

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

**PET DANDER.
POLLEN. GET THE
ALLERGENS OUT!**

IN-PLANT ORIENTAL RUG CLEANING
Have 2 Rugs Cleaned And Get The 3rd Cleaned **FREE!**
Save up to 35%

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hanna Ayoub Express Expedited Service for Rugs that Qualify!
- A Trusted Resource Since 1929!

**OUR BEST OFFER EVER
EXTENDED
BY POPULAR
DEMAND!**

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Expires 5/27/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.

Chantilly

CONNECTION

Fair Oaks ♦ Fair Lakes



Tribute to Heroism

News, PAGE 3

Standing in front of MPO Mike Garbarino's memorial are (from left) his daughters Natalie and Katie; widow Sue Garbarino Woods; Police Chief Ed Roessler; Woods's brother, Peter Brinko, and Capt. Dean Lay.

Artful Show at Westfield

News, PAGE 2

MAY 16-22, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Artful Show at Westfield

The Westfield Pyramid Art Show was April 4-5.

PHOTOS BY BONNIE HOBBS



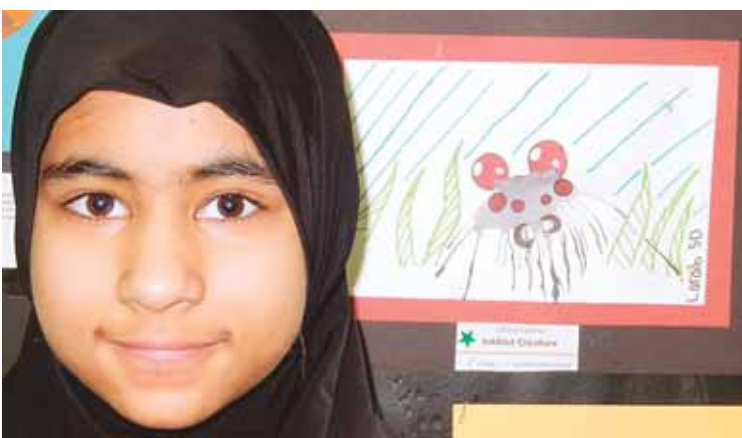
Luke Somers, Westfield junior



Joel Crump, London Towne Elementary, 4th grade



Claire Gaito, Stone Middle, 7th grade



Laraib Fatima, Coates Elementary, 5th grade



Ryan Bowen, Westfield junior



Emily Alvarez, Westfield junior



Cailin Berry, Westfield junior



Emily Bobek, Virginia Run Elementary, 6th grade



Riley Cutler, Westfield senior



Sarah Schettini, Stone Middle, 8th grade

‘Gabby and Vicky Are Examples of Valor’

Sully Police Station honors Garbarino and Armel.

BY BONNIE HOBBS

Mention a date monumentally important to a certain generation, and people can tell you where they were when, for example, President Kennedy or Beatle John Lennon were shot and killed. For Fairfax County residents – and its Police Department, in particular – that date is May 8, 2006.

That’s because it’s when MPO Mike “Gabby” Garbarino and Det. Vicky Armel were fatally shot in the back parking-lot of the Sully District Police Station. And for those who knew, loved or worked with them, that date is forever seared in their hearts.

Last Tuesday, May 8, they gathered at the station – as they have each year since the tragedy – to remember these two officers with a special ceremony. The station commander, Capt. Dean Lay, began it by saying, “We’re here to honor two heroes.”

On May 8, 2006, around 3:40 p.m., 18-year-old Michael Kennedy carjacked a van. Responding to the call, Armel went outside to the police station’s rear lot. But as she reached her cruiser, Kennedy – armed with five handguns, an assault weapon and a high-powered rifle – drove into that lot.

There, an unarmed Garbarino was tending to things inside his cruiser before leaving on vacation. Standing just a few yards away, Kennedy ambushed him, firing more than 20 rounds at the officer with an AK-47-type rifle.

When the shooting began, Armel, a 17-year police veteran, made her presence known to Kennedy to draw fire away from Garbarino. She and Kennedy exchanged gunfire, and a bullet from his 30-06 rifle pierced her ballistic vest and entered her chest.

She made it back inside her cruiser, but was shot again in the legs. Yet even though mortally wounded, she still fired four more rounds, trying to stop the assailant. Armel was later pronounced dead at Inova Fairfax Hospital.

Garbarino also displayed bravery under fire that day. Although he’d been shot five times and was gravely wounded and in pain, the 23-year police veteran used his cruiser’s radio to alert other officers to the danger. He provided suspect information, told the police helicopter where to land and warned other officers to approach from the front of the building so they wouldn’t walk straight into harm’s way.

He also prayed to God and told his fellow officers, “I’m not going to die here.” True to his word, Garbarino held on in the hospital for nine more days, but succumbed to his injuries May 17, 2006. As for Kennedy, he was killed the day of the offense in a



MPO Mike Garbarino



Det. Vicky Armel

shootout with other responding officers; police said he’d fired more than 70 rounds.

Both Armel and Garbarino left spouses, two children each, grieving colleagues and a community in mourning. A year later, the Fairfax County Police Department posthumously awarded Gold Medals of Valor to both officers.

Last Tuesday’s remembrance ceremony took place in that same parking lot, at the same time the tragedy happened. Attendees included Deputy County Executive Dave Rohrer, county Police Chief Ed Roessler, former county fire and rescue Assistant Chief of Operations Dave Rohr, former Sully District Station Commander Susan Culin, family members and colleagues of Armel and Garbarino – including Armel’s former partner, Mike Motafches, and former Sully District Supervisor Michael Frey, whose office was in that police station. Capt. Shawn Perkins, a county police chaplain, gave the invocation.

“Thank You for the opportunity of honoring the lives Vicky and Mike lived and their public service, and bless each public servant,” he prayed. “These were two of my friends. And in these times in which we live – in honor of the lives they gave – I challenge you to continue to do your best, despite the atmosphere where you often don’t feel appreciated.”

“The hope is that, when you’re out on the street, you’ll do things, not because of what you’ll get in return,” continued Perkins. “You’re giving in good measure, as God promises to give to us. Thank you for all you do for so many who won’t thank you. Be safe out there.”

Recalling May 8, 2006, Lay said, “I was



PHOTOS BY BONNIE HOBBS

Some of the attendees at the remembrance ceremony for the two, fallen officers.

with the National Capital Regional Intelligence Center, and I responded here that day. I saw men and women at their best, and I saw valor. Gabby and Vicky are those examples of valor, and every day I go through that [parking-lot] gate, I remember that.”

Next came a moment of silence in their memory, followed by a tone sounding and a police helicopter flyover. Then Lay said he’d be returning to their families the mementos people had given the Police Department in Garbarino’s and Armel’s honor, over the years.

Stepping next to the podium was the assistant station commander, Lt. Ryan Morgan. “This always touched me deep inside and, every year, it hurts,” he said. “They say time’s supposed to heal, but we won’t forget. We’ll always preserve the memory of Mike and

Vicky. I consider all of you family, and I just wanted to say thank you. Mike and Vicky will never be forgotten by anyone here.”

