, they become friends. I like to have at least two peer-helpers per class, and both they and the kids love having them there.”

For some of her students, said Johanson, “It’s about the process, not the product; they just enjoy manipulating the materials. But most also enjoy the final product; and when they take it into their next classes, their other teachers and classmates praise them on it.”

SEE WESTFIELD, PAGE 5



Students in Westfield High’s Adapted Art program created this whimsical desert scene.



A cute armadillo, a prickly cactus and a colorful snake are among this desert’s denizens.



# ‘Celebrating the Magic of Giving Back’

Some 144 individuals and groups honored at Fairfax County Volunteer Service Awards.

BY STEVE HIBBARD

About 400 people attended the 26th annual Fairfax County Volunteer Service Awards on Friday, April 27, at the Waterford in Springfield where some 144 individuals and groups were honored. With the theme “Once Upon a Volunteer, Celebrating the Magic of Giving Back,” the breakfast included the “Who’s Who” of Fairfax County’s leaders in business, education, government and nonprofits. It was sponsored by Volunteer Fairfax, members of the Board of Supervisors and Chairman Sharon Bulova. The

SEE 2018, PAGE 10



**RSVP Northern Virginia: Ken Kozloff with Board Chairman Sharon Bulova.**

Ken Kozloff has spent the last five years volunteering with Junior Achievement of Greater Washington, an organization focused on inspiring the next generation to be financially capable and tenacious. Kozloff is a familiar face at JA Finance Park (Fairfax) where he serves as an adult role model for eighth graders who get hands-on experience meeting the fiscal challenges of everyday life. He is also a volunteer instructor in Fairfax County Public Schools through the JA In-a-Day program designed to foster financial literacy, work readiness, and entrepreneurship. He has also gone so far as to incorporate his other volunteer experience into support of JA programming. As a volunteer with Adaptive Aquatics at the Providence RECenter, he teaches swim classes to children on the Autism spectrum. He parlayed his experience with Adapted Aquatics into expanding JA’s high school program to include students with special needs. He developed a new financial literacy curriculum for children with Autism, called JA Life Skills Learning that is currently being offered at three local high schools.

Kozloff has taught 14 classes in Fairfax County schools, directly impacted 266 students, and volunteered over 1,990 hours in 2017. Gayle Robinson, director of Program Innovation at JA said, “Ken is a go-to volunteer that is always happy to help. We are so thankful for Ken’s support.”



**Fairfax County Government Volunteer Program: Fairfax County Community Emergency Response Team (CERT) with Board Chairman Sharon Bulova.**

The Fairfax County Community Emergency Response Team (CERT) program is a Citizen Corps volunteer program managed under the auspices of the Fairfax County Fire and Rescue Department. The CERT program prepares ordinary citizens to safely help themselves, their families, and their communities during emergencies. They also provide emergency preparedness and public safety related services on an ongoing basis.

Over the last year, 694 active CERT volunteers improved the county’s overall emergency response posture through a variety of trainings while also providing a multitude of emergency preparedness and public safety related services. In addition, hun-

dreds of volunteers applied their skills to support community activities and events such as lost child assistance and traffic management. CERT members attended 47 outreach events across the county, informing approximately 7,653 residents about opportunities and activities to better equip themselves, their families, and their neighbors in the event of an emergency.

Fairfax County Fire and Rescue Department Volunteer Liaison Jeffery Katz said, “Fairfax County’s CERT program is a prime example of ‘Neighbors helping Neighbors.’ 2017 was another year of unprecedented growth and innovation during which our CERTs further improved our County’s disaster preparedness.”



**Adult Volunteer Group: PRS CrisisLink’s CareRing volunteers with Board Chairman Sharon Bulova.**

The PRS CrisisLink’s CareRing program assists vulnerable older adults in maintaining independence and community connections by increasing mental and social well-being. Through scheduled calls daily or several times throughout the week, CareRing Volunteers phone clients for social support while also assessing any risk of depression or cognitive decline. These volunteers build trusted and healthy social relationships with clients who may be at risk of isolation. The volunteers embrace clients’ thoughts and

feelings, making sure they know someone cares about them and that they are not alone. In 2017, CareRing volunteers served over 1,000 clients, handled over 35,000 calls, and exchanged over 33,000 text messages. The impact of this group is best described by a CrisisLink client whose letter to volunteers read, “I love when you call me to see how I am doing. It cheers me up and gets me going for the day. I tell you with all my heart and soul, I will never forget your kindness and love.”



**Supervisor Kathy L. Smith honors Glynda Mayo Hall, Sully District.**

Glynda Mayo Hall is an advocate and voice for individuals in need. Her resume includes a lengthy list of over 20 organizations she has volunteered for over the years including: Women at Work for the National Capital Area, the Centreville-Chantilly Rotary Club, the Northern Virginia Business and Professional Women’s Club, and Western Fairfax Christian Ministries. She has served on the board of directors or trustees for a number of organizations helping to set and approve policies, lead fundraisers, as well as solicit stakeholders and funds. As a Fairfax County Partnership Development Manager, she recruited and engaged businesses, faith-based organizations, nonprofits, community partners, and stakeholders to support county programs and find solutions to human service issues. After retiring from 28 years with the county in December 2017, she continues to volunteer to help the poor, homeless, disenfranchised, and any other groups needing an advocate. As District Supervisor Kathy Smith said, “Glynda’s efforts with many organizations have focused on bringing people together to provide the resources that help our neediest neighbors.”



