

Patient First[®]
Urgent Care

Walk out with your
prescriptions in-hand!

Centreville ❖ Little Rocky Run
CENTRE VIEW



SEPTEMBER 19-25, 2018

25 CENTS NEWSSTAND PRICE

Riding a slide
at Cox Farms.

Cox Farms Kicks Off Fall Festival

NEWS, PAGE 4

**Rocky Run Stream Valley
Trail To Be Improved**

NEWS, PAGE 3

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL
REQUESTED
IN HOME
9-20-18

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

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

SEPTEMBER IS SUICIDE PREVENTION MONTH



Ask.
Keep Them Safe.
Be There.

#CallTextLive is PRR CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

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

Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney. "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.

HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs!†

NOW OFFERING A NEW MENU OF SERVICES FOR ALL TYPES OF RUGS!

That Are Faster!	Will Save You Money!	Same Quality!	Same VIP Treatment!
-------------------------	-----------------------------	----------------------	----------------------------

The Same Deep Down Professional Clean you Expect from Joe Hadeed

NEW EXPRESS SERVICE*

Handmade Tufted Rugs	Machine Made Synthetic Rugs	Machine Made Wool Rugs
----------------------	-----------------------------	------------------------

*FOR RUGS THAT QUALIFY.

HADEED SIGNATURE SERVICE!
Handmade Wool Rugs

In-Plant Rug Cleaning
Express or Signature Services. Expires 9/23/18. Not valid w/any other offers.

15% off

In-Plant Rug Restoration
Expires 9/23/18. Not valid w/any other offers.

10% off

Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing
Expires 9/23/18. Not valid w/any other offers.

20% off

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

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

Relief Is on the Way

Rocky Run Stream Valley Trail will be improved.

BY BONNIE HOBBS

Work is currently underway to improve the Rocky Run Stream Valley Trail. And the Fairfax County Park Authority recently held a meeting at Greenbriar East Elementary to explain the project and answer residents' questions.

It's about 4.8 miles of trail between the Fairfax County Parkway and E.C. Lawrence Park, and only 2.3 miles – between the park and Poplar Tree Elementary – are paved. Some 2.5 miles, mostly east of the school, are gravel; and only about .6 mile of that gravel trail – between the school and Stringfellow Road – is in good condition.

"That's because that section of trail is at the edge of the floodplain and doesn't get flooded," said Project Manager Liz Cronauer, who manages the Park Authority's Trail Program. "But the portion from Stringfellow to the parkway is closer to the stream and gets inundated with water when it rains — and that's the part we're concerned with."

She said flooding leads to loss of surface material — which goes into the stream and



Liz Cronauer, Park Authority Trails Program manager, presents details of the project.

PHOTO BY BONNIE HOBBS

forest. In addition, puddles form on the trail and widen it, adversely impacting the forest. "Recently, we've had more intense storms," said Cronauer. "And when the trail is wet or needs repair, it's unavailable for people to use."

This situation, she said, leaves the base material "high and dry, which isn't good to walk on, or for strollers. And when water can't get through the culvert, it goes around it and causes intense erosion problems. So we're going to remove these culverts and replace them with a bridge."

Explaining why paved trails are preferable to gravel, Cronauer said asphalt trails cost about \$130,000 per 100 linear feet. Gravel or stone-dust trails start at \$100,000. "But asphalt trails last 20 years," she said. "Gravel trails only last about 10 years and then have to be completely redone. So gravel trails [ultimately] cost more in maintenance and construction costs."

Cronauer said gravel trails have 4 inches of compacted stone beneath them. "But they can't handle water or steep slopes," she said. "So we have to go to asphalt trails to make them sustainable." Currently, about 40 percent of the Park Authority trails are natu-

ral-surface; 40 percent are hard-paved asphalt; and the other 20 percent are either gravel/stone dust or concrete.

The project will be done in three phases: ♦ Phase One is between Stringfellow and Middle Ridge Drive. All unpaved sections will be paved to create a 6,600-foot-long, 8-foot-wide trail. And six, concrete, fair-weather crossings with pedestals will be added. Time frame: Now until sometime this fall, possibly October, weather permitting.