Then Armel’s and Garbarino’s families laid flowers on their own and on each other’s memorials there. Afterward, Garbarino’s widow, Sue Garbarino Woods (who remarried last September) said, “It was tough,” but also stressed how much she appreciated the event.

“I was at the McLean District Station earlier today, and they had a service today, too,

SEE SULLY POLICE STATION, PAGE 9



From left are Sandy Munday, Mason Armel and Munday’s daughter Taylor.



Sue Garbarino Woods stands in front of her late husband’s memorial.

‘It Restores Your Faith in Humanity’

Injured police officer receives money raised for her.

BY BONNIE HOBBS

One minute, McLean Police Officer Ashley Block was helping out during the March 2 windstorm; and the next, she was pinned to the ground by a tree that crashed down on her. She sustained severe injuries; and when a Sully District police officer mentioned her accident to the general manager of a Greenbriar pizza place, it spurred a fundraiser for her.

It was held March 20 at MOD Pizza, and police and firefighters from throughout Fairfax County, plus area residents, braved freezing temperatures, sleet and ice to get there. A month later, on April 26 – although still on crutches – Block was able to be at the restaurant, herself, to receive a check for the \$3,000 raised in her name.

“I’m lucky to be alive,” she said. “I came close to being paralyzed. I just took my first steps today.”

When the windstorm struck, Block was a new patrol officer. Trees were down everywhere and, while one officer cut them up, she cleared away the debris. But the wind was so strong that the top of a tree broke off and fell on her, knocking her onto the ground and impaling her left leg. She broke her femur, shoulder, elbow, four ribs and some vertebrae.



PHOTO BY BONNIE HOBBS

MOD Pizza presents a ceremonial check to Officer Ashley Block. From left are her dad, Kerry Block; stepmom, Tammy Block; boyfriend, PFC Sharif Issa of the McLean District Station; Block; her mom, Janet Winner; Greenbriar MOD General Manager Dean Ladson; store trainee Jenny Bye; and MOD District Manager Dirk Huber.

“I’m scared of trees now,” she said. “When it happened, I heard a crack and started running – and all of a sudden, I was down and blacked out. The other officer called for help; then Dispatch called me, and I answered so they’d know I was alert and could respond. The next day, in the hospital, the ladies of Dispatch came to see me and brought me flowers. They said, ‘We’re so glad you responded; we didn’t know if you were conscious.’”

Block spent five days in the hospital and was then in a rehabilitation hospital for two-and-a-half weeks. Meanwhile, her mom, Janet Winner, packed up and moved here

from Michigan to take care of her daughter while she convalesced.

She now undergoes physical therapy, five days a week, both at the Police Academy and with a private physical therapist. “I want to get back to where I need to be,” she said. “But it’ll be four to six months until I’m back at work on full duty.”

On April 26, Block and her family and boyfriend, PFC Sharif Issa, also of the McLean District Station, were treated to a pizza-and-salad dinner by Dean Ladson, general manager of MOD Pizza in the Greenbriar Town Center. Then Ladson and MOD District Manager Dirk Huber pre-

sented her with the check.

They wanted to raise money for her, explained Ladson, because “MOD believes in community giving, and we knew it was the right thing to do.” But his restaurant went above and beyond what most events of this type attempt.

Instead of donating just 10 or 20 percent of their proceeds during a few-hours’ time period, MOD gave Block 50 percent. It also made it an all-day fundraiser that applied to every customer that day. Topping it off, the wait staff donated 100 percent of their tips — which accounted for \$700 of the total \$3,000 raised.

“Police officers give everything for us, so we wanted to do something for her,” said Huber.

Before the check presentation, Ladson told Winner how happy they were to hold the fundraiser for her daughter, and she replied, “Thanks for taking care of my baby; I think it’s awesome.”

Block said she became a police officer because “I always had a passion to serve the community; I just had a calling for it. I hope to work federally someday, but I wanted to see what law enforcement was like on the streets, first. This accident is a hurdle, but it could have been a lot worse.”

As for the pizza fundraiser, she said, “It was amazing; I’m very grateful. Not many communities come together like that for an officer.”

But, said Ladson, “It’s always important that people know there are others outside [of their immediate circle] who care. It restores your faith in humanity.”

Batting Cage Temporarily Closing Sparks an Uprising

Park Authority looking for new management.

BY MIKE SALMON

Outside the beltway midst the rolling hills, trees and Little League baseball teams, the Dugout batting cage in Centreville is a center of attention for some, and a source of Fairfax County Park Authority jobs for others, but that all came to a halt on May 1 when the Park Authority closed the facility. There was something in the lease, and Bernard C. Voyten, Jr. didn’t feel the closure was warranted rallying against the closure.

Voyten is the president of the engineering firm Voyten and Associates, Inc. that financed and built the batting cage 25 years ago, he said, and was never reimbursed for the design and equipment, he said.

“We have paid FCPA hundreds of thousands of dollars in rent, but more importantly, provided a recreational facility which FCPA was unable to provide,” he said in a release.



The Dugout batting cages at Braddock Park.

Voyten compared the batting cage closure to the closure of the “Islands in the Park,” mini golf closure five years ago, which was done “in the best interest of the FCPA and the residents of Fairfax County,” as stated in the release, and Fairfax County spent \$180,000 in legal fees, and \$170,000 removing the “Islands in the Park.” It was next to the Dugout batting cage in Braddock Park.

Others came out to support the batting cage and in the end, the Dugout Batting Cage will soon live on to see another line drive. District Supervisor Pat Herrity (R-Springfield) talked to some of his constitu-

ents about the closure. “We have heard from some of the regular users of the batting cages and I have let it be known that permanent closure will not happen,” he said. “The decision to terminate the lease agreement was the Park Authority’s due to long standing issues that the parties have not been able to resolve. Fortunately, the batting cages will again be open in approximately 2-3 weeks after the necessary staff is hired and/or rehired, which I know is important to the community.”

According to information released by FCPA spokesperson Judy Pedersen on Friday, May 11, “We are in the midst of a

changeover from past management and hope to have the site operational soon. We recognize that this closure is inconvenient and intend to begin operations again as soon as reasonably possible,” she said.

Voyten is skeptical from past dealings with the FCPA, and has heard they are opening this coming Saturday, May 19, but he’ll believe it when he sees it. The equipment has been confiscated, Voyten is owed some money, he says, and he feels they have not been supportive. Is he happy that it’s reopening? “If it provides pleasure and the same level of service, yes I’m happy,” he said. But he is skeptical the FCPA can come through. “It’s a tough one,” he said. With the money owed to Voyten, his future plans fall in the “can’t comment,” category, he said.

Any dispute with tokens that have already been purchased will be resolved by the FCPA, or batters can just hold on to them and use them again when the Dugout reopens.

“We ask for your patience in this matter. For more information please contact Park Services Director Barbara Nugent at 703 324-8585 or the Public Information Office at 703-324-8662,” according to the FCPA.

