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# Chantilly

## CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

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From left: Twins Lauren and Elizabeth Bradshaw receive an award from Centreville Day Chairman Cheryl Repetti (dressed as the historic Mrs. Spindle).

# Honored during Centreville Day

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NOVEMBER 7-13, 2018

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# Sully Police, Local Residents, Honored

Centreville Day Planning Committee presents awards.

BY BONNIE HOBBS

**D**uring opening ceremonies of the Oct. 20 Centreville Day celebration, Supervisor Kathy Smith (D-Sully) honored local residents and others for all they've done to serve the community. First, though, the Chantilly Academy's Air Force JROTC presented the colors and the Fairfax Choral Society Youth Choir sang the National Anthem.

Dignitaries included Fairfax County Board of Supervisors Chairman Sharon Bulova, U.S. Rep. Gerry Connolly (D-11) and county School Board members Ryan McElveen and Ilryong Moon.

"We celebrate Centreville as a diverse, growing and special place," said Connolly.

Smith recognized everyone responsible for making Centreville Day possible, including American Legion Post 1995, which organized the parade. And Bulova said, "We're a big community geographically, but events like this make us into a small town."

Smith then presented the first three awards, while Centreville Day Chairman Cheryl Repetti told the audience why the recipients were being honored. Later that afternoon, Repetti presented the last two awards.

Said Repetti: "The Centreville Day Planning Committee is pleased to each year recognize individuals



**Sully District Supervisor Kathy Smith (left) with Centreville Day Citizen of the Year Donna Smith.**

and organizations in the greater Centreville community who have worked to improve and better the lives of their neighbors and fellow citizens." The honorees, and Repetti's comments, were as follows:

**Donna Smith, Centreville Day 2018 Citizen of the Year**

"Donna Smith is an enthusiastic and energetic champion of our community," said Repetti. "She continually finds ways to meet the needs of many different people. For three years, she's helped organize



PHOTO BY BONNIE HOBBS

**From left are Capt. Ryan Morgan, MPO Sabrina Ruck, Sully District Supervisor Kathy Smith and Sgt. John Turner**

the annual Centreville International Showcase as the entertainment chair. Donna is also a member of the Rotary Club of Centreville-Chantilly and serves as treasurer.

"Donna also sells White House ornaments to raise money for scholarships for local, high-school graduates and solicits donations of

SEE SULLY POLICE, PAGE 4

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# NEWS

## 'We're Not the Sum of Our Labels'

Centreville High presents "Curious Incident of Dog in Night-Time."

BY BONNIE HOBBS

Centreville High's upcoming play, "The Curious Incident of the Dog in the Night-Time," is a drama centering on a 15-year-old, autistic boy, Christopher, who's accused of killing his neighbor's dog. He writes a book about his life, this situation and how he handles it, while trying to figure out what happened — because he's not the culprit.

The curtain rises Friday, Nov. 16, at 7:30 p.m.; Saturday, Nov. 17, at 3 and 7:30 p.m.; and Sunday, Nov. 18, at 3 p.m. Tickets are \$10 at the door or via [www.theatrecentreville.com](http://www.theatrecentreville.com) (with no fee for online orders).

"I've seen this show before and was quite taken with how it told the story of autism without ever mentioning the word," said Director Mike Hudson. "Christopher is given a school assignment to write a book, and this play is his book, narrated by his teacher reading from it."

In one sense, said Hudson, "Christopher is trying to find out who killed the dog because he's curious. But the search impacts his life because he ends up doing things people didn't expect him to be able to do. The playwright's intent was to teach us we're not the sum of our labels, because Christopher shows that he can perform beyond others' expectations."

The play features a cast and crew of 24 and is mainly set in modern-day London.

There's minimal scenery, but a great deal of color and motion created by the lighting. And all the actors had to do extensive research to make themselves more aware of life with autism to better understand what's going on in the play.

"It's difficult because the story's told from the unique point of view of an autistic person and the way he thinks," said Hudson. "But the actors are all doing well, with strong, character portrayals — especially Danny Villalobos, who's doing an amazing job of bringing Christopher to life. Hopefully, the audience will leave with a better



PHOTO BY BONNIE HOBBS

**Trying to discern who killed Wellington, the dog, the autistic Christopher (played by Danny Villalobos, in center) approaches neighbors he's never spoken to before.**

understanding of the disservice we do to ourselves and others by making judgments about people based on labels."