♦ Phase Two is between Middle Ridge and the parkway. The culvert crossing will be removed and the trail, rerouted. A bridge will be built where the stream banks are to make it all more stable. Time frame: Design/permitting between now and October 2019; construction between October 2019 and July 2020.

♦ Phase Three is also between Middle Ridge and the parkway. It's presently unfunded, so it has no time frame. It will consist of fixing whatever remains after the bridge is in. All unpaved sections in this stretch will be paved to create a 5,000-foot-long, 8-foot-wide trail, and the culverts will be replaced.

'It's Impossible for Moms and Strollers'

Residents weigh in on Rocky Run trail project.

BY BONNIE HOBBS

When the Fairfax County Park Authority held a public meeting about paving and making other improvements to the Rocky Run Stream Valley Trail, local residents listened to what Project Manager Liz Cronauer had to say. Then they weighed in.

What's planned are stream-crossing upgrades, plus paving of the gravel sections between Stringfellow Road and the Fairfax County Parkway. It's good news to some, but not everyone is happy about it.

Tom Nowicki, for example, said he preferred the trail remain gravel. "I came to Greenbriar because of this unpaved trail," he said. "As a runner, it's better for your knees to be on gravel than on asphalt or concrete. Maybe if you dredged the stream and improved the flow, it wouldn't flood and you wouldn't have to pave the trail. My son bikes to school and I run in the rain on the mud — and that's part of the fun."

However, Fergal King, who's also a runner, said he's excited about a paved trail. "When it rains, it's frustrating to run in a mud pit," he said. "And it's impossible for moms and strollers."

Sue Marcus wondered what's the purpose of this trail in the community — for transit or relaxation? "What about the environmental impacts on the park and its native deni-

zens and the terrestrial and stream animals," she asked. "And are there plans for flooding runoff?"

"We take all these things in account when designing and planning park trails," answered Cronauer. "It's already an impervious trail, so the water doesn't percolate down. So adding asphalt makes the trail stay in one place, without the erosion into the surrounding forest. And we have just as many animals in the parks with asphalt trails as with gravel trails."

Once this project is done, asked Michael Stone, "Is it possible to dredge out all the gravel in the stream?"

Paul Shirey, branch manager of the Park Authority's Project Management section, replied that the county has a plan to do things such as that.

"And [that trail is] an essential travel route for people who don't want to be in cars, so I thank the Park Authority," continued Stone.

"But consider widening the trail at the bollard spots to make it easier for kids on bikes to get around them."

In response, Cronauer said those bollards will eventually be removed.

Karen Schofield said, "Between Middle Ridge Drive and the parkway, there are truckloads of gravel and big, metal pipes — and I hope they'll take out the big rocks there."

Shirey said that would be more of a stream-restoration program, and Supervi-



These photos show degradation of the gravel trail after a rain.

sor Pat Herrity (R-Springfield) said the county has a list of such projects. And, added Herrity, "Possibly they could help, even temporarily, to take out some of the gravel while they're already in there with heavy equipment."

Meanwhile, Tara Kawasaki asked about the durability of an asphalt trail. "We've gotten a pretty good handle on where we should put asphalt vs. concrete to create a durable trail," replied Cronauer.

Furthermore, she said, "The nasty runoff

from asphalt roads comes from cars and oil. In the stream valley, we have bikes and people's feet. We also have naturalists that advise us about what's good and bad. And they're on board with our paving trails that need to be stabilized in areas that are a muddy mess."

Agreeing with the plan, Bill Collins decried the current conditions of the trail after a heavy rain. "I'm a firm supporter of paving the trail," he said. "I think the ben

SEE TRAIL PROJECT, PAGE 7

CENTRE VIEW ♦ SEPTEMBER 19-25, 2018 ♦ 3

Cox Farms Kicks off Fall Festival

From Cornundrum Cornfield To Fields of Fear.