SCHOOLS



VHSL Achievement Award

Kate Wozniak of Chantilly High School accepts the Allstate Foundation/VHSL Achievement Award for Academic Activity in Charlottesville. She is with Tom Dolan, VHSL; Caitlyn Barron, Allstate Foundation; and Chantilly High School debate team coach Sultan Seraj. The award is the highest honor given by the Virginia High School League, to students who have excelled in the classroom and in athletic and academic activities.

SCHOOL NOTES

Email announcements to chantilly@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Joohee Jessica Kim, of Chantilly, was named to the dean's academic honor roll for the 2017 fall semester at Baylor University (Waco, Texas).

The following Chantilly residents were named to

the dean's list at the College of William & Mary for the fall 2017 semester: Zeal An, Kunal Debroy, Katherine Dingman, Kylee Gilman, Taylor Gilman, Wendy Guo, Maran Ilanchezhian, Sveta Jagannathan, Mohini Jodhpurkar, Likhitha Kolla, Timothy Lesch, Amanda Lewe, Joshua Luckenbaugh, Kristen Popham, Anna Rossman, and Hannah Zarnich.

TRAIL SAFETY & ETIQUETTE

When you enjoy Fairfax County's 500 miles of trails by bike or foot, please be mindful of the comfort and safety of other trail users.

- Slow down and signal before passing others. All trail users should keep to the right except when passing.
- Keep one ear clear when using headphones, and always watch for debris, uneven or slippery trail conditions.
- Before crossing a street, always make eye contact with the motorist to ensure they see you - even if the walk sign is on. Wait until the road is clear or until all traffic has stopped.

The 2018 Fairfax County bike & trail map is now available at all government centers and bike shops in Fairfax County, as well as at fairfaxcounty.gov/transportation/bike-walk

EXPERT ER CARE JUST FOR KIDS.



StoneSprings Hospital Center now offers a dedicated Pediatric Emergency Room! With experienced, board-certified pediatric ER physicians and specially trained nurses, we focus solely on the care and comfort of kids. Whether your child is an infant, teen, or somewhere in between—you can trust StoneSprings Hospital's Pediatric Emergency Room to deliver expert care 24/7.



StoneSprings Hospital Center
Pediatric Emergency Room

To learn more, visit us at StoneSpringsHospital.com/KidsER

OPINION

Help Assist Fire Victims

BY KATHY SMITH
SULLY DISTRICT SUPERVISOR

As we continue to assess the needs of the residents displaced by the fires on May 2, we have identified two additional needs:

MONETARY DONATIONS

While gift cards continue to be a great resource, cash will work best for addressing housing needs, including application costs, deposits, rent, etc. Please consider designating a cash donation to Western Fairfax Christian Ministries, the organization taking the lead to work directly with the county and the affected residents, for this immediate need.

You can mail or drop off donations to Western Fairfax Christian Ministries(WFCM); 4511 Daly Drive, Suite J, Chantilly, VA. WFCM can receive donations in person from 9:00 a.m. to 3:00 p.m. Monday, Wednesday, and Friday, and from 9:00 a.m. to 7:00 p.m. on Tuesday and Thursday.

WFCM is also accepting online cash dona-



tions at wfcmv.org. To donate online, first click the "Donate" button on the main page. You can then direct your funds to fire victims by scrolling down to the "Select a Designation" section and choosing the "Support Fund – Victims of Centreville Fire May 2018" option. For additional information, call 703-988-9656 or email rkolowe@wfcmv.org.

HOUSING

Long-term affordable housing options for those displaced by the fire, particularly our older adult residents, is a primary focus right now. We are looking for tax-credit affordability level and accessibility (ADA) among other criteria.

For offers or information on housing criteria, contact Elisa Johnson with the Fairfax County Department of Housing and Community Development at 703-279-7302, TTY 711.

In addition, Volunteer Fairfax continues to receive donations of generic gift cards on behalf of the coordinating community-based organizations serving the residents. Denominations of \$20 or less are preferred. Gift cards

can be dropped off during normal business hours or mailed to their office at 10530 Page Ave, Fairfax, VA 22030. Alternatively, call Volunteer Fairfax at 703-246-3460 or email volsrus@volunteerfairfax.org to coordinate your gift. After hours, leave a message and someone will contact you to coordinate your donation.

GO FUND ME CAMPAIGNS

You may have noticed several Go Fund Me accounts created online related to the Forest Glen and Sully Station fires. Please note that these are not official Fairfax County-sponsored fundraising efforts. Fairfax County, through its donations management plan within the county's emergency operations plan, has at this time identified Western Fairfax Christian Ministries and Volunteer Fairfax as the official custodians of donations to residents affected by the fires.

FOR RESIDENTS AFFECTED BY THE FIRES

People impacted by the Centreville fires may contact the county's Coordinated Services Planning at 703-222-0880, TTY 711 for short-term or long-term needs.

COMMENTARY

LETTER TO THE EDITOR

Let Every Day Be Mother's Day

To the Editor:

Mother's Day this year was Sunday, May 13. Usually on this day we give our mom a gift to show how much we appreciate her. Many tend to buy flowers, cards, and chocolate. However, as a Muslim girl, my love for my mother is not even equal to those gifts and is not limited to one day. I believe that every day should be Mother's

Day because our mothers are very important. Once a person came to the Prophet Muhammad (Peace and blessings be upon him) and asked, 'O Holy Messenger of God who is the most deserving person to get nice treatment from me?' He replied, 'Your mother.' He asked, 'Who next?' To this, he got the same reply. When he repeated this question for the fourth time, he was told by the Prophet (PBUH), 'Your father.' This shows how much of an importance Islam gives to mothers.

I appreciate all the hard work my mom does for me and I thank her for loving me and being there for me. When I am sick, my mother takes care of me and helps me get better. She drives me to school when I miss the bus and she packs my lunch. Instead of making her favorite dish she will make mine to see me happy. When she buys things, she thinks about what I want instead of what she wants. My mom helps me with my homework because she wants to see me succeed. Even

when she is busy she will go out of her way to tend to my needs. There are many more things I can write about my mother but that will take many years to finish. I believe that we should thank our moms every day and should show her appreciation. Just take a couple of minutes out of your day and call your mother and thank her and tell her how much she means to you.

Ujala Yousaf
Centreville

Send Father's Day Photos

Father's Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father's Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

BULLETIN BOARD

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

SUNDAY/MAY 20

Young Women Leadership Program. U.S. Rep. Barbara Comstock R-10) is accepting applications for the summer 2018 session of the 10th Congressional District Young Women Leadership Program. This program provides young women enrolled in middle school and high school the opportunity to meet and interact with women in leadership positions in government, medicine, technology, philanthropy, business, and more. This program is scheduled to begin mid-June and will continue through the end of August. The deadline to apply is Sunday, May 20. Call 202-225-5136 or visit comstock.house.gov.

Community Screening. 11:45 a.m.-1 p.m. at North County Governmental Center Community Room (across from Reston Regional Library), 1801 Cameron Glen Drive, Reston. A community screening of "How to Die in Oregon" (abridged version), followed by a discussion of End-of-Life options, including Medical Aid-in-Dying. Free. RSVP to compassionchoicesva@gmail.com.