Villalobos, a sophomore, makes it clear that Christopher Boone isn't just 15, but 15 years, 3 months and 2 days old. "He's extremely intelligent and is like a humanized machine," said Villalobos. "He's very pure, authentic and not phony; he responds to everyone the same way, no matter who they are. But his mind works like a computer, specific and organized."

Not surprisingly, said Villalobos, Christopher is very interested in computers, sci-

ence and math. "In every room, he sees numbers, shapes and things related to math," said Villalobos. "And every, single detail is accounted for in his mind — it's incredible."

As a result, Christopher is a complex character to play, Villalobos said. "The script just tells you his words, but I read the book — which told me the meaning behind everything he said," said Villalobos. "But portraying him came naturally because, in a way, I, too, take notice of many things. So playing him was amplified, but less social."

It's also tough for Villalobos when Chris-

topher acts like a computer. But, he said, "In reality, he has one of the purest hearts. I got so immersed in the character that I picked up some of his habits, like fidgeting. But it's a thrill portraying Christopher because it lets me take a new perspective on how everything in life has meaning."

Villalobos said the audience will also enjoy the show's "stunning visuals of how we bring Christopher's thoughts to life. We do it through lighting, the characters, special effects and deliberate movement. People will go home thinking how we underesti-

SEE 'CURIOUS', PAGE 11

### ROUNDUPS

## Volunteers Needed for Event

Volunteers are needed to help with the annual Boy Scout "Scouting for Food" Drive to benefit Western Fairfax Christian Ministries' Food Pantry. It's set for Saturday, Nov. 10, at the parking garage at 14280 Park Meadow Drive in Chantilly. Students, families and other groups are welcome to lend a hand.

Strong arms/back are helpful to lift crates of food and to also be a truck-driver helper. Three-hour shifts are available between 10 a.m. and 5:30 p.m. For more information and to sign up, go to: [ScoutingForFood@wfcma.org](mailto:ScoutingForFood@wfcma.org).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, Nov. 13, 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.

## Digital Forensics at CAC Meeting

The next meeting of the Sully District Police Station's Citizens Advisory Committee is Tuesday, Nov. 14, at 7:30 p.m. It will be held at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Lt. Brendan Hooke, who supervises the station's Computer Forensics Unit, will discuss digital forensics. He'll talk about the unit's capabilities, plus trends and challenges in this field. He may also speak about the dark net, block-chain and crypto cur-

rency, as well as cybersecurity and some recent scams and cases.

## Food for Library Fines

During the month of November, residents are asked to bring nonperishable food items to their local libraries. In return, the library will waive \$1 in fines people owe, for each item they bring in, with a maximum of \$15 in reduced fines per person. Even if people don't owe fines to their library, they're encouraged to donate food. All food collected will go to Food for Others, a nonprofit food pantry helping people in need in Northern Virginia.

CHANTILLY CONNECTION ♦ NOVEMBER 7-13, 2018 ♦ 3



# Police, Residents, Honored

FROM PAGE 2

GMU basketball and Nationals baseball tickets for fundraising events. And she supports Western Fairfax Christian Ministries and local families in need.

“As a vice president/branch manager at Sandy Spring Bank in Fair Lakes, Donna has overseen greater participation in Centreville Day over the last four years, culminating in the bank’s sponsorship of the History Train this year. And her enthusiastic volunteering includes ringing the bell for Salvation Army at our local Walmart, while belting out Christmas Carols. Surely, that was the reason a second bucket for donations was needed that day.”

## Sully District Police Station, Centreville Day 2018 Community Partner

The Centreville Day Community Partner Award isn’t an annual award; it’s only given occasionally to recognize partners who’ve made consistent contributions toward Centreville Day’s success.

“For 26 years, the Sully District Station has supported Centreville Day,” said Repetti. “It’s provided officers to patrol Centreville Day on bikes and foot, has closed the roads to keep pedestrians safe from vehicles, has participated in the parade, and gamely coped with the 1,001 unexpected problems an event such as Centreville Day presents.”

She also stressed that Capt. Dean Lay, the station’s commander since September 2016 – and his immediate predecessors, Capts. Bob Blakley and Ed O’Carroll – all enlarged that tradition of support by participating in and helping expand the Centreville Day Safety Expo.

pervisor Michael R. Frey named Claudette Ward as the very first Lady Fairfax from the Sully District for her contributions to local history and for her efforts toward historic preservation.