BY STEVE HIBBARD

It's that time again. The annual Cox Farms Fall Festival officially kicked off last weekend and will run daily from Sept. 22 to Nov. 6. The Fall Festival features such attractions as hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, Foamhenge, the Tractor Museum, and all sorts of farm animals and their babies. A friendly goat herd welcomes visitors to Billy Goat Village, where they can visit and feed them. Each slide is themed differently, so you'll fly out of castles, barns, and volcanoes, exploring everything from dinosaur digs to mining towns to giant beanstalks.

According to Aaron Cox-Leow, co-farmer in chief: "It sounds cheesy, but for me, the most exciting new thing each year is our incredible team of Cox Farmers. We have an amazing group of over 500 employees, including more than 250 brand new employees, 250 returning employees and 60 members of our Leadership Team. Most of our employees are locals who came to the farm as customers before they became employees, so they're personally invested in recreating that same magical experience for visitors now."

Cox-Leow said this year, their focus has been on making improvements rather than going for big, splashy new additions. "We thought about the most common complaints we hear, things like crowds/lines, bees, admission prices. Then we asked ourselves



A view of Cox Farms from a distance.

how we could address those concerns to improve the customer experience, and we tried to tackle those challenges."

Although Cox Farms was founded in 1972, it wasn't until the early 1980s that they held the first Fall Festival on a single weekend. It has been steadily growing to its present-day phenomena ever since.

The Fall Festival has four tiers of admission: Discount, Value, Regular, and Peak. All four tiers include the same attractions, but you'll pay less on our Discount and Value days, and more on our Peak days. On Discount days (Sept. 24, 25, 26, 27, Oct. 1, 2, 3, Nov. 1, 2, 2018), admission is \$6 per person. Value admission (most weekdays, not including Indigenous Peoples Day, plus the first and last weekends of the season) is \$10 per person. Regular admission (Sept. 22, 23, 29, 30, Oct. 27, 28) is \$15 per person. On the busiest and most popular weekends in October (Oct. 6-8, 13-14, 20-21), Peak admission is \$20 per person. These pricing options allow visitors to save by planning their visit on a non-Peak date. If you prefer to avoid crowds and lines, it is recommended to choose a non-peak date to visit. All dates and admission price information can be found at www.coxfarms.com/fallfestival/ticketbooth.aspx.

To support local public servants, Cox Farms offers a \$5 discount on up to four Fall Festival tickets to public servants during the Public Servants Weekend on Sept. 22-23 this year. Government employees, educators, first responders, law



Taking a ride on the slide at Cox Farms. The annual Fall Festival will run daily from Sept. 22 to Nov. 6.

enforcement, nurses and members of the military can save \$5 by presenting a valid badge or identification at the ticket booth. For folks in search of a deal on October weekdays (not including Indigenous Peoples Day, Monday, Oct. 8) after 4 p.m., \$5 "Last Call" tickets make those after-school visits a bargain. Cox Farms Members and Fear Fanatics receive additional discounts and offers. Sign-up is available through the website as is additional information about perks of the program, which include seasonal freebies all year long. When night falls on the farm, it's time for Fields of Fear, which is celebrating its 10th year. Fields of Fear is on Friday and Saturday nights from Sept. 21-Nov. 3, plus "Bonus Night" Sunday, Oct. 7. The Cornightmare got a total overhaul,

with almost all new scenes and tons of new scares. Cornightmare joins the two other haunted attractions, Darkside Hayride (featuring The Lost Circus) and The Forest: Back 40. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more.

Fields of Fear now has four tiers of admission, similar to the daytime Fall Festival admission structure. This means that they lowered the price of admission on four nights, left eight nights the same price as 2017, and raised the price on our three busiest nights. All dates and prices can be found at <http://fieldsoffear.coxfarms.com/tickets/deluxe.aspx>.