**Chairman Sharon Bulova honors Charles Fegan, Fairfax County.**

For the last quarter-century, Charlie Fegan has served on the Fairfax County Library Board of Trustees as a reliable source of guidance for both the board and the community. He has been an invaluable source of knowledge and voice for both the libraries and the community in his role on the board. He has put in hours of outreach, library advocacy, as well as building and maintaining relationships with members of the Board of Supervisors to further serve the citizens of Fairfax County. As Board of Supervisors Chairman Sharon Bulova said, “Charlie has gone above and beyond the quality and quantity of service to the community as my appointee to the Library Board of Trustees for the last 25 years.”



# Westfield's Adapted Art Students Display Their Work

FROM PAGE 3

She's currently in her 16<sup>th</sup> year at Westfield and started the Adapted Art program six years ago. She said it takes "an enormous amount of time" designing and engineering the projects and preparing the materials and patterns her students will use to create them. But she has no regrets.

"About 10 years ago, I saw the Adapted P.E. program and wondered why there wasn't one for art — and whether a non-special-ed teacher could teach it," said Johanson. "So we started it as a pilot program and it became really popular. Although in many ways, we still have to invent our own wheel."

But, she said, "Working directly with these students is just a different kind of wonderful than my other teaching. There's great joy in little successes, and they're often more appreciative than the average student. They also get to do a lot of decision-making, such as choosing which colors and scissors they want to use. And that's important because some of them don't get a lot of choices in the rest of their lives. They're individuals, like anyone else; they're people — and I like them."

Johanson also enjoys "figuring out and solving the problems of how these kids can successfully do a project, themselves. Sometimes, they do it differently [than I envi-



From left are students Zain, Daniela, Roland, Tanner and Summan by the desert showcase.

PHOTO BY BONNIE HOBBS

sioned it], but that's OK. If they're happy with it, then so am I. And all the effort I put in is worth it to see their artwork delight them — and to see their happiness in their accomplishments."

"It's just a million little things, moment by moment," she continued. Seeing her students' unabashed joy in expressing their emotions is also precious to her. And, she added, "For those who don't show a lot of

emotion, even a little glimmer is a victory for me."

During class recently, two of them said how pleased they were with the desert display. "I did scorpions," said Bruce.

"I like to paint," said Sedona. "We spent a lot of time doing our desert scene, and I took my vulture home."

In this class, said Rebecca Shen, one of the instructional aides, "The students get a sense of being able to do things on their own, and they enjoy that feeling of being independent. They like expressing themselves, and I get to partake in some of the beautiful art they make."

Also glad to be there is peer-helper Amber Williams, a Westfield senior. "I'm interested in teaching art to children and doing art therapy with them," she said. "And for a lot of them, that's what this is — physical therapy helping their coordination."

"They seem happy to be in class and interact with each other; it's a really nice environment," she continued. "And I like being able to facilitate an activity they enjoy doing. I'm also passionate about art, so we have that in common."

Williams said these students are all "really unique and special" and she's built good relationships with them: "One girl can't communicate very well, but she gets really excited when I come into the classroom, and that makes me feel like I'm making a difference."

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# OPINION

## Missing Numbers

To the Editor:

County Chairman Sharon Bulova's April 25 opinion piece, "Budget Hits All the Right Notes," about the proposed FY2019 real estate tax hike, is misleading. When she says the proposed real estate tax rate is \$1.15, she omits the stormwater rate. When that is included the FY2019 rate will be \$1.1825 instead of \$1.15.

She states that new budget includes a 2-cent increase in the real estate tax rate, but this omits the additional tax increase due to the 2.2 percent increase in average residential assessments. The effective rate increase when assessments and the additional stormwater rate increase (1/4 cent) are included is 4.7 cents, not 2 cents.

The typical Fairfax County homeowner's real estate tax bill will increase by \$258, a 4.2 percent increase. Loudoun County reduced its average tax bill by \$48,

a 1 percent decrease.

Chairman Bulova states that the tax hike fully funds the Market Rate Adjustment, Performance, Merit and Longevity increases for county employees and states that the Market Rate Adjustment is 2.25 percent. She does not state the total salary increase resulting from the Performance, Merit and Longevity increases. When those are included county employees will see average increases ranging from 4.25 to 4.50 percent.

Likewise, the school board is funding a 2.3 percent step increase and other salary adjustments, but does not say what the total average raise will be when the other adjustments are included. It is likely to be 4 percent also.

The real estate tax hike will increase county revenues by about \$116 million. The cost of next year's county and school raises is \$139 million. Raises are the primary driver of the county's annual real estate tax hikes.

Since FY2000, the supervisors have increased real estate taxes 169 percent, more than three times faster than inflation, which increased 53 percent.

If Chairman Bulova felt that the voters who defeated the 2016 meals tax, which would have raised \$100 million, would support next year's 4.2 percent tax hike to raise \$116 million for 4 percent raises, why didn't she acknowledge those numbers in her statement?