REVIVE! Training. 3 p.m. at 4213 Walney Road, Chantilly. REVIVE! trains individuals on what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Each attendee also receives a free

REVIVE! kit, which includes all the supplies needed to administer naloxone. The medication itself can be acquired at a pharmacy after completing the training. Attendees also receive a safety plan to help individuals prevent overdose if they relapse. REVIVE! is a program of the Commonwealth of Virginia that makes naloxone (Narcan) available to lay rescuers to reverse opioid overdoses. Opioids include licit medications like hydrocodone and oxycodone, in addition to illicit drugs like heroin. Visit www.fairfaxcounty.gov/community-services-board/facility/a-new-beginning for more information. Advance registration required at 703 502-7021 or 703 502-7016.

TUESDAY/MAY 22

Primary Candidate Forum. 6-7:30 p.m. at Chantilly High School Auditorium, 4201 Stringfellow Road, Chantilly. Free. Last chance to hear from all six Democratic candidates for the 10th Congressional District before the June 12 primary vote. Robert McCartney, Senior Regional Correspondence and Associate Editor for the Washington Post, will be the moderator.

SEE BULLETIN, PAGE 10

Chantilly CONNECTION

www.ConnectionNewspapers.com

@ChantillyConnec

Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

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

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

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

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
circulation@connectionnewspapers.com

A Connection Newspaper

On Her Way to Miss Teen USA Pageant

Himanvi Panidepu, Centreville High senior, in national competition.

BY ASHLEY CLAIRE SIMPSON

Senioritis: A colloquial term for the general burnout suffered by seniors in high school, most acutely in the few months leading up to graduation. With post-grad plans solidified and celebrations in full swing, the idea of participating in a national competition would be unthinkable for most 18-year-olds. This, however, is not the case for Centreville High School senior Himanvi Panidepu, who will represent the state of Virginia at the Miss Teen USA pageant in Shreveport, La. next week.

Panidepu will arrive at Miss Teen USA by way of Miss Virginia Teen USA, the pageant she won last October against 35 other highly motivated young women. The crown finally graced her head after nearly a lifetime of dreaming about that precise moment.

"As cliché as this sounds, I used to watch the Miss USA pageants on live TV with my mom when I was a little kid," Panidepu said. "I looked up to all the contestants and wanted to be one of them one day. Then, for many years, it just seemed unrealistic, so I pushed it out of my mind. What really got me into the game was when, about three years ago, I started competing in pageants specifically for Indian American girls, ultimately winning a title. I did really well and I got a lot of opportunities. After that, I decided to go for it and compete in the pageants that put me on the road to Miss Teen



Himanvi Panidepu

USA."

Although she's clearly good under pressure, Panidepu shouldn't encounter any logistical surprises next week in Louisiana. The Miss Teen USA pageant follows the same model as does the Miss Virginia Teen USA pageant: in-depth backstage interviews with a select panel of judges, and both evening gown and fitness wear competitions. That's just the preliminary round.

From there, only a fraction of young women advance to the second and final day of pageantry.

"I don't know if I'll win next week, but I never thought I'd be the titleholder for Virginia, either," Panidepu said. "It's all about focusing on why I always wanted to do pageants in the first place."

Panidepu was a junior in high school in the fall of 2016 when she plunged into the mainstream pageant circuit. Her eyes were on the prize during her Miss Virginia Teen USA debut, but she didn't exactly land the finish she had in mind.

"I thought, 'it's time to do what I wanted to do all those years ago, and that was Miss Virginia Teen USA,'" she said. "And then, after all that, I didn't even make it to the Top 15. I had worked hard to be ready that year, and all the while I had people putting me down for doing it. Pageants come with a certain stereotype, and even though I know it's false, good friends of mine would talk behind my back, saying I cared too much about vain things. But, it all gave me a chance to take a step back and self-reflect. The whole process helped me figure out exactly who I was. It helped me spiritually, mentally, and physically. So I made a commitment to try again the next year."

And try again, she did.

With a year of experience beneath her sash, Panidepu cinched the 2018 Miss Virginia Teen USA title, becoming the first Indian American to do so. And she stands to make more history, because, if she is crowned Miss Teen USA next week, she'll become the first Indian American Miss Teen USA.

If that's not enough pressure for a girl who isn't legally old enough to celebrate victory with a sip of champagne, a win next week would make her the first Miss Teen Virginia USA to step into the role of Miss Teen USA.

Kim Nicewonder, the longtime executive director and producer of the Miss Virginia Teen USA pageant, said she won't be surprised if Panidepu makes this kind of history next week.

"She has a great chance of winning Miss Teen USA, which is the largest and most prestigious pageant that there is for girls between the ages of 14 and 19," Nicewonder said. "What is so incredible about Himanvi's success story is how far she came in just one year. She's a great example of what these girls can learn and gain through the process of a pageant. In vying for the state title, they make decisions about how they want to live their lives. After 2016, for example, Himanvi was determined to make her lifestyle healthier, and to make an even bigger difference in her community, and she came back to the pageant just one year later and won it all. I've never seen a harder working young lady in my life. We're all so proud she's representing us."

Nicewonder has overseen Miss Virginia Teen USA for 25 years and is herself former Miss Virginia USA — the grownup counterpart to the Miss Virginia Teen USA.

The Miss Universe Organization has been crowning Miss Teen USAs since 1983, and is the same organization that puts on both

the Miss USA and Miss Universe events.

"Being a state titleholder is a big commitment," Panidepu said. "I have appearances every weekend and many during the week even though I'm still in school. After winning a state pageant, part of the process is getting to further a cause you champion. I got to start my own platform, Happy Choices, which is an initiative to target mental health issues and to work toward the prevention of drug and alcohol abuse. For Happy Choices, I talk to groups of students and different schools. For middle school students, I talk about the dangers of drug and alcohol and the effects that come along with giving into the pressures. I encourage these kids to focus on their energy on a hobby that will give them an adrenaline rush — or some other kind of satisfaction — so they don't have to chase a dangerous high."

When her audience is on the younger side and not ready for direct references to drugs or alcohol, Panidepu teaches kids all about the simple yet transformative art of goal setting.

"Just recently, I spoke to a fourth grade class and walked them through how to set goals and how to make a plan for accomplishing them," Panidepu said.

This kind of focus on grassroots outreach is one example of how beauty pageants have changed since their beginnings. The ecosystem of Miss Universe Organization pageants is overhauling the definition of "beauty."

"For Miss Teen USA, the goal now is to empower these young women to further their education and to help them develop a community mindset," Nicewonder said. "These girls go further in competition — and of course in their overall lives — when they stand for something and have productive thoughts about the world around them. It's not just physical beauty; we see the contestants as ambassadors for states and schools they attend."

As for tangible benefits, pageants at the state level award winners and runners up with prize packages that often include life-changing college scholarships.

"As executive director, I've been able to incorporate significant college scholarships into the Virginia state pageant," Nicewonder said. "Every year, we award more than \$2 million for schooling opportunities. It's an incredible feeling, knowing that some of these girls can further their education by participating in a pageant. I keep getting more and more private state universities on board as contributors, so our impact is just getting bigger. We have so many universities — including Hollins University, the University of Virginia at Wise, and Emory and Henry College — that offer generous scholarships."

