

Burke CONNECTION

HomeLifeStyle
PAGE 6

Del. Eileen Filler-Corn (D-41) received a "Women in Politics Making a Difference" Award at the annual National Conference of State Legislators held in Nashville.



Filler-Corn Honored

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Closures Nearly Over

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Edward Jones

NEWS



PHOTOS CONTRIBUTED

From left, Allstate agency owners Nicholas Cathell, Mike Bresnahan, Ray Manfred of Springfield, Red Cross Regional Philanthropy Officer Tim Wahlers and Allstate agency owner Abera Bezuneh of Fairfax pictured after Allstate presented the American Red Cross with a \$10,000 Allstate Foundation Helping Hands in the Community Group Grant.

Allstate, Red Cross Host Touch A Truck Event

The Allstate Foundation provides a \$10,000 grant to assist the American Red Cross.

Eighty-five percent of Americans are unprepared when disaster strikes, which is why Allstate and the American Red Cross teamed up to educate Virginia-area residents on the importance of being prepared before disaster strikes, as part of the third annual Touch A Truck event. Held on Saturday, Aug. 10, at the Red Cross National Capital Region Headquarters in Fairfax, more than 1,000 community members attended the event.

Attendees were able to view each of the American Red Cross' emergency vehicles, fire engines, police vehicles and other important transportation vehicles, including one of Allstate's catastrophe vehicles. Allstate's CAT vehicles are deployed into communities during times of disaster to provide Allstate customers with claims support and to provide comfort and relief to impacted community members.

Local Allstate agency owners, staff and exclusive financial specialists were on-hand to distribute more than 400 free disaster preparedness kits and to educate residents on how to prepare for, stay safe and protect their household when disaster hits. Each kit included a mini-first aid kit, an emergency blanket, a flashlight and other essential items.

In addition to the kit giveaways, the Allstate Foundation will make a \$10,000 donation to the Ameri-



Allstate agency owner Ray Manfredi of Springfield provides area residents with safety tips, while his puppy, Mayhem, greets young community members.

can Red Cross, to support its mission to prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Participating Allstate agency owners and Licensed Sales Professionals include Abera Bezuneh of Fairfax; Ray Manfredi of Springfield; Mike Bresnahan of Ashburn; and Nicholas Cathell of Cumberland, Md.

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Riders will notice the improvements when all is done, they say.

PHOTOS BY
MIKE SALMON/
THE CONNECTION

Metro Station Closures Nearly Over

Buses picked up the slack leaving some riders happy.

BY MIKE SALMON
THE CONNECTION

When Metro officials made the announcement last spring that six Blue Line stations were closing for the summer, "Metro-geddon," as it was called, didn't turn out as bad as some thought it would. Buses packed the pick-up lanes and even DASH buses from Alexandria were seen on Franconia Road, heading to the station, but that's soon to be a thing of the past. If all goes as scheduled, blue line trains will start running again on Sept. 8 and commutes will return to normal, even though the construction will continue.

"Pretty organized," said Brett Robinson, a Franconia resident who found the directions at the Pentagon very helpful. "Plenty of signs," he said.

Same with Yene Shewaneh, a Springfield resident that just started her job in July. "It's very good," she said. She hasn't taken the train to her new job yet but she did hear there might be single tracking with the construction still continuing this fall. "I'm hoping it's going to be good," she said.

After Memorial Day last spring, the Summer 2019 Platform Improvement Project began, and all Blue Line stations south of Reagan National Airport were closed for renovations. Buses ran from the Pentagon to stations down the line and finally to the Franconia-Springfield station at the end of the Blue Line. Cranes, cones and dust were common sights as the riders got off buses and headed straight to the parking lots, where they got in their cars, met their rides or jumped in a cab.

"While Metro's summer closing has been an un-

Improvements

Here is a list of improvements to all six stations south of Reagan National Airport:

- Slip-resistant tiles
- New stainless-steel platform shelters with digital displays and USB charging ports
- Upgraded Passenger Information Displays (PIDS) with digital screens
- Improved platform speakers and PA system equipment
- New canopy roofing/skylights
- Refinished and new ceiling panels
- New platform surveillance system (CCTV) to enhance customer safety
- Brighter, energy-efficient LED lighting and lighted handrails
- New passenger call button to directly contact station managers and operation control center
- Fire Life Safety enhancements
- Station cleaning and painting
- Renovated bathrooms
- Concrete repairs
- New bus shelters



Construction at the Franconia-Springfield station is still going strong.

fortunate disruption to many of the community's commuters, I'm pleased with the supplements in service that have been provided. We've received very little complaints and even a few compliments, which is a real testament to the County and Metro's efforts," said Supervisor Jeff McKay (D-Lee). "It is my hope that the community's trust in Metro has not been lost and that, come September, its reliability and general operation is back on track," he said.