But that’s not all. Repetti said that, “On Claudette’s 80<sup>th</sup> birthday, Ed Wenzel – one of her compatriots in preservation struggles – said Claudette has ‘always been among the first responders on historic-preservation issues, be they at Centreville, Ox Hill, Fairfax or elsewhere, including cemeteries, historic buildings and earthworks. She has been a tremendous advocate for the preservation of Fairfax County’s heritage. She is a gracious and beloved lady and a treasure to all.’” Therefore, said Repetti, “It is our privilege to honor Claudette Ward for her lifetime achievements in historical research and preservation.”

## Elizabeth and Lauren Bradshaw, Young Historian grant award winners

Twin sisters Lauren and Elizabeth Bradshaw received a \$500 grant from the Friends of Historic Centreville for materials used to preserve the Orr Family cemetery. Working with local historian Claudette Ward, plus Mary Lipsey of the Fairfax County Cemetery Preservation Association, the sisters cleared the overgrown and largely forgotten grounds.

Doing so revealed the modest, unmarked fieldstones that were used to indicate some 12 burial sites dating back to at least 1795, when John Orr – a supporter of the American Revolution and a trustee of the town of Centreville – died.

“The girls built a modern path through the cemetery to keep people from stepping on the small, head and foot stones and planted periwinkle, sometimes called ‘cemetery ivy,’” said Repetti. “An evergreen, periwinkle was planted in cemeteries as a symbol of eternal life. The Friends of Historic Centreville are pleased to see two young people undertake a historic-preservation project that will enhance the life of their community.”

The sisters did the work for their Girl Scout Silver Award project after discovering the cemetery in their Gate Post Estates community in Centreville. “The cemetery belonged to John D. Orr, who was a patriot and soldier in the 7th Virginia infantry in the Revolutionary War,” explained Lauren. “He lived on a plantation in what is now our neighborhood and donated over 200 acres of land to present-day Centreville.”

The twins cleaned out and preserved the cemetery and, during Centreville Day, they and various dignitaries rededicated it. Prior to that event, Lauren said, “This ceremony will act to reinstate this cemetery, and we hope it will not fall into such disrepair again. Orr was a founding member of Centreville, and we feel that his cemetery should not be forgotten.”



Claudette Ward (left) receives her award from Cheryl Repetti.

PHOTO COURTESY OF CAROL ROBINSON

## Capt. Ryan Morgan, Sgt. John Turner and MPO Sabrina Ruck

Being feted, as well, were three, Sully District Station police officers who have worked in liaison with the Centreville Day Planning Committee. “These officers – Capt. Ryan Morgan, Sgt. John Turner and MPO Sabrina Ruck have each gone above and beyond their assigned duties and become enthusiastic, creative members of the Centreville Day team,” explained Repetti. “Knowing that Capt. Morgan and Sgt. Turner are moving on to new assignments has motivated the committee to recognize their contributions, the contributions of their colleagues and the leadership of Commander Lay and his predecessors. We can’t thank the Sully District police enough for their support.”

## Claudette Ward, Centreville Day 2018 Citizen of the Year and Honored Community Historian

A lifelong resident of Centreville, Claudette Ward has given many hours of service to her community. She was president of the Ladies Auxiliary of Station 17’s Volunteer Fire Department, has been a leader in her church, was a member of the Fairfax Center/Springfield District Land-Use Committee and is a noted historian.

“She contributes to a number of local historical associations, including the Stuart-Mosby and the Fairfax County historical societies and the Historic Centreville Society (HCS),” said Repetti. “As a member of HCS’s Board of Directors, Claudette has remained steadfast in keeping the organization focused on its mission to educate the public about Centreville’s history.

“Toward that end, she’s written many articles based on her careful research into her family history and the history of the Centreville area. Many of her articles can be found in issues of the HCS newsletter, The Millrace. And in 1992, Sully District Su-

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# OPINION

## Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

### BULLETIN BOARD

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

### WHITE HOUSE ORNAMENTS

**GFWC Western Fairfax County Woman's Club** is selling 2018 White House Christmas ornaments. This year's ornament honors the 33rd President, Harry Truman. The two-sided ornament illustrates changes to the White House during the Truman administration, the Truman balcony, Presidential Seal and renovation of the Blue Room. 2018 ornaments cost \$22. Proceeds benefit charity. Order now by calling 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

### FOOD DRIVES

### WORDS & PICTURES

This poem was inspired by the quote "A screaming song is good to know," by Maurice Sendak.