While the iconic evening gown element of beauty pageants still exist, Miss Teen USA three years ago did away with the swimsuit component of competition and replaced it with an athletic wear showcase.

SEE TEEN USA, PAGE 11



Centreville High School senior Himanvi Panidepu won the Miss Virginia Teen USA pageant last October.



FISHBURNE

MILITARY SCHOOL

LEADERSHIP *for* LIFE

Transforming Potential into Achievement since 1879



Boys Grades 7 – 12
8:1 Student-Faculty Ratio
College-prep Academics
Athletic Participation for All
Real Army JROTC

MEET US IN FAIRFAX!
Saturday, June 2
10:00 am to 2:00 pm
Courtyard Fairfax
11220 Lee Jackson Memorial Highway, Fairfax Va

Or call/email today to schedule a visit
to our Historic Waynesboro Campus for your family!
Admissions@Fishburne.org 540/416-9836
www.Fishburne.org

THE CONNECTION

Newspapers & Online

UPCOMING SPECIAL SECTIONS

MAY

5/23/2018.....Summer Fun, Food, Arts & Entertainment
5/30/2018.....Connection Families

JUNE

6/6/2018.....Wellbeing
6/13/2018.....Father's Day Dining & Gifts
6/20/2018.....A+ Graduations & Summer Education
6/27/2018.....Connection Families

JULY

7/4/2018.....Wellbeing

Email **SALES@CONNECTIONNEWSPAPERS.COM** for more specials, digital advertising options and pricing.



Have The Connection emailed directly to you every week!
www.connectionnewspapers.com/subscribe

LOCAL MEDIA CONNECTION
Reaching Suburban Washington's Leading Households
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clinton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herdon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

A Education Learning Fun

More Than Apple for Teacher

Gifts for those who educate children.

BY MARILYN CAMPBELL

As the school year nears an end, it's time to thank those whose jobs run the gamut from comforting kindergartners with separation anxiety to teaching biology to hormonal teenagers. End-of-year teacher gifts are seemingly ubiquitous in June, but how does one choose a useful present that doesn't get re-gifted or donated? Local tastemakers offer their take on gifts for teachers that teachers actually want to receive.

"Teachers can always use extra supplies for their classrooms," said Courtney Thomas of the Picket Fence in Burke. "Put together a goody bag full of pencils and markers, notepads, page flags and sticky notes or anything your teacher needs to keep his or her desk stocked. Tie it all up in a reusable bag they can repurpose to carry papers and books to and from school."

Treat your teacher to a spa day at home, advises Thomas. "Get a collection of your favorite lotions, soaps and candles and give your teachers a much appreciated excuse to pamper themselves."

Flowers are a cheerful present to offer those who teach children, but fresh flowers have a limited lifespan, advises Todd Martz of Home on Cameron in Old Town Alexandria who suggests bouquets with longevity. "Felt flowers always look fresh and add a bit happiness to every day," he said.

Sometimes the most treasured gifts are those that don't come with a price tag. "My favorite handmade teacher gift is a thoughtful note of thanks, said Kathryn Horn Coneway of Art at the Center in Alexandria. "Taking the time to say thank you and be specific about how an adult has impacted your child's growth is a powerful way of affirming the work teachers do. I think it is great to encourage kids to write letters of thanks as well and to think through what specifically they can name that they have learned or gained from a teacher."

"A beautiful and thoughtful gift for all teachers are



PHOTO COURTESY OF SONORAN ROSE BOUTIQUE

Wine-scented bath bombs from Napa Valley are the perfect gift for the teacher who needs a little pampering.



COURTESY OF KATHRYN CONEWAY

Notepads make useful end-of-year teachers gifts, suggests Amanda Mertins of Patina Polished Living in Alexandria.

guest towels," says Cristina Chiotti of Sonoran Rose Boutique in Potomac, Md. "[We have some] that come from South Africa and are available in a variety of lovely prints and designs," she said. "Delicious wine-scented bath bombs from Napa Valley are the perfect gift for the teacher who needs a little pampering."

For teachers with a preppy spirit, Amanda Mertins, of Patina Polished Living in Alexandria, advises, "Some of the most thoughtful gifts for teachers who go above and beyond to educate our children are gift monogrammed items, gifts cards and notepads."

And for teachers who enjoy spending time outdoors, Chiotti says an ideal gift includes "Pairing some local Maryland honey with our gardening tool kit for the perfect springtime gardening gift."



PHOTO COURTESY OF THE PICKET FENCE

Candles, soaps and lotions in a gift bag will make luxurious end-of-year teacher gifts, says Courtney Thomas of The Picket Fence in Burke.



PHOTO COURTESY OF ART AT THE CENTER

A note written on a handmade card such as this collage with mulberry paper and acrylic medium on watercolor paper by Kathryn Horn Coneway of Art at the Center, makes meaning teacher gifts, says Coneway.

Sully Police Station Honors Garbarino and Armel

FROM PAGE 3

because Mike was there 20 years," she said. "I talked to a police widow there who lost her husband in another jurisdiction. And she said, after the funeral, that was it from the Police Department. And it made me feel how rare and blessed we are to have such a wonderful department."

"We've had 12 years of services here," continued Woods. "And I often think of how our healing would have been so much different, had we not had the support of the department." She was there with her two, now-grown daughters and said they were her "emotional compass" when their father was killed.

"Mike always told me, 'If anything should ever happen to me, make sure the girls are always happy and smiling, because I'm fine,'" said Woods. "And they remembered that, so I was able to move on. I'd cry a river if I could change it, but it wouldn't help. He died when he was supposed to." She also said talking about him and helping other survivors helped her feel better.

"During the year, I talk to the graduating cadets at the [county] Police Academy and give a 30-minute speech about our life before, what happened that day, how we survived and how the department helped," she explained. "I also tell them that we're survivors and we like to be approached and have people say, 'We're thinking of you.' And this [memorial] ceremony is all about remembrance. It gets emotional, but it's important."

"It means everything to me," added married daughter Katie Mannix. "Just the fact that, after all this time, they do things and remember my dad, is everything."

Sister Natalie, who graduated three days earlier from Bridgewater College in the Shenandoah Valley, said, "I was so upset that I missed this event last year because I was



Mike Garbarino's and Vicky Armel's family members during the ceremony.

busy with school. So it's like coming back to my family. I love this ceremony and will never get tired of it. When my dad died, Katie was 14 and I was 10. He opened his eyes, the night before, so we thought he was going to make it; we had hope."

Remembering that time, as well, was Susan Culin, who was the station's captain when the tragedy occurred. "On May 8, you flash back," she said. "This day has so much meaning for this entire department. It's extremely important that this station remembers Mike and Vicky and the sacrifices they made."

"It's hard for everybody, but there are also a lot of good memories with both of them to focus on," she continued. "They were both really good and dedicated officers, and good people. And that's what we come to-

gether to remember – not just the tragic events of that day – and how much we miss them."