Also new this year is a new and improved Apples and Cider station, where you get your free apples and apple cider during your visit. The structure features a fancy dispensing system designed to be user-friendly for humans and less appealing for yellow jackets. "We also added a new food stand called "Guess What?", which features chicken tenders, waffle fries, and as a couple fancy salads and soups. In the Festival Market, you can get warm biscuits with butter, honey, and your choice of apple butter or pumpkin butter," he said.

The management plans to announce any weather impacts or closures by 7 a.m. each day and the Festival Market will be open daily, even if the festival ends up being closed due to rain. For more information, visit www.coxfarms.com and www.fieldsoffear.com.

PHOTOS BY AARON COX-LEOW

CENTREVIEW

www.ConnectionNewspapers.com

@CentreView

Newspaper of
Centreville
Little Rocky Run
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:
centreview@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
debfunk@connectionnewspapers.com

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

Classified & Employment
Advertising
703-778-9431

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

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

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

Union Mills Celebrates End of Summer

Union Mills community held its annual pool party on Saturday, Aug. 25. More than 100 residents were presents at the event and weather was in the organizers favor.

Union Mills community would like to express a big thank you to all the pool party volunteers who worked hard to offer the community a great experience: Ingrid Kilmer (event captain, gift card solicitation champion, DJ and MC), Mike and Alexis Payne (shopping and food caterer champions, help with grilling and event decorations), Amy Mount (kids pool games and event coordination), Janet Lopez (kids pool games), Mike Shipley (parking and event advertising arrangements), Bogdan Feldrihan (Social Committee Chair) and also to the Union Mills property manager Natalie McCracken from FirstService Residential for the great help with advertising the event. The event agenda included a martial arts demonstration, kids pool games, raffle prizes from the event sponsors and and a visit from Kona ice truck. This event was a great opportunity for the community to come together and celebrate the end of the summer.

Union Mills community would also like to express the same big thank you to all the event sponsors: Trader Joe's, Giant Food, Glory Days, Rosemary's Thyme, Shilla Bak-



Union Mills pool party volunteers (from left): Franklin Payne, Alexis Payne, Michael Payne, Ingrid Kilmer, Amy Mount, and Bogdan Feldrihan.

ery, Miamore Beauty City, ATA Martial Arts, Panera Bread, Popeye's, Manhattan Bagel, Outback Steakhouse and Bowlero Bowling. The sponsors offered a total of estimated \$1,385 value back to their nearby community either as gift cards, food or products.

Here are few words about our community: Union Mills is a well-established neighborhood of 94 garage-unit townhouses and

217 non-garage townhouses and 57 single family homes tucked in the southwest corner of Fairfax County, Virginia. Our 92 acres are located just off either side of Union Mill Road between Lee Highway (Route 29) and Old Braddock Road. The community sits in a park-like environment with many broad open spaces filled with decades-old trees and carefully tended lawns and landscap-

ing.

The residents of Union Mills enjoy a community swimming pool staffed with lifeguards which is open from Memorial Day through Labor Day. The pool and bathhouse were completely renovated for the 2004 season and many other improvements were made in 2011. We also have a tennis court, walking trails connecting to the Colonnade Shopping center, a bike/jogging path alongside the natural wetlands, and a well-maintained tot lot with new equipment. Local schools are: Union Mill Elementary, Liberty Middle, Centreville High School and St. Andrews Catholic School. There are also several day care centers nearby.

Union Mills couldn't be better located for shopping and dining out. We are in easy walking distance of the shops at The Colonnade at Union Mill which is anchored by a Giant Supermarket. Union Mills is very favorably situated for commuters and travelers. Fairfax County Parkway and I-66 are less than 10 minutes away, and Dulles International Airport is approximately 25 minutes north on Route 28.

In short, Union Mills is ... a great place to live and play. If you want to learn more about our community you can read more here: <http://www.unionmills.com>.

— BOGDAN FELDRIHAN, UNION MILLS HOA BOARD SECRETARY

Virginia Run Kid's Clothing & Toy Sale

Why pay retail? Come shop for high quality fall/winter kid's gear at a fraction of the cost!

Saturday, September 22

General Sale: 8:30 – 11:30 a.m.