## Sing a Screaming Song

When the class work gets too much,  
the teacher decides to give a pop quiz,  
and the school day never seems to end.

Then, when you finally do get home,  
want to just lay down or play, but there is  
lots of homework to do and tests to study  
for.

And this really makes you want to scream.  
A screaming song is good to know  
to scream sing and dance your annoyance  
out.

It is much better to scream a screaming song.  
rather than just simply scream  
a loud scream and throw a fit!

— COPYRIGHT © ANITA R MOHAN

Some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

❖ News stories from school newspapers.

❖ Photos and text about activities or events.

❖ Were you involved in November's elections? What did you think?

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**Scouting for Food.** Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Visit [www.ncacbsa.org](http://www.ncacbsa.org) for more.

**Food for Fines.** Nov. 1-30. Fairfax County Public Library is hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit [www.fairfaxcounty.gov/library/food-fines](http://www.fairfaxcounty.gov/library/food-fines) for more.

### SATURDAY/NOV. 10

**Incident Management Open House.** 10 a.m.-2 p.m. at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax. An outdoor touch-a-

truck exhibit will feature a simulated crash scene to help the public see an incident from the perspective of first responders who work in the roadway every day. Attendees can watch live demonstrations of patient extrication, towing recovery, drone operations, and tree removal. An indoor expo will feature booths for VDOT incident management coordinators, public affairs, safety manager, signal operations, Safety Service Patrol, and Transportation Operations Center. The event will also feature food trucks and a kids' zone. Visit [vdotopenhouse.eventbrite.com](http://vdotopenhouse.eventbrite.com).

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at [kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com).

❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, [smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

### MONDAY/NOV. 12

**Reading Tutor Volunteers.** 10 a.m.-noon at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Assistance League of Northern Virginia, a 501(c)(3) nonprofit, will hold its next monthly meeting. Individuals looking to stay in touch with the local community are invited to attend to learn more about the organization's programs. Pre-meeting social starts at 9:30 a.m. Free. Email [membership@alnv.org](mailto:membership@alnv.org) or visit [www.alnv.org](http://www.alnv.org) for more.

### TUESDAY/NOV. 13

**NARFE Chapter Meeting.** 11:30 a.m.-1:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. NARFE Fairfax 737 luncheon meeting with a presentation on "Origins and History of the U. S. Flag" by Susan Trunzo, former FBI, and hear updates to 2019 Blue Cross/Blue Shields Health Plans. Register for luncheon (\$11) by Nov. 9 at 703-280-2356.

**American Legion Meeting.** 7:30-9 p.m. at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. The American Legion is a veterans and community service organization whose mission is to support veterans, promote patriotism, and work with local communities on programs that support Americanism and Youth/Children such as Boys/Girls State and Scouting. Post 1995 Centreville's monthly membership meetings are held the second Tuesday of each month. The Post's Auxiliary unit also meets in an adjoining room. Family members are welcome. Free. Email [centrevillepost1995@gmail.com](mailto:centrevillepost1995@gmail.com).

## Election Coverage

Due to print production deadlines, Election Day results will be posted at [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## Chantilly CONNECTION

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# ENTERTAINMENT

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

## ONGOING

**Fitness for 50+.** Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email [lynnne.lott@fairfaxcounty.gov](mailto:lynnne.lott@fairfaxcounty.gov) or call 703-322-4475.

**History Volunteers Needed.** Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

**Art Guild of Clifton Exhibit.** 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919.

**Carolina Shag Dance.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit [www.nvshag.org](http://www.nvshag.org).

**Open Rehearsal.** Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit [www.fairfaxjubilairst.org](http://www.fairfaxjubilairst.org).

**Live After Five.** Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for a full schedule.

**Mondays are Family Night.** 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030.

## PET ADOPTIONS

**Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://hart90.org).

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [aforeverhome.org](http://aforeverhome.org).