Armel's sister, Sandy Munday, called the annual memorial ceremony "heart-wrenching. It's cool that they remember Vicky, but it's also sad. It makes you remember where you were that day. I was in the grocery store when my husband called. He was a battalion chief with the Fairfax City Fire Department then, so they called him first and said, 'We think your sister-in-law got hurt at Sully.' Then I called her husband Tyler and we all met at the hospital. We didn't find out she'd died until after we got there."

Each year, Tyler Armel goes to the county's rose-garden ceremony in honor of all its fallen police officers. His daughter Mason was just 5 when her mother was



Chaplain Shawn Perkins

killed. But since Mason can drive now, she attended last week's event for the first time.

Armel's old squad, plus her partner Mike Motafches, took Mason to lunch before the ceremony and told her stories about her mom. The remembrance also made a big impression on her. "It reminded me that she was really heroic," said Mason. "And it makes me proud that she's my mom."

All in all, added Munday, "We really appreciate all Fairfax County has done for us. They give us transportation to Police Week functions and send wreaths each Christmas to our homes and to our family members, too. And that makes me happy because my sister loved Christmas."

Besides that, she said, the county's Peer Support team calls several times a year "to check on us and see if we need anything. They're wonderful; we couldn't have survived it without them. The police really are a family."

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, May 24, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Meals on Wheels Drivers Sought

Meals on Wheels Drivers pick up meals and deliver them to individuals on a specific route. Routes take a maximum of two hours to deliver all meals. Deliveries are made mid-day Monday, Wednesday, and Fridays. Deliveries can be made by an individual or as part of a volunteer group. Email volunteersolutions@fairfaxcounty.gov.

Several Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

- ❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 a.m.

- ❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

- ❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements: Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.

- ❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See <http://wfcma.org/how-you-can-help/volunteer-program/>

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs

donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM's food pantry's location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays.

Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

<p>Announcements</p> <p>We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.</p> <p>Schefer Antiques 703-241-0790 theschefer@cox.net</p> <p><small>An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg</small></p>	<p>Announcements</p> <p>PERMANENT MAKEUP FOR BROWS, EYES & LIPS</p> <p>Wake up beautiful every day with your makeup ON! Great for professional women, busy moms and senior ladies. Custom implantation. Save time, correct symmetry. Licensed Permanent Makeup Artist & resident can make it happen! Great rates & Excellent work!</p> <p>Text or call Christina at 703-585-6072</p>
<p>Real Estate for Sale</p>	<p>Real Estate for Sale</p>
<p>VA BLUERIDGE RETREAT Near City and Near Lake 6.5A, 5BR-3BA, \$425K Mth Vistas - 540-650-0714 www.willowrocks.net</p>	

<p>Announcements</p>	<p>Announcements</p>
<p>OUTER BANKS, NC - VACATION RENTALS</p> <p>Over 600 vacation homes from S. Nags Head to Corolla's 4x4!</p> <p><i>Brindley Beach</i> VACATIONS & SALES</p> <p>877-642-3224 www.brindleybeach.com</p>	

<p>Announcements</p>	<p>Announcements</p>
<p>STORM PROOF METAL ROOFING</p> <p>✓ WE MANUFACTURE METAL ✓ WE INSTALL METAL ✓ WE FINANCE METAL</p> <p>SUPERIOR DURABILITY - ENERGY EFFICIENT 40 YEAR WARRANTY ON THE FINISH SENIOR CITIZEN DISCOUNT</p> <p>WWW.METALROOFOVER.COM</p> <p>CALL 800-893-1242 <small>FREE ESTIMATE! CALL TODAY!</small></p>	

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

www.ConnectionNewspapers.com/PDFs

News



PHOTO BY JAMES TOREZZANO

From left: Lauren LeVine, Molly Van Trees, and Lily Whitman in Westfield High's production of "The Phantom of the Opera."

Impressive 'Phantom of the Opera'

BY KATHRYN WEBB
PAUL VI CATHOLIC HIGH SCHOOL

In a game of word association, "musical theater" is usually followed by "The Phantom of the Opera." With over 10,000 performances on Broadway, Andrew Lloyd Webber's 1986 musical about an opera house haunted by an equally haunted man is easily a cultural phenomenon. As popular as it is, Phantom of the Opera poses many obstacles to those who decide to perform it, including the vocally demanding nature of the score and many technical aspects such as the crashing chandelier. The cast and crew of Westfield's production of "The Phantom of the Opera" converted these challenges into triumphs as they put on an overall impressive show.

CAPPIES REVIEW

Leading the cast as Christine Daae was Molly Van Trees, whose performance demonstrated an enviable vocal range and endurance that far exceeded expectations. Van Trees showed that she wasn't just a pretty voice as she also displayed a wide range of emotions during her character's ascent from chorus girl to leading soprano in songs like "Think of Me." John Henry Stamper, playing the title character and the "angel of music" behind Christine's success, took on the iconic role of the Phantom with a mysterious and ominous stage presence fitting of his character. Aided by impressive technical effects on the part of the sound crew, Stamper's full voice echoed through the theater and sent chills through the audience. Van Trees and Stamper only grew stronger when they performed together in numbers such as "Phantom of the Opera" and "The Point of No Return," skillfully capturing the complicated and unhealthy relationship of their characters.

The supporting and featured cast only added to the performance as they proved the old acting saying to be true: "There are no small roles, just small actors." There certainly weren't any small roles or small actors in Westfield's performance as members of the cast, particularly the comic duos of Monsieurs Firmin and Andre (played by Braeden Anderson and Harry Schlatter) and Carlotta and Piangi (Lauren LeVine and Alan Gutierrez-Urista). Each of the actors contributed their own moments of humor through their extreme physicality, energy, and dedication to their roles, making them audience favorites. The dancers of the opera house also exhibited extreme dedication with their impressive performance in the ballet numbers, which were student choreographed by Bridgette Carey and Emily Bidingier.

The greatest achievement of the show was the combined efforts of the technical crews to make such a logistically difficult show happen. Between the intricate costumes, many of which were handmade, fast and seamless stage management, and complicated and well thought out light cues, it was easy to become invested in the story. The disfigured appearance of the Phantom is an integral part of the plot and can be a lot of pressure for any hair and makeup department, but the head of hair and makeup, Kaili Fox, transformed the Phantom from a high school student to a terrifying oddity without a hitch.

Compared to the "disasters beyond imagination" of the Opera Populaire, the cast and crew of Westfield's "Phantom of the Opera" suffered little to no hiccups within their performance. The company of Phantom created their own complex, layered, and entertaining interpretation of a classic piece of musical theater. As long as Box 5 is left open, it seems Westfield will continue to delight audiences as they venture to unmask the Phantom.

BULLETIN BOARD

FROM PAGE 6
Visit www.sullydemocrats.org.

WEDNESDAY/MAY 23
Proposed Zoning Changes

Community Meetings. 7-9 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. The Department of Planning and Zoning will hold provide information about upcoming Zoning Ordinance Amendments and staff will speak

one-on-one about zoning issues. Visit www.fairfaxcounty.gov/publicaffairs/learn-about-proposed-zoning-changes-may-affect-your-neighborhood-2018-zoning-open-houses.