**Arthur Purves**

President  
Fairfax County  
Taxpayers Alliance

## Supporting FLE Program

To the Editor:

For the past 25 years Fairfax County Public Schools has had a Family Life Education program in its schools that prepares young children for being members of families, cautions older children about some of the hazards of adulthood, and contains lessons that encourage all children to be safer in this world. The program at the same time respects the values of families of different perspectives and cultural backgrounds.

Most important of all, parents can examine and opt their children out of any part or all of FLE at any grade level — the children will receive a well-constructed alternative health lesson.

This year's proposal will include some tweaks to language that make the objectives more inclusive of transgender students. FCPS has adopted language in line with the major medical professional groups: the American Medical Association, the American Academy of Pediatrics, and the American Psychiatric Association. Alas, this has attracted a well-funded astroturf campaign from some national lobbying organizations opposed to such inclusion. Fairfax residents should rest assured that the FLE objectives are closely examined by a committee representative of staff and the community; almost all residents of the county will find nothing untoward in the objectives. Indeed, our Family Life Education program is something of which we can be proud. The campaign against it is really much ado about nothing.

**Robert Rigby, Jr.**  
President, FCPS Pride



## James River Sprints

Westfield High School's crew team captures a first place finish in the Men's Novice 8 race during the recent James River Sprints regatta in southern Virginia.

Westfield High School's crew team captures a first place finish in the Women's Novice 8 race during last weekend's regatta at Sandy Run Regional Park and received congratulations from WHS principal, Dr. Anthony Copeland. Front, from left, are Ishika Gupta, Modeste Folly, Isabel Yi, Rena Jorales, Roxanna Rafat, Bella Rubijono, Maddie Tate, Dr. Anthony Copeland, and, in back, Ayanna Pena and Jinjoo Noh.



PHOTOS CONTRIBUTED

## Chantilly CONNECTION

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**Back Row (from left):** Roberta Longworth, Fairfax County Park Foundation Executive Director; Lane Brooks, Fairfax County Park Foundation Board Treasurer; Sagar Gupta, eighth grader at Rachel Carson Middle School; Jasmine Carlos, eighth grader at Holmes Middle School; Kate Schlageter-Prettyman, fifth grader at Fairhill Elementary School; Sara Baldwin, Deputy Director of the Fairfax County Park Authority; and Cristin Bratt, Deputy Public Information Officer of the Fairfax County Park Authority. **Front Row (from left):** Kenzy Abdelmoneim, first grader at Medina Montessori School; Zoya Quraishi, kindergarten homeschool student; and Lubabah Qazzaz, fourth grade homeschool student.

## Student Poets 'Celebrate the Senses'

Winners of the Fairfax County Park Authority's "Celebrate the Senses!" youth poetry contest were honored on Saturday, April 21, at the SpringFest Fairfax celebration at Sully Historic Site in Chantilly.

In recognition of National Poetry Month in April, the Park Authority invited children in grades kindergarten through eighth grade to write poems inspired

by what they see, touch, taste, smell and feel in Fairfax parks. Two winners in each age category were selected from 115 entries. The six winners received \$100 parks prize packs and were invited to read their poems at Springfest Fairfax. The contest was supported in part by the Fairfax County Park Foundation.

## CRIME REPORT

The following incidents were reported by the Fair Oaks District Police Station.

**ATTEMPTED ROBBERY:** 2400 block of Merrybrook Drive, April 24, around 4 p.m. The victim was walking when he was approached by two black men, who asked about his shoes. The victim ignored the men and continued to walk away when one of the suspects knocked him to the ground. The suspects assaulted the victim and tried to take his shoes but were unsuccessful. The victim sustained minor injuries. The suspects are described as black men, one about 5'8", 135 pounds wearing a white shirt and jeans. There is no description of the second suspect.

**DISORDERLY CONDUCT:** 11778 Fair Oaks shopping center (Cheesecake Factory), April 17, 4:31 a.m. Officers responded to the location for a report of a woman yelling and acting erratically. When officers tried to speak with the woman she continued to yell profanities while trying to enter the business. When officers attempted to arrest the woman, she tried to pull her arms away. The woman also spit on one of the officers. A 26-year-old woman from Fairfax was charged with assault on law enforcement, disorderly conduct, and drunk in public.

**MAY 1 LARCENIES**  
12800 block of Knight Arch, lock from residence

4200 block of Mazarin Place, license plate from vehicle

9300 block of Van Arsdale Drive, property from residence

**APRIL 30 LARCENIES**  
13600 block of Cedar Run Lane, cash

from residence  
12700 block of Fair Lakes Circle, clothing from business

11700 block of Fair Oaks Shopping Center, wallet from business

2400 block of Little Current Drive, package from residence

4200 block of Mazarin Place, license plates from vehicle

11600 block of Monument Drive, merchandise from business

4700 block of West Ox Road, merchandise from business

**APRIL 26 LARCENIES**

13000 Fair Lakes Shopping Center, merchandise from business

**STOLEN VEHICLES**  
3800 block of Fairfax Ridge Road, 2014 Volkswagen Jetta

**APRIL 25 LARCENIES**

13500 block of Eds Drive, computer from business

**APRIL 24 LARCENIES**

13500 block of Eds Drive, computer from business

**APRIL 23 LARCENIES**

11200 block of James Swart Circle, medications from business

11600 block of Monument Drive, merchandise from business

4200 block of Ridge Top Road, wheels from vehicle

4700 block of West Ox Road, merchandise from business

**APRIL 20 LARCENIES**

13000 block of Fair Lakes Shopping Center, merchandise from business

2800 block of Hunter Mill, keys from vehicle



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[www.lostdogrescue.org](http://www.lostdogrescue.org)

### STAYING SAFE TOGETHER

May 9 is Bike to School Day.  
Here are some safety tips to remember.