On Track

As the stations are improved, the Metro experience for the riders will improve too, Metro says. "Once completed, customers will find more than just new platforms under their feet, as Metro is adding new features to improve safety, customer information and convenience while modernizing the stations," Metro said.

Slip-resistant tiles will be a big improvement riders will notice right away. When the old tiles got wet, they became almost as slick as the Capitals hockey rink. In addition, there will be stainless-steel platform shelters upgraded with USB charging ports and digital displays, and LED lighting will be part of the upgrades as well.

Keith Forte lives in Woodbridge but works in Fairfax Station, so he uses the station as a transfer point, sometimes using Uber from there, although it isn't cheap. "I'm going to look at my options," he said.

White Top cab driver Kevin Beasley would like to see an improvement with the taxi cab line at the Franconia-Springfield station as well. "Lots of people, they can't even see the taxis," Beasley said.

BACK TO SCHOOL

Bruin Blast Set for Thursday, Aug. 22

Daniel W. Smith, Ed.D., Principal, Lake Braddock Secondary School:

NEW AT SCHOOL: We are implementing FCPSON (1:1 device initiative) with grades 9-12 this year. [In FCPSON schools, each student receives an FCPSON-issued laptop.]

We have several new administrators including, Dr. Daniel Smith, principal, Mrs. Lindsey Kearns, associate principal, Dr. Ana Cingel, assistant principal and Ms. Elizabeth Eby, assistant principal.

The interior of our school was repainted this summer it provides a nice welcome to the students into the new school year.

PRIORITIES/FOCUS IN 2019-20: We are continuing our focus on building and supporting a welcoming and culturally responsive culture for all students.

We are working to ensure that high quality instruction that creates opportunity for engagement and inquiry is evident in all classrooms across our school.

BACK-TO-SCHOOL EVENTS: Bruin Blast will take place on Thursday, Aug. 22, Middle School 8-11 a.m. and High School 1-3 p.m.

New student orientations will



PHOTO CONTRIBUTED

Daniel W. Smith

be held on Thursday, Aug. 22. Grades 7-8 will be from 8-11 a.m. and grades 9-12 will be from 12-1 p.m.

Meet and Greet events with our new administrative team on 8/14 at Coal Fire, and 8/29, before our varsity football game.

We will host a Lake Braddock Secondary School Military Family Potluck on Aug. 22 at 5 p.m. for our military connected families.

Back to School Nights will be held on Sept. 5 for grades 7-8 and on Sept. 19 for grades 9-12. Both events start at 6 p.m.

We will have our 12th grade parent night on Sept. 5 at 6:30 p.m. in our Little Theater.

Mission: Key - the Place to Be

Aimee Holleb, Principal, Key Middle School:

We are thrilled to begin SY19-20 at Key Middle School! Our mission is KEY: The Place to BE. We want to ensure our school is the BEST middle school in the whole, wide world! Our vision is KEY: The Place for ME. We work to make sure each student, staff member, and community member feels that they are welcome in our community and supported!

Our focus this year will be to continue our success with ensuring that students WRITE in every classroom each day, learn about college and career choices for their futures, and we are launching a brand new Parent and Family Engagement model to make sure the community knows all about our school and provides feedback to help us continue to grow and improve!

Upcoming Events:

❖ Aug. 22, 4 -7 p.m: Locker



PHOTO CONTRIBUTED

Aimee Holleb

afternoon for all students and families to come and practice opening their lockers, meet the staff, and take their own tours of the building.

❖ Sept. 5, 6-9 p.m.: Back to School Night including a presentation from Thomas Jefferson High School of Science and Technology at 6 p.m.

❖ Oct. 3, 6:30-7:30 p.m.: Hispanic Parent Night.

OPINION

Support Local News

What do you love about where you live?

Adapted from a previous editorial ... Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have our papers taken note of your business when you pitch in to help the community? Or when you opened your doors or celebrated a milestone?

EDITORIAL Are you an elected official whose messages are enhanced by coverage of issues in the Connection?

Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our 2019 Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

LETTERS TO THE EDITOR

Instilling the Virtue of Sacrifice

To the Editor:

Eid-ul-Adha was celebrated on Aug. 11, 2019 after the completion of Hajj, the Islamic pilgrimage to Mecca. Eid is celebrated to commemorate Prophet Abraham's (peace be on him) submission to God's command to sacrifice his son Prophet Ishmael (peace be on him). Muslims emulate this act by offering sacrifice of an animal, such as goat, cow, or sheep.

Through Eid God instills the virtue of sacrifice, social equity, and animal rights.

The Holy Quran states, "Their flesh reaches not God, nor does their blood, but it is your righteousness that reaches Him. Thus, He subjected them to you, that you may glorify God for His guiding you. So, give glad tidings to those who do good" [22:38].

Eid-ul-Adha bears lessons that benefit our spiritual and social lives. First, Eid fosters submission and steadfastness. Through remembering God's mercy to replace Prophet Ishmael with a lamb at the moment of the slaughter, reminds one to remain steadfast. Also, his deference for his father is a phenomenal example of selflessness. Thus, Eid encourages submission and self-sacrifice for human beings as well as for God. Second, Eid-ul-Adha promotes social equity

within community as the meat of the sacrificed animal is meant to be shared among relatives, neighbors, and the less privileged. Third, the stringent rules of Zabiha (Islamic way of animal slaughter) promote animal health and safety, humane ways of animal slaughter, and reduce the slaughter of animals during other times of the year. Moreover, when vegetarianism is a trending lifestyle, there is a direction from God that the nutritional needs of humans take precedence over the present-day definition of animal rights.

Farah Latif
Oak Hill

The author is a Lecturer at George Washington University and George Mason University

Senators Urged to Restore Fairness

To the Editor:

I heard, hundreds of children came back from school one day to an empty house, their parents having been taken into custody without warning for being undocumented immigrants. The president has claimed that undocumented immigrants are a threat to the country, but the thought that the parents of schoolchildren constitute any measure of threat that would make the trauma inflicted on these kids justified is prepos-

Our annual Newcomers and Community Guide is a thematic paper publishing Aug. 28, 2019 for all 15 Connection Newspapers. Deadline is Aug. 22.

If you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) in newspapers? Heed the cautionary tale in the accelerating closures of newspapers recently. Support local news.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection has an audience of more than 150,000 in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sectors.

The deadline for the Newcomers and Community Guide is Aug. 22. Digital enhancements and support are available. More information at email sales@connectionnewspapers.com or call 703-778-9431.

terous.

I urge Sen. Kaine and Sen. Warner to keep working hard to bring justice and fairness into this country, because we need good people like them in positions of power at this critical moment of our country's history. Any energy they could direct towards trying to abate these terrible policies and bring some relief to these families is both necessary and well appreciated. I urge the Senators to please keep fighting for the best interest of all the American people.

Anthony Murphy-Neilson
Herndon

'Summer Break' that Wasn't

To the Editor:

The final school bell rings and rushing to get out of school I can sense a feeling of relief on everyone's face that summer break is finally here.

I am a rising senior in high school and to this day I still do not understand the reason behind summer assignments. The argument many teachers may use is to keep our minds fresh over the summer or to make sure students have a background on the subject before coming into the class on the first day. The reality of it is that high school students' summer breaks are never real breaks. Coming into sophomore and junior year the dreadful SAT and ACT are

Share Tips about Community

We also need help from our readers for content of our annual Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with information useful to newcomers and long-time residents alike, including information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

— MARY KIMM

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two tests you cannot move out of the way. The summer is a very popular time to study for these two tests since during the school year, time is of the essence. In addition, students will use endless amounts of time applying to and trying to find the best institution or university where students will spend their next four years. Not to mention a number of high school students, including me, have fallen victim to taking summer courses which you must work on for months.

As you can see, being a high school student means the summers have little "break" to offer, which means that summer assignments have little priority. Walking into class on the first day you can often see over half the class starting with a zero because of these summer assignments. The fact is that the content in summer assignments are often repeated in class anyway so the easiest fix for students and teachers is to get rid of them.

Ethan Pham
McLean

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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editors@connectionnewspapers.com

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NEWS

Filler-Corn Honored at National Conference of State Legislators

The National Conference of State Legislators (NCSL) Annual Conference is an opportunity for elected officials on both sides of the aisle from state legislatures across the country to meet and share ideas on how to make government run more smoothly at the state level. This year, Nashville hosted the conference and in between plenary sessions and panels, they honored several women legislators with their "Women in Politics Making a Difference" Award. One of this year's honorees was Del. Eileen Filler-Corn (D-41).