½ Price sale 12:00 – 1:00 p.m.

CASH ONLY

Fall/Winter Clothing: Sizes newborn – kids 16 • Shoes • Winter Gear
Toys/Games • Furniture/Décor • Sporting Goods • Strollers • Books/Movies
Bikes/Ride-Ons • Video Games • Baby Essentials • Maternity Clothes



A portion of the proceeds of the sale go to those in need in the Centreville area.

Virginia Run Community Center
15355 Wetherburn Court (right off Pleasant Valley Road)
Centreville, VA 20120

KING STREET KING STREET IN
OLD TOWN ALEXANDRIA, VA

ART FESTIVAL

FREE ADMISSION
VisitAlexandriaVA.com/ArtFestival

SATURDAY, SEPTEMBER 22
10AM-7PM

SUNDAY, SEPTEMBER 23
10AM-5PM

ArtFestival.com
A Howard Alan Event
(561) 746-6615

THE LINCOLN MOTOR COMPANY **McEwen Associates** **ROBINSON LAMING** **Gutter Helmet**

Alexandria **Alexandria Gazette Packet** **LORIE**

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques

703-241-0790

theschefers@cox.net

**Find us on Facebook
and become a fan!**

[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

THE CONNECTION

Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

Forget Daily Commuting

Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call Jerry Vernon

703-549-0004

Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

Announcements

**Donate A Boat
or Car Today!**

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



Announcements

Announcements

ABSOLUTE LAND AUCTION

Wed, Oct.10, 12:30PM at Best Western, Waynesboro

383 Acres near Waynesboro

Selling to the highest bidder! 383 wooded acres just 2 miles east of Waynesboro near Shenandoah National Park and the Blue Ridge Mtns. Incredible building spot on Ramsey Mountain. Nicely wooded w/ trails, stream, views, convenience, and privacy! Offered in 3 tracts.



Details at

TRFAuctions.com

434.847.7741 | info@trfauctions.com

Announcements

Announcements

26th Annual Parade of Homes Oct. 4-7

Tour 24 Homes Corolla to Manteo

Tickets \$10

**Good all
4 Days**



Online Preview: www.obhomebuilders.org

SPORTS



PHOTOS BY WILL PALENSCAR

Eugene Asante #8 carries the ball for Westfield as teammate Bryan Jewell #69 makes a lane for him to run.

Bulldogs Take Down Raiders

The Stonewall Jackson Raiders travelled to take on the Westfield Bulldogs in Chantilly on Sept. 13. This was the second meeting of the two neighboring county opponents. Westfield having defeated Stonewall Jackson 21-0 on Sept. 15, 2017.

Westfield would jump out to an early 7-0 lead when QB Noah Kim found Joe Clancy, on a 8 yard TD reception. Later in the 2nd quarter Westfield would add 7 more points when Isaiah Daniel ran in the first of his two rushing touchdowns, giving the Bulldogs a 14-0 advantage.

In the 3rd quarter Stonewall Jackson would get on the board when Elijah Reese caught a pass thrown by Toviell Yung with two Bulldogs defending. After a blocked extra point by Eugene Asante, the score remained at 14-6. Later in the 3rd quarter the Raiders would strike again when Avery Howard rushed in for the Raiders second TD of the game. Westfield would then add another TD run. Once again it was Isaiah Daniels running in from short yardage giving Westfield a 21-13 lead. Westfield would hold Stonewall Jackson scoreless for the remainder of the game.

In the 4th quarter Riley Nugent was successful on a 20-yard field goal, putting the host Bulldogs up 24-13. Later in the 4th quarter, Sean Goodman would run in from 27 yards out. Following a Riley Nugent PAT, Westfield led 31-13. After another successful



Isaiah Daniel # 23 puts a stiff arm out as Stonewall Jackson defensive lineman Edwin Linares #77 puts on defensive pressure.

Nugent kick, Westfield led 31-13. That score would complete scoring for the game and the Westfield Bulldogs would improve to (3-0) and winners of their last 27 games, while Stonewall Jackson falls to (1-3).