Allow 3 feet when passing a cyclist. Motorists may legally cross the double yellow line if the oncoming lane is clear.

Be careful at intersections. Look both ways for people biking and walking before making your turn.

After parking, look over your left shoulder for approaching cyclists before opening your car door.

Join us for the National Bike Challenge - May 1-31  
Bike to School Day - May 9 and  
Bike to Work Day - May 18  
[fairfaxcounty.gov/transportation/bike-walk](http://fairfaxcounty.gov/transportation/bike-walk)





PHOTOS BY TOM MANNING/THE CONNECTION

## Pre-Prom at the National Mall

The Chantilly High School Prom was held on April 28 at the Hyatt Regency in Reston. Prior to the festivities, a group of Chantilly students travelled to D.C. for pre-prom photos on the National Mall near the Lincoln Memorial Reflecting Pool. From left are: Isaac King, Meredith Spohn, Sebastian Abatzis, Kerry Platt, Matthew Bucko, Rebecca Phares, Ryan Hodinko, Kylee Marciello, Marina Chaves, Anthony Logrono, Hailey Wallis, Liam Fitzgerald, Maddie Dintino, Tyler Friedmann, Heather Donnelly, and Sebastian Castillo.



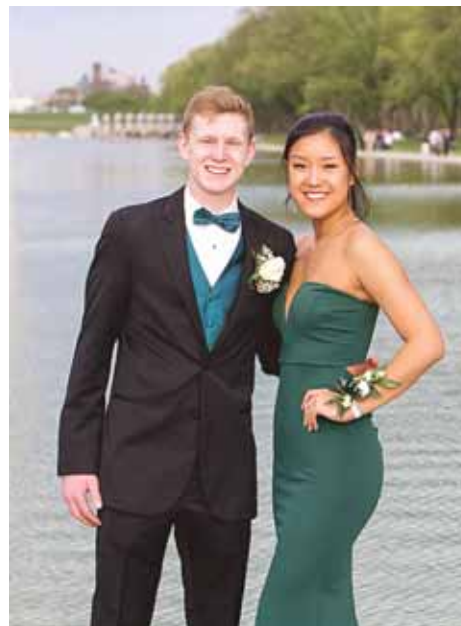
Sebastian Abatzis and Kerry Platt.



From left are: Isaac King, Anthony Logrono, Liam Fitzgerald, Rebecca Phares, Kylee Marciello, Ryan Hodinko, and Matthew Bucko.



Graduating Seniors (from left): Rebecca Phares, Kylee Marciello, Maddie Dintino, and Heather Donnelly.



Zach Carter and Kristine Chiang.

## BULLETIN BOARD

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

### KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept. 30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

**Centre Ridge Elementary School** in Centreville is open for kindergarten registration for the school year 2018-19. Forms and other information are available on line at <https://www.fcps.edu/registration/kindergarten-registration>. They are also available in the front office. Call 703-227-2600 with questions.

**Greenbriar West Elementary School** is now accepting information for next year's Kindergarten classes. Families who live within the school's boundaries and have a child who will turn 5 years of age by Sept. 30, 2018, call the school office at 703-633-6700.

### THURSDAY/MAY 3

**PolicyMaker Series: The State of Transportation.** 8-10 a.m. at Washington Dulles Airport Marriott, 45020 Aviation Drive, Dulles. Join the Loudoun Chamber for an in-depth conversation with the region's top transportation leaders and how they are working to strengthen our transportation network including Jack Potter (Metropolitan Washington Airports Authority) and Paul Wiedefeld (Washington Metropolitan Area Transit Authority). \$55 for members, \$85 for future members. Register at [www.loudounchamber.org](http://www.loudounchamber.org).

### FRIDAY-SUNDAY/MAY 4-6

**Volunteers Needed to Pack Meals.** Friday, 9:30 a.m.-10 p.m.; Saturday, 9 a.m.-10 p.m.; and Sunday, 9 a.m.-5:30 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Community members will fight world hunger by packing food for starving children through a partnership between New Hope Church (Lorton) and nonprofit Feed My Starving Children (FMSC). 16,000 local volunteers will feed 9,585 children for a year by packing nutritious ingredients into 583,333 bags in three days. Visit [www.2018foodfight.com](http://www.2018foodfight.com).

### SATURDAY/MAY 5

**Workshop for Siblings of Children with Special Needs.** 10 a.m. - 2 p.m. at Key Middle School, 6402 Franconia Road, Springfield. This Sibshop workshop is for 8-13-year-old siblings of children with special needs enrolled in Fairfax County Public Schools. A pizza lunch will be provided. Visit [www.fcps.edu/spedconference2018](http://www.fcps.edu/spedconference2018).