PEOPLE

Teen USA

FROM PAGE 7

"Girls like Himanvi are encouraged to prioritize healthy lifestyles instead of being concerned with body measurements," Nicewonder said. "It's all more about the individual girl and not as much about who best meets a standard for outer appearances."

Panidepu proved to herself that the pride that comes from winning a beauty pageant really has nothing to do with looks at all.

"My whole mindset comes from understanding what exactly winning a pageant can mean in the end," Panidepu said. "I knew, for instance, that if I won Miss Virginia Teen USA, I'd be able to start an initiative like Happy Choices. There are of course so many great things that come from winning, but the best part of the prize is that I've gotten to make a difference in my community. Seeing the bigger picture, and where I fit, is what helped me win. The Miss Universe motto is to be 'confidently beautiful.' How much you believe in yourself, your goals, and your morals is what always shines through."

Panidepu insists that she's found a way to live a balanced life amid all the changes, excitement, and opportunities that lay before her as both a soon-to-be high school graduate and a Miss Teen USA contestant.

"Besides pageantry, Track and Field has been a big passion of mine for all of high school," she said. "I was Centreville's Team Captain and I also got the Scholar Athlete Award, which meant I maintained a certain GPA while also getting to a certain level of achievement in my sport. My events were the 200- and 400-meters, and I did relays too."

As the academic year winds down for Fairfax County Public Schools, Panidepu's excitement builds for national competition next week. She won't have much downtime afterward, either: in a few months, she will enter George Mason University as a college freshman.

The thing she's most excited about, though, is that her hard work is paying off and she is in a position to help so many children suffering from misunderstood mental health disorders, including drug and alcohol addiction. Panidepu also knows that no matter what happens in Shreveport next week, she'll continue to leverage her experience in a way so that she can continue to help young people avoid such struggles.

"Unfortunately, classmates of mine have died because of drugs and alcohol," she said. "Those deaths still affect me even though they were two, three years ago. But, even more recently ... my classmate was found dead on the street because of a drug deal gone wrong. It's those incidents that drive me. One bad decision really can mean the difference between death and your dream."

For more information on Miss Teen USA, including details on how to follow Panidepu's progress, visit www.missuniverse.com/missteenusa.

Local young women aged 14 to 19 can apply for a chance to enter Miss Virginia Teen USA 2019 directly at <https://missvirginiausa.com>.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller		LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-912-6886	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrikman28@gmail.com		ELECTRICAL J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed			
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email: jamie@lawnsgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors. Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured			
IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		IMPROVEMENTS Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Spring Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience — Free estimates 703-868-5358 24 Hour Emergency Tree Service			
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231			
RYAN CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		MASONRY Alfredo's Construction Company, Inc. • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com			
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg			

Musing About Infusing

By KENNETH B. LOURIE



Seven weeks between chemotherapy infusions; I could get used to this. Here I am sitting and writing on Wednesday, May 9 and my next scheduled infusion isn't until Friday, June 1. That's another three-plus weeks. It's a "staycation," of sorts, meaning: I'm not going anywhere, but due to the new extended chemotherapy infusion interval — from six weeks to seven, I don't have to.

Though it's hardly an ideal vacation — either staying or going — for a cancer patient still undergoing treatment, not having to go the Infusion Center is about as good as it gets. What's even better is receiving scan results (which at present are still scheduled quarterly) which show "stable," "shrinkage," or even "N.E.D.," which means "no evidence of disease" (I'm "stable"). All of which I can live with. Despite ending that last sentence with a preposition.

With respect to "N.E.D.," unfortunately, being asymptomatic as I generally am — and mostly have been, is not necessarily an indicator that all is well.

Neither do symptoms always confirm "progression" (medical jargon for growth and/or movement). Sometimes the pain is scar tissue. Other times it's a side effect of the medicine you've been infusing or the pill you've been swallowing. (Presently, there are targeted treatment options which enable patients to take pills at home, tarceva being one example. Which if I may quote the late Maurice Chevalier singing in "Gigi:" "I remember it well" from the 11 months a few years ago when I didn't have to commute to the infusion center.)

Throw in the occasional phone appointment I've had with my oncologist, post-scan, when he and I both know — per an email he usually sends, that the results continue to show "stable," and when an in-office examination is likely not to "present" (more medical jargon; this one meaning, show) any contradictory findings and I've definitely had my moments of relative/comparative calm. Moments which, when they do occur, need to be cherished because, in the terminal cancer world, the news is not always good.

And since you have to take the good with the bad, with minimal control over both — acknowledging the good and not giving into the bad, become your stock and trade. It's easy, maybe even inevitable that a cancer patient will get overwhelmed by his or her circumstances so finding a way to navigate the slings and arrows of the outrageous misfortune which has befallen you is more than crucial; it's life sustaining.

Practically speaking though, how does one absorb the news and subsequent reality of a cancer diagnosis? What word I used to describe what I felt and heard at the initial Team Lourie meeting with my oncologist when he told me I had a "terminal" form of cancer: non-small cell lung cancer, stage IV, was "surreal."

It's a word I've heard many other cancer patients use when describing the moment when they first heard their devastating news. At that ground-zero moment, the words "non-small cell lung cancer," at least for me, were almost incomprehensible, especially if there's no cancer history in your immediate family (which was true for me). I mean, I understood him well enough, I just didn't process the information.

Similar to when I received a call at work, from my internal medicine doctor, a few days after my biopsy (and a week or so before meeting my oncologist), advising me of the results. He asked me if I wanted to meet him at his office (that can't be good I thought — and it wasn't). I said, "No. Just tell me" And so he did.

He told me that they found tumors in my lungs which were malignant. My knee-jerk reaction? "What does that mean?" Upon hearing that kind of news/maybe just that word, "malignant," you sort of lose control of your faculties. (At least I did.)

Thinking straight? Hardly. You're thinking crooked. But as time goes by and you somehow begin to assimilate/compartamentalize your diagnosis/prognosis, it becomes quite clear: anything you can do to bring some normalcy into your life is a win-win for you and a lose-lose for cancer.

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



HERNDON JOB FAIR

Tuesday, May 22 • 2 PM to 6 PM

**Cyber, IT, Tech Professionals,
Public Trust clearances welcome!
Security University, 510 Spring Street, 20170
Social networking for both exhibitors and candidates
CYBER INTELLIGENCE IT ... SECURITY**

SPRINGFIELD JOB FAIR

Thursday, May 24 • 10 AM - 12 NOON

(Reserved for Veterans/Military/Family and/or cleared candidates only)

12 NOON - 2 PM (Open to all job seekers)

FREE RESUME SEMINAR

AMERICAN LEGION POST 176, 6520 Amherst Ave, 22151
All industries are invited!

JUNE 5-STAFFORD-QUANTICO HIRING EVENT 3 PM-7 PM

Cyber, TS/SCI, CI/full poly, welcome!