**Adopt a Dog.** Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org).

## LIBRARY FUN

**Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

**Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

**Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

**Lego Block Party.** Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow

Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

**Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

**Legos Kids Club.** Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

**Starlight Storytime.** Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

## THURSDAY/NOV. 8

**Biscuit and Butter Making.** At Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring homeschool students (ages 6-12) or group of students for hands-on learning designed to enrich understanding of Fairfax County history. Explore food production from garden to table, play historical games and make a toy. Bring a picnic lunch and stroll the park before or after the program. Children must be accompanied by an adult. Call for times, 703- 631-0013 or visit online at [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SATURDAY/NOV. 10

**HomeAid Northern Virginia's 17th Annual Gala & Auction.** 6:30 p.m. at Lansdowne Resort & Spa, 44050 Woodridge Pkwy, Leesburg. Celebrate a successful year of building better lives for those experiencing homelessness in our community with Chantilly-based HomeAid's "Give me Shelter" Cirque themed gala. \$225. Call 571-283-6300 or visit [www.homeaidnova.org](http://www.homeaidnova.org).

## SUNDAY/NOV. 11

**Railroad Museum Exhibits.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Take a step back in time and discover the Fairfax Station Railroad Museum and the role it played in the history of Northern Virginia. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## THURSDAY/NOV. 15

**Historic Games: Ball and Cup.** At Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring homeschool students (ages 6-12) or group of students for hands-on learning designed to enrich understanding of Fairfax County history. Explore food production from garden to table, play historical games and make a toy. Bring a picnic lunch and stroll the park before or after the program. Children must be accompanied by an adult. Call for times, 703- 631-0013 or visit online at [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SATURDAY/NOV. 17

**Civil War Tour.** 8 a.m.-4 p.m. at Fairfax Station Railroad Museum and sites in Clifton, Centreville, 11200 Fairfax Station Road, Fairfax Station. Blake Myers, noted Civil War Historian, will lead a history tour of

interesting Civil War sites in and around Fairfax, Clifton and Centreville. Meet at the Museum. Wear comfortable walking shoes and appropriate clothing for walking through wooded areas. Museum members, \$20; non-members, \$30. Register in advance and pay by Square at [squareup.com/store/fairfax-station-railroad-museum.com](http://squareup.com/store/fairfax-station-railroad-museum.com). Payment may also be made the day of the Tour with cash, check or credit. Register at [information@fairfax-station.org](mailto:information@fairfax-station.org). Call 703-425-9225 or visit [www.fairfax-station.org](http://www.fairfax-station.org).

## Develop a Love for History Early.

10-10:45 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Open young minds to the wonders of history this fall. In the "History for Small Fries" program at Sully Historic Site, children age 1-5 will enjoy a story and craft as they discover how things were in the olden days. Through their senses, children can experience how different things smelled, looked or worked. \$8 per child, and children must be accompanied by an adult. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

**Achievement Week Luncheon.** 2 p.m. at The Waterford Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Baltimore Ravens General Manager Ozzie Newsome will be the guest of honor for the Omicron Kappa Kappa (OKK) Chapter of Omega Psi Phi Fraternity's Achievement Week Luncheon to recognize individuals at the local and international level who have contributed to community uplift. OKK's 2018 award recipients are Virginia Lt. Gov. Justin Fairfax, who will be honored as Citizen of the Year; Westfield High School football coach Kyle Simmons, Sportsman of the Year, and Reston Chamber of Commerce President and CEO Mark Ingrao, who will receive the Community Service Award. Chapter award recipients are Gordon Person, Omega Man of the Year; Earl Smith, Superior Service, and Roscoe Nance, Founders Award. Visit [www.okk-ques.org](http://www.okk-ques.org).

## SATURDAY-SUNDAY/NOV. 24-25

**Fairfax Ballet Company's Nutcracker.** Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at W.T. Woodson High School, Fairfax. The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Company members, along with students from the Russell School of Ballet and George Mason University, and professional guest artists, join Clara and her Nutcracker Prince in a magical journey through a winter wonderland. \$15-\$30. Tickets are available at [fairfaxnutcracker2018.brownpapertickets.com](http://fairfaxnutcracker2018.brownpapertickets.com) or at the door beginning one hour before each show. Email [events@fairfaxballet.com](mailto:events@fairfaxballet.com) or call 703-665-9427 for more information.

## THURSDAY/NOV. 29

**Letter Writing: Make a Quill.** At Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring homeschool students (ages 6-12) or group of students for hands-on learning designed to enrich understanding of Fairfax County history. Explore food production from garden to table, play historical games and make a toy. Bring a picnic lunch and stroll the park before or after the program. Children must be accompanied by an adult. Call for times, 703- 631-0013 or visit online at [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

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# A Good Night's Sleep

## The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

**Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.**

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

**ADEQUATE SLEEP** can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big issue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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**SPORTS**



PHOTO BY WILL PALENSCAR

The Westfield Bulldogs are 2018 Concorde District Champions, finishing the regular season (10-0) (4-0).