**Free Sober Rides.** Saturday, May 5, 7 p.m. through Sunday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 5 p.m. on May 5 on [www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

### SATURDAY/MAY 12

**Church Yard Sales.** 8 a.m.-1 p.m. at Oakton Baptist Church of Chantilly, 14001 Sullyfield Circle, Chantilly. Members of Oakton Baptist Church of Chantilly will be having individual Yard Sales in the church parking lot. Rain date is May 19. Call 703-631-1799.

### THURSDAY/MAY 17

**Safe Driving While Aging.** 9:30 a.m.-1:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. NV Rides will host workshops offering tips and best practices to help older drivers stay on the road safely, and for as long as possible. Free. RSVP requested at [Ginac@nvrises.org](mailto:Ginac@nvrises.org) or 703 537-3070.



## WELLBEING

# Erasing the Stigma

**Mental Health advocates work to tear down barriers to treatment.**

BY MARILYN CAMPBELL

**I**t was during college when Laura Greenstein began to notice that something was not quite right. “I noticed that things that were creating anxiety on a daily basis, they weren’t just situational,” she said. “My anxiety was grabbing onto anything that it could. If I was running late, I would start to panic. Any small thing became a big issue.”

“My mother has always been supportive, but when [my anxiety] got to a certain point some close friends and family began to stigmatize it,” said Greenstein, who now works for the National Association for the Mentally Ill (NAMI) in Arlington. “They would say, ‘You’re not doing enough.’ It was difficult to feel that I wasn’t being fully accepted.”

After months of therapy and recent session with a psychiatrist who prescribed medication, Greenstein said that she is beginning to feel some relief. She even began blogging about her experience. “This was my first time sharing my story,” she said. “It’s been a really validating process. Being open can really improve your outlook.”

During May, Mental Health Awareness Month, Greenstein and other mental health advocates are sharing the ways in which negative perceptions about mental illnesses can impact those who suffer from it. NAMI reports that approximately 1 in 5 adults and children in the United States are experiencing mental illness in a given year. Only 41 percent of those adults received mental health treatment, while slightly more than half of children aged 8-15 received those services. One of the roadblocks to treatment, say mental health professionals, is the stigma surrounding mental health.

“Micro-aggressions towards individuals with mental illness are very common, such as assuming that someone with a mental illness is inferior, stupid, or not in control of their own behaviors,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Because of our society’s misperceptions of mental illness, many individuals struggling with mental health problems feel ashamed and isolated. They may even feel like it is not appropriate to seek help. “[And] being on the receiving end of these hurtful comments and beliefs actually worsens symptoms.”

With a theme of “Cure Stigma,” NAMI activists are encouraging people to educate themselves and eradicate the stigma which can be a roadblock to those who suffer from mental illness to get the treatment they need. They were afraid of being labeled, so they suffered in silence.

This is particularly true with teenagers and preteens, advises Stacie Isenberg, Psy.D., a child psychologist who specializes in anxiety disorders. “A mental illness stigma may cause a teen or pre-teen to be hesitant to admit to her or himself that they are having a mental health problem, to share with a parent, teacher, or pediatrician about their problem, and to seek mental health treatment,” she said.

The stigma surrounding mental illness is an important issue that often goes unrecognized, says McLaughlin. “Individuals with mental illness face both overt and covert discrimination,” she said. “For ex-



PHOTO COURTESY OF LAURA GREENSTEIN

**Laura Greenstein is using her personal experience with anxiety to help others who suffer from mental illness.**

ample, there is an assumption that people with mental illness are violent or crazy, which is not true. However, our belief in these myths can affect someone’s ability to find employment or obtain housing.”

“Education is a powerful tool in combating mental health stigma, and community-wide, mental health awareness campaigns are helpful,” added Isenberg. “Individually, kids often search online to check out what their symptoms mean. Education from credible websites, and those of mental health organizations often provide clarity and guidance for those seeking help.”

Allowing those who might be experiencing symptoms of a mental illness to speak freely about their condition without fear of judgment can remove barriers to treatment advises McLaughlin. “That means asking how we can help, listening with an open mind, and being nonjudgmental,” she said. Sometimes it can be a tremendous help just to let someone know that they have someone to lean on and that they are not alone.”

People can also fight the stigma of mental illness by being accepting and supportive of people who are experiencing mental health issues, and by modeling this acceptance for their children, suggests Isenberg. “Employers can encourage employees to use mental health days as needed, and to permit longer lunch hours or flexible dismissal or arrival at times to accommodate therapy appointments,” she said. “Similarly, schools can work with families to allow kids to use free periods, lunch periods, etc. to attend therapy when an after-school time is not available and the need for treatment is significant.”

A family’s attitude about the mentally ill can affect a child’s willingness to ask for help, advises Isenberg. “A child who comes from a family that does not consider mental health issues to be real or problematic may be reluctant to share with her or his parents,” she said. “Similarly, kids whose friends stigmatize mental health issues, or kids who don’t talk much about personal issues with friends, are often unsure about sharing with their friends. On the contrary, kids who believe their families and friends will be sensitive and supportive to them are more likely to be open with them about any concerns they are having.”

McLaughlin says the conversation needs to happen on a national level. “One of the most important things our nation could do is make therapy services more easily accessible,” she said. “We should encourage individuals to seek treatment, not make them feel embarrassed. There is nothing more courageous than someone who is willing to advocate for their own mental health.”