HOSTED BY DAWSON AT HAMPTON INN

2925 Jefferson Davis Hwy, Stafford, VA 22554 (min. from Quantico)

Interested in exciting work with a Native Hawaiian Organization that brings the spirit of Aloha to our employees and puts the DAWSON "Ohana" first? DAWSON & JOBZONE will be hosting an Open House/Job Fair for meeting and greeting prospective candidates for interviewing. Dawson will be seeking candidates to fill several contracts. Highlights of positions include Cyber Counterintelligence Specialists positions: Security and Defense Counterintelligence (CI) Support, Cyber Threat Analysts, CI Cyber Threat Technical Analysts, CI Digital Forensics Examiner, TSCM/TEMPEST experience, PLUS. All candidates must have at a minimum TS/SCI. REGISTER AND POST/LINK RESUME – <https://www.jobzoneonline.com/job-seekers.aspx> For advanced consideration for an interview, submit resume by email to janet.giles@jobzoneonline.com and lpillips@dawson8a.com.

Register: www.JobZoneOnline.com (Post and link resume)

For more info: Janet.Giles@JobZoneOnline.com / 540-226-1473

ENTERTAINMENT

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



‘Snow Queen’

Fairfax Ballet Junior Company Member Heather Qian rehearses for her role as Rose in Fairfax Ballet’s “Snow Queen,” May 19-20 at Centreville High School. For more information and tickets, visit www.fairfaxballet.com.

their families for a fun evening at a scout-run carnival. Come learn about Cub Scouts – now open to boys and girls. Free. Email akela@pack1860.org for more.

FRIDAY/MAY 18

Bike to Work Day. Join more than 18,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. Starting at various early morning hours, and some in the afternoon. Morning Bike to Work Day convoys, led by experienced bicycle commuters, will travel throughout the region. All levels of cyclists are welcome to join the convoys. To register, visit www.biketoworkmetrodc.org and be entered for a free bike raffle.

46th Annual Clifton Homes Tour. 10 a.m.-5 p.m. Guided tours of four Clifton homes and a silent auction at Clifton Presbyterian Church. Free events include tours of two historic Clifton churches, a silent auction, wreath sale, and Trinkets and Treasures at Clifton Presbyterian Church. Proceeds benefit local scholarships and charities through the Clifton Community Woman’s Club 501(c)(3) Charitable Trust. Tour tickets: \$25-30, Free admission to silent auction. Meets at Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Visit www.cliftoncwc.org.

SATURDAY-SUNDAY/MAY 19-20

“The Snow Queen.” Saturday, 7:30 p.m.; Sunday, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company (FBC) presents “The Snow Queen,” which follows Gerda as she embarks on a journey to rescue her friend from the powers of Isolde, the Snow Queen, and finds unexpected friendships along the way in a seemingly dark world. Tickets are available at fairfaxballetsq2018.bpt.me.

SUNDAY/MAY 20

Pups N Pints 5K. The 12-hour event begins at 10 .m. with the 5K which starts and finishes behind the Total Wine & More in the Greenbriar Shopping Center. Immediately following the race is the all-day party at Dogfish Head Ale House (just across the parking lot from the Start/Finish Line). While the race has a fee,

the after party is free and open to the public and features live music by Internal Frontier and raffle items. 10 percent of the proceeds from every beer and every meal purchased at Dogfish Head will go directly to HART. Visit hart90.org/Events/PNP/.
25th Anniversary Luncheon. Noon-3 p.m. at Westfields Marriott Washington Dulles, 14750 Conference Center Drive, Chantilly. Fairfax County Alumnae Chapter (FCAC) of Delta Sigma Theta Sorority, Inc. celebrates its 25-year anniversary of sisterhood, scholarship, and service in Fairfax County. Guest speaker is Lt. Gen. Stayce D. Harris, Inspector General of the Air Force. 2018 scholarship awardees and Community Organization partners who work with Fairfax County Alumnae Chapter be will recognized. \$75. Visit www.fcacdst.org/Events or call 571-348-4528.

N Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Admission is \$4 for adults 16 and over; \$2 for children 5-15; and free for museum members and children under 5. Visit www.fairfax-station.org or www.facebook.com/FFXSRR or call 703-425-9225.

TUESDAY/MAY 22

Learn about RSVP. 9:30-11 a.m. at Chick-fil-A in Fair Lakes, 4516 Fair Knoll Drive, Fairfax. Join Rob Paine of RSVP-Northern Virginia for free coffee, bingo, and to learn about senior volunteering. Prospective and current RSVP volunteers are encouraged to attend. Free coffee for those 55 years old or better and a chance to win prizes. Call 703-403-5360 or visit www.rsvpnova.org.

SUNDAY/MAY 27

Reading Circle and Activities. 1:15 p.m. and 2:30 p.m. At the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Reading circle for “That Dabblamed Union Cow,” the children’s story based on a real-life case of a cow that adopted Union soldiers during the Civil War. The museum will be open from 1-4 p.m. Admission: Museum members and ages 4 and under, free; ages 5-15, \$2, ages 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR. Call 703-425-9225.

FRIDAY/JUNE 1

Forks, Corks & Kegs. 6-11 p.m. at St Andrew School, 6720 Union Mill Road, Clifton. A tasting festival of local breweries, wineries, and food trucks with the Sunday Night Big Band performing. \$55; \$65 after May 25. Call 703-969-1891 or visit handbid.app.link/standrew.

SATURDAY-SUNDAY/JUNE 2-3

Living History Weekend. Saturday, 10 a.m.-5 p.m.; Sunday, noon-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum will host its third annual Living History Weekend with a Civil War Encampment. Civil War re-enactors will be in full attire with drills, musket shooting demo and camp life demonstrations. In addition, ladies in Civil War period costume will hold a Victorian Tea Party and give presentations on their Civil War costumes. Sunday’s events include a Ball run by the Victorian Dance Ensemble and the performing troupe of the Civil War Dance Foundation. Museum members and 4 and under, free; 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

WWW.CONNECTIONNEWSPAPERS.COM

HADEED

Oriental Rug Cleaning & In-Home Services

**POLLEN. PET DANDER.
GET THE ALLERGENS OUT!**

SAVE
UP TO
35%

OUR
**BEST
OFFER
EVER!**

In-Plant Oriental Rug Cleaning

Have **2**
Rugs
Cleaned

And Get
The **3rd**
Cleaned

Free!

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hadeed Express Expedited Service for Rugs that Qualify!

In-Plant
Rug
Restoration

**10%
OFF***

*Hurry, Offer Expires 5/27/18.

Wall to Wall
Carpet Steam
Cleaning

**20%
OFF***

*Hurry, Offer Expires 5/27/18.

Hardwood Floor
Cleaning &
Polishing

**20%
OFF***

*Hurry, Offer Expires 5/27/18.



Free Pickup & Delivery!
Includes: Furniture Moving &
Rolling & Laying the Rugs!†

**We Hand-Wash
Your Fine
Oriental Rugs!**

535 W. Maple
Avenue
Vienna, VA

4918
Wisconsin Ave.
DC/MD

3206 Duke
Street
Alexandria, VA

6628
Electronic Dr.
Springfield VA

3116 W. Moore
Street
Richmond VA

703-836-1111 | JoeHadeed.com

* Expires 5/27/18. (3) for the price of (2) same size or smaller rug free. Not valid w/any other offers. †Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.