**Bulldogs: 'The Gold Standard'**

BY WILL PALENSCAR

For the second consecutive week, heavy rains poured down on local games throughout the region. For the 34th consecutive game, the Westfield Bulldogs have poured it on each of their opponents. Since 2014 Westfield has not lost a conference regular season game.

Early in the first quarter Westfield's Riley Nugent kicked a 22-yard field goal to give Westfield an early 3-0 advantage. However, Chantilly responded when Dylan Sparks ran into the end zone to give Chantilly a 7-3 advantage after a successful extra point by Will Hughes.

The second quarter wouldn't go as well for the home team Chargers. Westfield's Joe Clancy ran in from 4 yards out with 8:14 to play in the half, and after a successful extra point by Riley Nugent Westfield took a 10-7 advantage. Later in the quarter Noah Kim would rush in from 4 yards out to increase the Bulldogs lead to 17-7 with 4:44 until half-time. In the third quarter Westfield would add another touchdown with 10:04 when Joe Clancy ran in from 6 yards out for his second touchdown of the game. Riley Nugent's extra point was unsuccessful, and so the score remained 23-7. Roughly 6 minutes later Chantilly QB Tyler O'Reilly would run in to get Chantilly within 10 points. Chantilly would elect to go for a 2-point conversion to attempt to bring the game to a one possession game. That attempt failed,

and Westfield remained atop 23-13.

In the fourth quarter Westfield QB Noah Kim ran in for his second touchdown of the game on a 12-yard run. Westfield elected to go for a two-point conversion, which was unsuccessful. Both teams would go scoreless for the remaining 7:16 of play, for a 29-13 Westfield win.

Westfield (10-0) (4-0) will play Yorktown (6-4) (4-1) in the first round of the playoffs. Westfield will have home field advantage throughout the playoffs. Chantilly ends their season at (3-7) (1-3). Westfield was led by Eugene Asantes's 45 yards rushing. Isaiah Daniel ran for 31 as did QB Noah Kim. Kim would also run for two scores. Joe Clancy would rush for 12 yards and two touchdowns. Taylor Morin caught 3 passes for 96 yards. Chantilly was led by Tyler O'Reilly 11 carries, 163 yards, 1 TD (34 yard TD); Dylan Sparks 28 carries, 117 yards, 1 TD (2 yard TD); Mike Tacinelli 3 receptions 20 yards; and Tyler O'Reilly 3/7, 20 yards.

Head Coach Seth Curry of Chantilly stated after the game, "I am very proud of our guys and their effort; they rallied around each other, had a great week of practice, came out prepared and fought until the end. I am fortunate to have a great coaching staff and they had our boys ready to play. Westfield is not only the gold standard in our district but they also set the standard for the entire state, and our guys didn't flinch. Westfield is a great team with great players and a tremendous coaching staff."

**2018 All Conference 1<sup>st</sup> Team**

**Coach of the Year-**  
Kyle Simmons- Westfield  
**Kick Returner-**  
Saadiq Hinton- Westfield  
**Offensive All Purpose Player-**  
Jordan Wright  
**Offensive Player of the Year-**  
Noah Kim - QB- Westfield  
**Running Backs-**  
Anthony Ramos - Centreville  
Dylan Sparks - Chantilly  
Brandon Walker -Madison  
**Place Kicker-**  
William Hughes - Chantilly  
**Tight Ends-**  
Joe Clancy -Westfield  
John Finney- Madison  
Taylor Morin -Westfield

Bizzet Woodley - Westfield  
**Quarterback-**  
Noah Kim- Westfield  
**Center-**  
Brian Jewell - Westfield  
**Offensive Linemen-**  
Lamar Horner- Centreville  
Andres Sagastuma - Chantilly  
Collin Gardner - Madison  
Cole Ohr- Westfield  
**Punt Returner-**  
Max Wysocki - Madison  
**Defensive All-Purpose Player**  
Cary Dickinson - Centreville  
**Defensive Player of the Year**  
Eugene Asante - Westfield  
**Defensive Backs-**  
Nick Anderson- Centreville

Max Wysocki - Madison  
Saadiq Hinton- Westfield  
Taylor Morin- Westfield  
**Punter-**  
Mark Applegate- Oakton  
**Linebackers-**  
Tre Maxwell - Centreville  
Lamar Horner- Centreville  
Josh Barker - Madison  
Eugene Asante- Westfield  
**Defensive Ends-**  
Nicky Kuzemka - Centreville  
Casey Counts- Madison  
Gavin Thomas- Centreville  
Joe Clancy- Westfield  
Dylan Gepford- Westfield



# 'Curious'

FROM PAGE 3

mate the power of 'disabled' people, but that there's more to them than meets the eye. They'll also have a greater appreciation for life as a whole."