Westfield was led by Isaiah Daniel who rushed 19 times for 154 yard and 2 TDs. Sean Goodman rushed for 55 yards on 4 carries and a TD. Westfield (3-0) will travel to take on West Springfield (3-0) on Friday. Stonewall Jackson will play at Garfield (2-2).

— WILL PALENSCAR



Sean Goodman #20 rushed for 55 yards and a TD in Westfield's win over Stonewall Jackson.



PHOTO BY BONNIE HOBBS

The Park Authority's Liz Cronauer explains the scope of the trail-paving work.

Trail Project

FROM PAGE 3

efits will far outweigh any negatives.”

Also pleased was Sharon Grogan. “The trail is the quickest way from my house to the Greenbriar pool, park and Greenbriar East Elementary, where my child’s a first-grader,” she said. “And the stroller is a necessity for me for my 1-year-old, and we can’t use the trail after a rainstorm.”

So, she said, “A paved trail would be such a better experience for me. And then my 4- and 6-year-olds will be able to ride their bikes on that paved trail, instead of on the sidewalk with cars going by.”

But Jenny Haskins said she prefers things “natural, in this heavily-built-up area. What about drainage and erosion further down? I’m concerned about increasing the water flow. And what about a boardwalk?”

Shirey said an asphalt pavement wouldn’t increase the runoff. And Cronauer said a boardwalk is more expensive to build and maintain. “It’s used more to get to a very special place, such as in Huntley Meadows Park [in Alexandria],” she said.

Another female resident said she’s happy the trail will be paved because it will enable her to “get to look around and see things [while being on it], instead of always looking down to see where I’m walking.” She then asked how long the trail would be unavailable for use during construction.

“The contractors would only close the trail section they’re working on,” answered Cronauer. “We try and do it in segments and post signs, plus information on our website, ahead of time, so people will know when a part of it is unavailable.”

Noting that she’s a dogwalker, Donna Reed said she therefore uses the trails a great deal. And she wanted to know what the top portion of the bridge would be made of. Project Manager Tom McFarland said it will be a 10-foot-wide, steel, pedestrian bridge with a wood deck.”

Toward the end of the meeting, Herrity told those attending that all their comments are valuable and important. “In meetings like this, the professionals learn things that they didn’t know about because you live here,” he said. “And your feedback and comments make it a better project.”

One of the last residents to speak was Jeff Goodell. “I’m a strong supporter of the paved trail,” he said. “I’m a runner, and my 5-year-old daughter wants to ride her bike alongside me, but can’t now, because it’s too dangerous. So thank you for doing this.”

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING

A&S CONSTRUCTION

SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

Good is not
good, where
better is
expected.

-Thomas Fuller

ELECTRICAL

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
lektrkman28@gmail.com

LANDSCAPING

LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987
703-772-0500

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

TILE / MARBLE

TILE / MARBLE

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

IMPROVEMENTS

Power Washing

Go from green to clean, do you have
mold on your siding rotten wood that's
a hoa violation? We do houses, decks,
fences, side walks, etc. Deck and fence
repair, deck staining and sealing.
Licensed & Insured • Free Estimates
email: jnave@comcast.net
703-987-5096 10% Senior/Military Discount

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

RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patio's, 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

Find us on Facebook
and become a fan!

www.Facebook.com/
connectionnewspapers

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Fall 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

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

MASONRY

MASONRY

Alfredo's Construction Company, Inc.

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:
VA: (703) 698-0060 • MD: (301) 316-1603

www.alfredosconstructioncompany.com

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

www.ConnectionNewspapers.com/PDFs

An expert is someone
who knows some of the worst mis-
takes that can be made in his subject
and how to avoid them.
-Werner Heisenberg

A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding “interminableness,” one of our five cats, “Twinkle,” is walking back and forth across my desk, rubbing my writing hand with her head – while I’m trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I’ve placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don’t want them go and invariably that’s almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with “Twinkle” having been occupied elsewhere during the last 10 minutes or so. (After I implored her to “Give me some space, please?” she jumped off the desk.) Finally, I have received word that I’m approved for my infusion. And now that I’m no longer on telephone-hold, I doubt I’ll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she’s brought along “Biscuit,” one of the two oldest “buff-colored” brothers we rescued in September ‘06. But I’m more tolerant of their interference now as I’ve been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don’t flow as often on the weekends, we’d really rather know before the weekend so that we can get on with our lives.