Each year, honorees are selected for making an impressive impact "through perseverance, collaboration and, most importantly, pursuing their dreams." Filler-Corn's nomination originated from her successful work as a member of the House of Delegates since 2010, as well as her recent ascension to the role as Leader of the Virginia House Democratic Caucus this past January. She is the first woman in the 400-year history of the House of Delegates to lead a caucus.

"I am truly honored to receive this award from NCSL," said Del. Filler-Corn. "To join this group of accomplished women legislators is incredibly humbling."

When she was first elected in 2010, Filler-Corn was the only legislator who was a mother of school-aged children. Since the



PHOTO CONTRIBUTED

Del. Eileen Filler-Corn (D-41) was honored at the annual National conference of State Legislators held in Nashville.

2017 election, the number of women in the House of Delegates has dramatically increased. For her part, Filler-Corn particularly enjoys mentoring younger women legislators and candidates.

"So many women paved the way for me. It is only fitting I pay it forward for the next generation," added Filler-Corn. "I have no doubt that many more women legislators from Virginia will receive this award in the future," she said.



Pre-K students from Chesterbrook Academy® Preschool in Fairfax deliver more than 150 boxes of bandages to Inova Children's Hospital.

Fairfax Preschoolers Donate Bandages to Children's Hospital

Pre-K students from Chesterbrook Academy Preschool in Fairfax recently delivered more than 150 boxes of bandages to Inova Children's Hospital whose comprehensive medical services are geared toward the treatment of infants, children and adolescents, and

support for their families. Over the past month, students held a donation drive to benefit children who are undergoing treatment at the hospital. Through this initiative, students learned the importance of helping children in need in their community.

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Home LifeStyle



PHOTOS BY JOHN COLE

This kitchen and dining area by Anthony Wilder Design/Build includes a workstation concealed behind doors (shown open and closed) to keep the family organized.

Home Organization For a New School Year

Accessories and
design elements
to create a
smooth start.

BY MARILYN CAMPBELL
THE CONNECTION

As a new school year looms large over the horizon, the hectic reality of packing lunches, buying school supplies and making space for new backpacks comes into focus. Making time for home organization can decrease stress before the school bus arrives.

The kitchen is often the of nucleus or command center of a family's home, especially during the school year. To help quell the chaos, Shannon Kadwell of Anthony Wilder Design/Build suggests centralization. "A snack station and breakfast center can be great for letting the kids get food on their own while you get together meals and lunches," she said. "The snack station [can be] a drawer in the kitchen that kids can go into at anytime to get healthy snacks. Granola bars, nuts, crackers, dried fruit, can be pre-measured for individual servings for easy grab and go."

Getting dressed in the morning can become a source of tension, but Sallie Finney Kjos of Grey Hunt Interiors says that she incorporates an elegant design solution

into the bedrooms of her clients homes that helps ease the day-break anxiety.

"Get a basket for each kid and roll their outfits for the day, tie them together and place them upright in the basket," she said. "Give your kid independence and let them pick out their own clothes. Not only will their outfits match, but you'll know that they didn't create a mess finding the perfect shirt."

In fact, baskets can offer a versatile and chic method of organization throughout one's home says, Courtney Thomas of home accessories store, The Picket

"Baskets are an easy
and often inexpensive
way to contain clutter."

— Courtney Thomas,
The Picket Fence

Fence. "They are available in endless sizes and styles," she said. "Baskets are an easy and often inexpensive way to contain clutter. Larger ones are perfect for blankets and pillows, smaller ones keep toys corralled, and there are even baskets with file hangers to keep ... papers organized. If baskets aren't your style, we also love using vintage boxes and crates to serve the same function."

Getting creative with clear containers can help maintain order without sacrificing a home's aesthetic, says Thomas. "You can find

options that are much more stylish than the traditional plastic tub," she said. "Since they are see-through it's easy to see what's inside and find what you need. Use mason jars for pencils and crayons." A coffee table can serve double duty as both a home accessory and a clandestine storage space, says Kjos. "They can be a catch all for busy families," she said. "Consider topping them with a few decorative boxes to hold needed items." Over the course of a school year, a home's mud room can become a black hole of backpacks, soccer cleats and lacrosse sticks. "Having a locker with a door for each child gives the mudroom a clean, organized feel," said Kadwell. "The kids don't need to be neat and tidy inside their own spaces."