**More**

See [www.nami.org](http://www.nami.org)

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**News**

**2018 County Volunteer Service Awards**

FROM PAGE 4

volunteers, who do everything from helping with technology mentoring, supporting at-risk seniors and working to combat homelessness, gave a total of 328,760 hours of service worth \$7.9 million in support of the Fairfax County community. Peggy Fox, Virginia Bureau Chief at WUSA9/CBS affiliate, served as event emcee.

Many different awards were given out, including 2018 Benchmark Awards for volunteering 100, 250, 500, or 1,000 hours; 2018 Community Champions who were selected by the Board of Supervisors honoring a volunteer in their districts who was dedicated to improving life in the county and beyond; and 2018 Competitive Awards for youth, adult, and seniors in individuals and groups.

"Today is all about recognizing the wonderful volunteers we have in Fairfax County," said Elise Neil Bengtson, CEO of Volunteer Fairfax. "We're giving them a platform so the county can understand better where volunteers fill gaps and meet the needs of the community and nonprofits at the same time. Without volunteers, we could not get everything done that we do. We have a tremendous wealth of experience and education in this area so even when you're older and retired, you can do amazing things and feel good and stay energized in this county and be an active participant."

Added Rick Garza, Volunteer Fairfax board president: "This is a signature event for Volunteer Fairfax and Fairfax County and the City of Fairfax to just honor so many people who devote their time outside of their working hours helping others, helping our community be a better place."

Board of Supervisors Chairman Sharon Bulova, who offered a Fairfax County Proclamation to

Volunteer Fairfax, which was established in 1975, added: "Fairfax County has a unique culture and that includes volunteerism through the roof ... We would not be able to do as much as we do with volunteers if we didn't have an organizational body pulling

people together, connecting people and making volunteerism happen. Congratulations Volunteer Fairfax and thank you so much for everything you do for our community."

For more on Volunteer Fairfax, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).



PHOTO BY STEVE HIBBARD

**Corporate Volunteer Program: Fannie Mae team with Board Chairman Sharon Bulova.**

In the past year, Fannie Mae employees have volunteered over 400 hours with Pathway Homes, a nonprofit organization providing housing and supportive services to adults with serious mental illness and other co-occurring disabilities in Northern Virginia. In May, over 100 Fannie Mae staff members provided landscaping at four Pathway homes where clients resided. Volunteers also assembled bathrooms sets and welcome kits for new clients moving into their new home. In total, their contribution of time and supplies estimates to over \$80,000, saving the agency funds that can be redirected to support residents. Pathway Homes also serves as a beta site for an emerging Fannie Mae Fellows program. This involves Fannie Mae

providing an employee to serve as a Fellow at no cost to Pathway Homes for three months on-site and an additional three months after returning to Fannie Mae. The Fellow, selected through a competitive process of approximately 225 eligible employees, will focus on identifying and mitigating barriers that decrease the number of affordable rental units available for special needs populations.

Pathway Homes President and CEO Dr. Sylisa Lambert-Woodard said, "Pathway Homes greatly appreciates Fannie Mae's innovative and thoughtful approach to working with nonprofits and applauds the effort they put forth to make sure the individuals served by the nonprofit truly benefit from their partnership."

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**Let us know about an upcoming event**

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# CRIME

The following incidents were reported by the Sully District Police Station.

**MALICIOUS WOUNDING:** 14000 block of Woodland Ridge Drive, April 23, 1:56 a.m. Officers responded to the residence for a report of a shooting. The preliminary investigation revealed the victim came to the home to visit friends. When he walked down into the basement, a man pulled out a gun and shot at the victim causing a minor graze wound to his neck. The suspect fled from the house in an unknown direction.

**STOLEN VEHICLE/DWI/NARCOTICS VIOLATION/ARREST:** 13000 block of Lee Jackson Memorial Highway, April 21 around 1:15 a.m. An officer on patrol observed a vehicle swerve out of its lane. The officer ran the license plate and learned the vehicle was stolen. Before he was able to conduct a traffic stop, the driver of the stolen vehicle made a turn, pulled into a parking space, and ran towards a wooded area. Officers saturated the area and the suspect was found passed out behind a townhome by a K9 unit. An 18-year-old man of no fixed address was arrested and charged with grand larceny, receiving stolen property, possession of marijuana, two counts of credit card theft, DWI, fleeing from a law enforcement officer, and driving without a license. Other charges are also possible.

**TRAFFIC PURSUIT/DRIVING WHILE INTOXICATED:** Route 28 at I-66, April 12, 3:40 a.m. An officer initiated a traffic stop but the car sped away and a chase began. The driver failed to keep the car on the road as it left Route 28 towards Westfields Boulevard and crashed into a stormwater retention pond. The car came to rest on the embankment and the driver ran away. After a short foot pursuit, officers caught a 27-year-old woman from Woodbridge and charged her with driving while intoxicated – second offense within 5 years, disregarding police signal to stop, driving on a revoked license – second offense, and refusal of blood or breath test.

**BURGLARY:** 4100 Chantilly Lace Court, April 10 between 8:30 a.m. and 7 p.m. Someone entered the residence and stole property. Detectives are investigating.