And, as I’m sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it’s still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist’s way. When we know definitively, then we’ll act definitively. We’ve had some preliminary discussions about alternatives going forward, but until further details are known, it’s all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don’t imagine there’s much I can do about it now. When those results are known, then we’ll go to plan “B,” or revert to current plan “A.”

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There’s no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it’s still “early days.” Maybe the cats do know something. We’ve heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here’s comes “Biscuit,” he’s been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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

Falling for Fall Arts & Crafts Show

Saturday 9/22/18 & Sunday 9/23/18
(10am-5pm) (10am-4pm)

Springfield Town Center
in the parking lot by JC Penny

www.TroyPromotions.com

**\$100 Customer Show Buck
Drawings every hour to be used
towards purchases at winners
favorite vendors booths at the show!**



Route 29 Widening Fairfax County Public Information Meeting

Wednesday, October 10, 2018
6:30 p.m. to 8:30 p.m.
Presentation begins at 7 p.m.

Colin L. Powell Elementary School
13340 Leland Road
Centreville, VA 20120

Find out about plans to widen 1.5 miles of Route 29 (Lee Highway) from four to six lanes between Union Mill Road and Buckleys Gate Drive to relieve congestion and improve operations and safety.

The project will also correct vertical alignment to improve sight distance, add/improve bicycle and pedestrian shared-use paths on both sides of Route 29, and provide connectivity to bicycle/pedestrian trails at the Fairfax County Parkway/West Ox Road interchange.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **October 22, 2018** to Ms. Hong Ha, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Route 29 Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Hong Ha at 703-259-2907.

State Project: 0029-029-350, P101, R201, C501, D612, D613
UPC: 110329, Federal: NHPP-5A01 (917)

ENTERTAINMENT



Fall Festival and Fields of Fear

The Fall Festival features favorite attractions including hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, Foamhenge, the Tractor Museum, and all sorts of farm animals and their babies. Open daily, Sept. 22-Nov. 6, 10 a.m.-6 p.m. (5 p.m. in November). When night falls on the farm, it's time for Fields of Fear. The Cornnightmare got a total overhaul, with new scenes and scares. Cornnightmare joins two other haunted attractions, Darkside Hayride (featuring The Lost Circus) and The Forest: Back 40. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. Last admission one hour before closing. Admission varies \$6-\$20. Visit www.coxfarms.com or www.fieldsoffear.com for more.

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

WEDNESDAY/SEPT. 19

Speed of Sound Lab. 3-4 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Discover the secrets of how sound travels through different medium. A basic understanding of Algebra I is recommended. Violin Instructor Drew Robertson will lead this workshop. Grades: 7 to 12. Visit librarycalendar.fairfaxcounty.gov/event/4127599.

THURSDAY/SEPT. 20

Lost Puppies Rescue. 4:30-5:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Meet the Australian Shepherd dogs, Max and Tucker. Hear the true story on their animal rescue efforts at Bull Run Regional Park. All ages. Visit librarycalendar.fairfaxcounty.gov/event/4229088.

FRIDAY/SEPT. 21

OLGC Golf Classic. 11 a.m.-7 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. A fun-filled day with contests, food, and company. All proceeds benefit Tuition Assistance at OLGC School. Registration deadline is Sept. 7. \$200 Visit www.olgcva.org/fellowship/golf-classic for more.

Ready for School Storytime. 2-3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Early literacy storytime program for children ready to be on their own without caregivers or siblings. Ages 4-5. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

FRIDAY-SUNDAY/SEPT. 21-23

Capital Home Show. Friday-Saturday, 11 a.m.-9 p.m.; Sunday, 11 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 250 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. Headlining will be Vern Yip, star of "Trading Spaces." \$3-\$10. Visit capitalhomeshow.com for tickets.