Back-to-school organization can extend to the laundry rooms, continues Kadwell. "Set up drop stations to have kids drop off clothes that are in need of washing," she said. "Have bins in an easy to get to space for the kids that are labeled whites, darks and towels. Kids can place their clothing in them according to the labels. This helps cut down the laundry time by having them already sorted."

A family calendar to keep track of deadlines, appointments, and events is a must-have, continued Kadwell. "[Place it] at a level kids can see," she said. "This can be a whole wall that you can paint with a magnetic chalk paint and create a paneled wall effect."

THE CONNECTION

Newspapers & Online

SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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Britepaths Needs Help Providing School Supplies

Monetary donations are especially sought.

BY BONNIE HOBBS
THE CONNECTION

School starts at the end of this month, and Fairfax-based nonprofit Britepaths is scrambling to provide students in need with backpacks and calculators. But it can't fill the huge demand without the community's help – and time is running out.

In 2018, Britepaths assisted 2,655 students through its annual Collect for Kids Back to School Program; this year's goal is to give



supplies to at least 2,500. All the recipients attend schools in Fairfax County. Locally, they go to Fairfax High, Lanier Middle School, and Daniels Run, Fairfax Villa, Bonnie Brae and Oak View elementaries.

Helping is as easy as ABC, and

especially needed are monetary donations to enable Britepaths to purchase all the needed supplies at a bulk discount.

A \$30 donation helps two students, \$60 helps four students, \$75 helps five students, \$150

helps 10 students, \$400 helps a whole classroom, and \$1,000 helps an entire grade level.

"Thank you to those of you who responded to our call for donations and gave a generous gift toward our back-to-school program," said Britepaths Executive Director Lisa Whetzel. "We collected \$2,760 since Aug. 1. But we still need to raise \$23,000, and we have a very long way to go to reach our goal of serving 2,500 kids – and the community can help.

"If you've already donated, spread the word and ask your friends and family to join you in supporting kids in need," continued Whetzel.

"If you haven't yet made a gift, please consider making this school year the best one yet for a child in need. Please give today to help us reach our goal."

How to Help

❖ Make donations via Britepaths' secure, online donation page at britepaths.org or mail a check to Britepaths, 3959 Pender Drive, Suite 200, Fairfax, VA 22030.

Write "BTS" on the memo line. Monetary contributions will be accepted through Aug. 23.

❖ Bring donations of new, larger-sized, sturdy backpacks and scientific calculators – which may be new or gently used, TI-30xa Solar School Edition or TI-84 – to Britepaths' office (see address above), by this Friday, Aug. 16, between 10 a.m. and 2 p.m. (Calling ahead is advised).

For more information, contact Joanne Walton at 703-273-8829 or jwalton@britepaths.org, or visit britepaths.org.



Jack – named in honor of Captain John Kovacs of the Tillsonburg Fire Department.



Holmes – named in honor of FCPD Second Lieutenant M. Kevin Holmes.



Indy – named in honor of the Indianapolis Fire Department.



Lennie – named in honor of Sergeant Lenore Barrow Whitehead of the Newport News Police Department.



Sully – named in honor of Master Police Officer Michael Garbarino and Detective Vicky Armel; Fairfax County Police officers who were killed in the line of duty in the parking lot of the Sully District Police Station in 2006.

PHOTOS COURTESY OF FCPD

Service Dog Program to Support First Responders

On Tuesday morning, Aug. 13, Chief of Police, Colonel Edwin C. Roessler Jr. and Director of Incident Support Services Jay Carson introduced five of the newest and furriest recruits to Fairfax County Police Department – police service dogs Jack, Holmes, Lennie, Indy and Sully.

The dogs are assigned to FCPD Incident Support Service Section and are deployed to help reduce

the effects of a traumatic event, including fear and anxiety, for first responders and community members. The program is a partnership with First Responder K9 (FRK9), a nonprofit that is providing FCPD with the dogs and associated costs, including medical care, at no charge.

Highlights of the program include:

❖ All the dogs will go through a two-year training program in or-

der to meet ADA (Americans With Disabilities Act) requirements for service dogs.

❖ Once fully trained, three of the dogs will go to disabled first responders and two will remain to deploy to incidents.

❖ The dogs are responding to critical incidents, not only on a local level but, if necessary also at a national level. They deploy to help de-escalate the often strong emotions and stress that come

with horrific events.

❖ In addition, the dogs will also play a role in fostering community relationships with trips to area neighborhoods, schools, local events, etc.