**BURGLARY:** 5600 Block of Gosling Drive, April 9, 7 p.m. A person entered the residence and stole property.

## APRIL 30 LARCENIES

4300 block of Chantilly Shopping Center, wallet from business

13300 block of Connor Drive, package from residence

14400 block of Woodmere Court, cell phone and plants from residence

## Westfields Triathlon This Sunday

The Westfields Triathlon is Sunday, May 6, at 7 a.m. The race starts and ends at the Cub Run Rec Center, 4630 Stonecroft Blvd. in Chantilly, and is organized by the Westfields Business Owners Association. Proceeds benefit Team Rubicon and PRS (Psychiatric Rehabilitation Services). Register at <http://rev3tri.com/westfields/registration/>.

Team Rubicon's primary mission is providing disaster relief to those affected by natural disasters, be they domestic or international. By pairing the skills and experiences of military veterans with first responders, medical professionals, and technology solutions, Team Rubicon aims to provide the greatest service and impact possible. For more information, see <https://teamrubiconusa.org/mission/>.

PRS exists so that individuals living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. For further information, go to <https://prsinc.org/about/our-history/>.

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## You Mean Next Week Tuesday?

By KENNETH B. LOURIE



Today, Sunday, April 22, I am not on any real – or imagined, deadline pressure, quite different than my previous column (“You Mean Tomorrow Tuesday?”), published April 25. This column isn’t due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there’s no abbreviated/immediate-type deadline, and it’s a relatively quiet weekend at home (as opposed to the “triple threat” Tuesday I wrote about last week), Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they’re all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very same chair he ended up on last week. This week however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business – for now, I am able to mind mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossroads for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as pen is put to paper. No cat interruptions or interference whatsoever. To quote my late father, I have no “encumbrances” – at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show “stable.” News, with which I’m extremely fond of writing – properly, I can live. As much as I could likewise live with tumor “shrinkage” as well, I am ALWAYS pleased when I see my new favorite word: “stable,” in any communication from my doctor. For a cancer patient still undergoing treatment – as I am, or for any cancer patient in remission, a “stable” result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. (For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predominant worry. As such, I get a brain MRI regularly.)

So, no scan-result pressure. No post-chemo side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the ‘pressure’ is officially off. And when the ‘pressure’ is off, my creativeness is on. Though this may not be the best column I’ve ever written, it’s certainly been one with the least amount of ‘encumbrances.’

And speaking of my father, Barry, who died in in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cemetery. And though the conversations are mostly one-sided, still, it brings me comfort and a peculiar sort of joy to share the details of my treatment and the miscellaneous pressures I experience, some of which I’ve mentioned and some of which I haven’t. Many of those my parents knew about, and were often topics of discussion – while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis after. Whoever I have to thank: thank you.

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



# ENTERTAINMENT

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

## THURSDAY-SUNDAY/MAY 3-6

### Centreville Library Book Sale.

Thursday, noon-8:30 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-4:30 p.m.; and Sunday, 1-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Proceeds benefit the library and its patrons. Free admission. For more information call the library at 703-830-2223 or visit [friendsofcentrevillelibrary.blogspot.com](http://friendsofcentrevillelibrary.blogspot.com).

## FRIDAY-SUNDAY/MAY 4-6

### Chantilly Library Book Sale.

Friday, May 4, 10 a.m.-6 p.m.; Saturday, May 5, 10 a.m.-5 p.m.; Sunday, May 6, 1-4 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Great selection of gently used books, DVDs, CDs and audio books for children and adults. Sponsored by Friends of the Chantilly Regional Library. Free admission. Call 703-502-3883 or visit [www.fairfaxcounty.gov/library/events](http://www.fairfaxcounty.gov/library/events).

## SATURDAY/MAY 5

### Civil War Fortifications Tour.

8:30 a.m.-4 p.m., meet for a brief orientation at 8 a.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Blake Myers, noted Civil War Historian, will lead a tour of Civil War fortifications in the Clifton area as well as Centreville's Confederate Military Railroad, Saint John's Church and cemetery, Mount Gilead and several other preserved Civil War fortifications. \$20 for Museum members, \$30 for non-members. Visit [www.fairfax-station.org/tours.html](http://www.fairfax-station.org/tours.html) or call 703-425-9225.

**Annual Plant Sale.** 9 a.m.-noon in front of Giant Food, 5615 Stone Road, Sully Station, Centreville. Perennials, annuals and herbs for sale by Centreville Garden Club. Proceeds maintain planter boxes at Sully Governmental Center and other civic projects. Learn more at [centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com), email



PHOTO BY BONNIE HOBBS

## Jazz & Pizzazz

With songs and dances by the ShowStoppers and music by the Chantilly Jazz, the 32<sup>nd</sup> annual Jazz & Pizzazz extravaganza takes this stage this week at Chantilly High. Show times are Friday-Saturday, May 4-5, at 7 p.m.; tickets are \$10 and are available at [www.chantillychoral.org](http://www.chantillychoral.org).

[centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com) or call 703-830-3271.

**Derby Day in Centreville.** 5:30-7 p.m. at Alto Plaza, 5800 Old Centreville Road, Centreville. NOVA GOP PAC Kentucky Derby Day Fundraiser. Be on the Host Committee as a sponsor of the event for as little as \$100 which includes 2 tickets to the event. Consider joining the Host Committee at the higher levels, such as Patron (\$250-5 tickets), Benefactor (\$500-10 tickets) or Co-Host (\$1,000-20 tickets). Donate online at <https://>

[www.campaigncontribution.com/contribution.asp?id=1556&jid=](http://www.campaigncontribution.com/contribution.asp?id=1556&jid=) or by mailing a check to NorthernVirginiaGOP.com, 13680 Bent Tree Circle, #403, Centreville, VA 20121. Call 703-502-0161.