Narrating the show and playing Christopher's teacher, Siobhan, is sophomore Ysanne Sterling. "She's kind, patient and compassionate, almost like a mother figure to Christopher because his mom is dead," said Sterling. "She's also good at reading people and piecing things together, and she's trusted by everyone she knows."

Sterling enjoys acting with her castmates; but for her, the role is also personal. "My little sister is mildly autistic," she said. "So it's cool to play someone so close to an autistic character because I can relate to her."

She said the audience will like how “wild and insightful” the show is, while getting to see how Christopher’s mind works. “And they’ll be able to tell how much fun we’re having doing this play,” added Sterling. “All of us are onstage, the whole time, and we make up the physical scenery that comes together to enhance what’s happening in the story.”

Sophomore Makayla Parker portrays one of Christopher's neighbors, Mrs. Alexander. "She's friendly and outgoing and wants to be his friend," said Parker. "She's just a nice person and knows all the neighborhood gossip."

"It's fun playing her, but it's also challenging because she's elderly and British," continued Parker. "But it helps me stretch as an actor, and I like interacting with Christopher."

As for the show, she said people will learn “a lot about speaking with autistic people in real life. They’ll also like the story’s mystery. Many people try to help Christopher on his journey — and it’s a struggle for him — but they help in their own ways.”

Playing Christopher's father, Ed, is senior Maxwell Leitch. "He's a caring father, but isn't without flaws," said Leitch. "He has quite a temper and has had to deal with a lot after his wife left him. He told Christopher his mother died, but she really couldn't deal with the pressure of raising an autistic child. She left when he was a young boy."

However, added Leitch, “As Christopher gets older and is becoming his own person, Ed’s losing control over him. He’s trying to be the best father he can be, but he doesn’t always make the right decisions and sometimes yells at Christopher. But it’s because he’s afraid of losing everything.”

Leitch's own dad is from England, so he identifies with Ed's mannerisms and way of speaking. "I love acting, and it's fascinating trying to explore someone else's character and delve into their past," he said. "I like to make people feel the emotions my character is feeling, and Ed has lots of emotions to show."

Leitch said the play has messages of “fatherly love, exploring yourself and becoming an individual. It’s a growing up, coming-of-age story for Christopher, so it’s relatable to everyone. It’s very interesting, and I’m excited about the way we’re doing it; it’ll be really entertaining for the audience to watch.”

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## Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccuping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

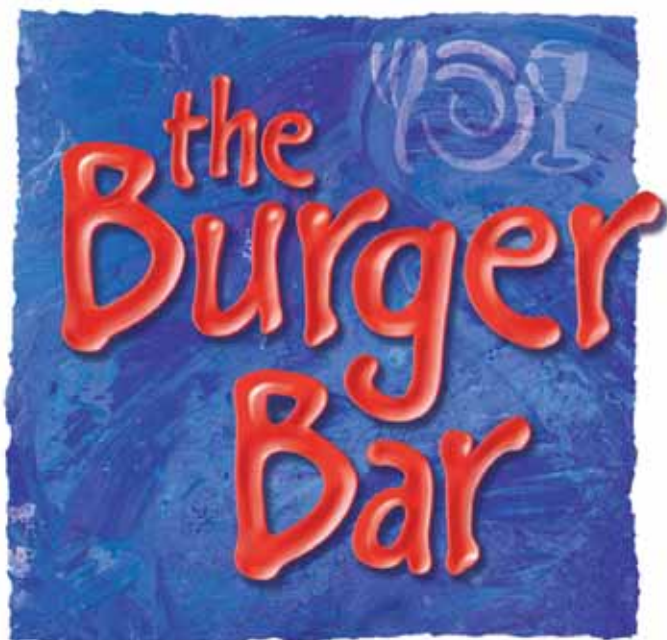
All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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





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