SEPT. 21-NOV. 3

Cox Farms' Fields of Fear. Open Friday-Saturday, Sept. 21-Nov. 3, 7:30-11 p.m. When night falls on the farm, it's time for Fields of Fear. The Cornnightmare got a total overhaul,

with new scenes and scares. Cornnightmare joins two other haunted attractions, Darkside Hayride (featuring The Lost Circus) and The Forest: Back 40. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. Admission varies \$6-\$20. Last admission one hour before closing. Visit www.fieldsoffear.com for more.

SEPT. 22-NOV. 6

Cox Farms' Fall Festival. Open daily, Sept. 22-Nov. 6, 10 a.m.-6 p.m. (5 p.m. in November). The Fall Festival features favorite attractions including hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, Foamhenge, the Tractor Museum, and all sorts of farm animals and their babies. Admission varies \$6-\$20. Last admission one hour before closing. Visit www.coxfarms.com for more.

SUNDAY/SEPT. 23

Memories of the Orange and Alexandria RR. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A special exhibit in cooperation with the Burke Historical Society will highlight the legacy of the Orange and Alexandria Railroad - the railroad the Fairfax Station was constructed to service. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/SEPT. 27

Erin Peterson Fund Golf Tournament. At Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Donations and participation has enabled the Erin Peterson Fund to award 73 scholarships and be the sole sponsor of the Westfield High School Young Men's Leadership Group, Stone Middle and Westfield High School Girls Reaching for Academic & Culture Excellence (GRACE) groups, EPF Koats for Kids program providing new coats to kids at Centreville Elementary School. Early Registration starts Aug. 6. Visit www.erinpetersonfund.org. For questions, e-mail erinpetersonfund@yahoo.com.

THURSDAY-SUNDAY/SEPT. 27-30

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, 1-4 p.m. at Centreville Regional Library, 14200

St. Germain Drive, Centreville. Half-price on Sunday. Centreville Library Friends Fall Book Sale proceeds benefit the library and its patrons. Call the library at 703-830-2223 or friendsofcentrevillelibrary.blogspot.com.

SATURDAY/SEPT. 29

Anniversary Luau with Ono. Doors open 11:30 a.m. at Ono Brewing Company, 4520 Daly Drive, Suite 102, Chantilly. Hawaiian entertainment starting at 2 p.m. Learn to hula; visit vendors and crafters displaying handmade Hawaiian-themed items; watch lei making demonstrations and learn how to make your own lei. Odd BBQ will be serving an outdoor pork roast buffet along with additional a la carte items. Kona Ice truck will sell Hawaiian shaved ice. Raffle giveaways all day. Admission \$5-\$10. Visit www.onobrewco.com.

SUNDAY/SEPT. 30

Civil War Book & Memorabilia Sale. 11 a.m.-6 p.m. at the Arlington-Fairfax Elks Lodge, 8421 Arlington Boulevard, Fairfax. Chuck Mauro and Don Hakenson and other vendors will also be selling their wares at the First Annual Civil War Book & Memorabilia Sale. Interested vendors may email mayo5304@cox.net or call 703-389-1505.

Reading Circle Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. "The Caboose That Got Loose" book will be featured. The Reading Circle will be held in two 45 minute sessions - one at 1:15, one at 2:30. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SATURDAY-SUNDAY/OCT. 6-7 LEGO Train Show and Craft Fair.

10 a.m.-5 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, D.C. Metropolitan Area LEGO Train Club will hold a special two-day display at the Fairfax Station Railroad Museum. In addition volunteers will hold science, technology, engineering and mathematic activities about railroads. Recommended for ages 8 and older. Local crafters will also be on the Museum grounds selling crafts. Please bring any unwanted LEGO pieces or sets to help support the LEGO Train Club's educational activities. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$5. Call 703-425-9225 or visit www.fairfax-station.org.