**Clifton 5K Run.** 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. Calling all runners and walkers – register for the 21st Annual Clifton Caboose Twilight Run, a 5K run and a 1-mile run/walk that winds its way through scenic Virginia horse country. The family-friendly event includes a post-race party with refreshments and live music. 5k run, \$21; 1-mile fun run/walk, \$15. Visit [www.signmeup.com/123989](http://www.signmeup.com/123989) to register by Wednesday, May 2; after May 2, register on site. Call 703-968-0740 or visit [www.cliftonva.org/events/clifton-5k-race](http://www.cliftonva.org/events/clifton-5k-race).

**Festival to Fight Cancer.** 6:30 p.m. at Centreville High School track, 6001 Union Mill Road, Clifton. Centreville's Wildcats vs. Cancer club is holding a neon, nighttime, glow run featuring a 1-mile fun run/walk and 2-mile race. The fun includes a dance party on the infield, DIY glow face-painting, a selfie station with props, vendors, raffle-prize drawings and free, post-race food and beverages. Prizes will be awarded for the best glowing costumes. Signups are now open to participate at [runsignup.com/Race/VA/Clifton/FestivaltoFightCancer](http://runsignup.com/Race/VA/Clifton/FestivaltoFightCancer). Registration is \$20 and, this year, all proceeds will go to Team Mathias ([www.teammathias.org/](http://www.teammathias.org/)). Email [wildcatsvscancer@gmail.com](mailto:wildcatsvscancer@gmail.com) for more.

## SATURDAY-SUNDAY/MAY 5-6

### Two-Day HO Gauge Model Train Show.

Saturday, noon-5 p.m.; Sunday, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum

will host the Potomac Module Crew and their HO Gauge model trains. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## WEDNESDAY/MAY 9

**Shore Stories.** 6:30-9 p.m. at Centreville Library, 14200 St. Germain Drive, Centreville. Join us for a Special Screening and Discussion of Shore Stories, exposing the impacts of offshore drilling on coastal communities and the climate. Free. Email [cscarver27@gmail.com](mailto:cscarver27@gmail.com) or visit [virginia2.sierraclub.org/](http://virginia2.sierraclub.org/).

## SATURDAY/MAY 12

**Liberty Vendor Fair.** 11 a.m.-4 p.m.



PHOTO BY TOM DIBARTOLO

Boys racing round and round at the Cub Carnival.

## Cub Scout Carnival

Games, prizes, and fun. Pack 1860 invites boy and now girls (K-5th grades) and their families for a fun evening at a scout-run carnival. Come learn about Cub Scouts – now open to boys and girls. Wednesday, May 16, 7-8 p.m. at Union Mill Elementary School, 13611 Springstone Drive, Clifton. Free. Email [akela@pack1860.org](mailto:akela@pack1860.org) for more.

at Liberty Middle School, 6801 Union Mill Road, Clifton. Liberty Middle School PTA will hold a vendor fair fundraiser with a large variety of vendors, activities, and food items. Enjoy food, fun, and music. Admission is free. Email [sean.david.foster@gmail.com](mailto:sean.david.foster@gmail.com).

**Fundraiser and Book Fair.** At Barnes and Noble Store, 12193 Fair Lakes Promenade Drive, Fairfax. The Fairfax Station Railroad Museum volunteers will introduce visitors to life in Fairfax Country during the 1800s. Local authors will sign books available for sale. The Museum will receive a percentage of sales for most purchases. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR). Call 703-425-9225.

## SATURDAY-FRIDAY/MAY 12-18

**Holistic Wellbeing.** At Sant Mirankari Mission, 4501 Pleasant Valley Road, Chantilly. Free. Swami Mukundananda is a renowned teacher of Spirituality, Yoga and Meditation. He is the founder of unique yogic system JKYog also known as Yoga for Body, Mind and Soul. Part one covers the following five Healthy sciences: Yoga, Pranayam, Subtle Body Relaxation, Roop Dhyam Meditation and Science of Healthy Diet. Part Two are discourses on the Topic - 7 Mindsets for Success in Life and Beyond. The schedule is as follows: 05/12 – 05/13 (Sat.-Sun.) Yoga & Meditation: 4:30–5:45 p.m.; Discourses: 5:45–7:30 p.m.; 05/14 – 05/17 (Mon.-Thurs.) Yoga & Meditation: 6–7:15 p.m.; Discourses: 7:15–9 p.m.; 05/18 (Friday) Life Transformational Workshop from 6–9 p.m. Free vegetarian dinner provided every day. Contact 703-901-3731 or visit the website: <https://www.jkyog.org/events/7-Mindsets-Chantilly-VA-2018/>

## SUNDAY/MAY 13

### Model Train Show & Mother's Day Celebration.

1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold an N gauge T-TRAK model train show at the museum. Moms receive a special gift. Museum members and moms, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR) or call 703-425-9225.



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

**The Fairfax Station Railroad Museum.**

## Two-Day HO Gauge Model Train Show

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