❖ The dogs are named after fallen officers to honor those who have served and protected community.

At a time when suicide is the number one cause of death among police officers and the daily stres-

sors are of epidemic proportions for first responders, Chief Roessler has made it a priority to combat this issue. Expanding the department's Incident Support Services program is a crucial part of helping his own officers, active and retired. The addition of service dogs is an opportunity to give back to our community and our first responders who suffer from trauma.

—FCPD MEDIA RELATIONS BUREAU

BULLETIN BOARD

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

DONATIONS NEEDED
School Supply and Backpack

Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies

they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

TUESDAY/AUG. 20
Volunteer Seminar: RSVP. 10:30 a.m. at Junior Achievement Finance Park, 4099 Pickett Road, Fairfax. RSVP-Northern Virginia (Retired and Senior Volunteer Program) will hold a seminar on volunteering in retirement. The one-hour event is free and open to the public. To sign up for the Aug. 14

info session, email bmorris@volunteerfairfax.org, call RSV703-403-5360 or visit www.rsvpnova.org.
Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install
SEE BULLETIN, PAGE 11

CALENDAR

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

ONGOING

- Junior Golf Fairfax Camps, Clinics and Competition.** Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.
- ❖ In one-session introductory Junior Golf clinics, kids and teens learn basic golf rules, etiquette of the game, get familiarized with different types of clubs and acquire skills for putting and chipping in a social and relaxed environment. Clubs and practice balls provided. Clinics are offered at Burke Lake, Oak Marr and Pinecrest golf courses for \$15 each in August.
 - ❖ Golf camp week-long sessions are still open – campers learn putting, chipping, iron and woods play from certified instructors in a friendly, group atmosphere. Course etiquette and best safety practices will teach kids and teens fundamentals while they socialize and have fun. Clubs are not required but suggested. All campers will receive a certificate and golf fun pack upon camp completion. Burke Lake Golf Center and Twin Lakes Golf Course offer half day summer camp, Pinecrest Golf Course offers both half and full day summer camp options. Oak Marr Golf Complex offers half day spring and summer camp through Everybody Golf School.
 - ❖ Course-ready juniors will enjoy the Junior Club Championship, Aug. 16, 8 a.m.-noon at Burke Lake Golf Center. Golfers participate in an 18-hole individual stroke competition. Competitors will be separated into three divisions with first, second, and third place prizes available in all divisions. Lunch provided. Call 703-323-1641 to register.
- Registration Open: NVSO.** The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.
- Art Exhibitions.** Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit www.torpedofactoryartists.com/mosaic/ for more.
- ❖ "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.
 - ❖ "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.
- (Im)Permanence Continued.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit www.WorkhouseArts.org for more.

- VMFA: Futures.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which liven the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Franusich and Sarah Phillips. Visit www.WorkhouseArts.org for more.
- Juried Exhibition: Clay International.** Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way,



COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

LEGO model train displays by Monty Smith.

HO and LEGO Model Trains Show

The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Sunday-Monday, Sept. 1-2, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. Clay International represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit www.WorkhouseArts.org for more.

Crafters Wanted for 2nd Annual Fall Craft Show. The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, and much, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh

produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/AUG. 16

Junior Club Championship. 8 a.m.-noon at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Golfers age 7-17 square off in the season-ending tournament. This is an 18-hole, individual stroke tournament for all age divisions: 10 & under; 11-13; and 14-17. There will be closest-to-the-pin contests and prizes for 1st, 2nd, 3rd place in all three divisions. \$25 for junior program members; \$35 for non-junior program players; lunch included. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

Campfire Fridays. 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Start the weekend off with a campfire and s'mores while exploring the hidden gems at Hidden Pond Nature Center. Learn about the plants and animals that call Hidden Pond home. Designed for participants 3-adult. \$10 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

SATURDAY/AUG. 17

Children's Entertainment Series. 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring John Hadfield (family show). Visit www.fairfaxcounty.gov/parks/performances/springfield-nights.

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Movie Night: The Princess Bride. Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com for more.

SUNDAY/AUG. 18

Celebrating Nancy Cappel. 3-6 p.m. at St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale. St. Matthew's UMC will host a retirement celebration for Nancy Cappel, a nationally recognized handbell director, who has directed handbell and vocal choirs for 50 years. The Celebration program

will last 1.5 hours to be followed by a reception. Free. Visit StMatthewsUMC.org for more.

Films in the Park: Akeelah and the Bee (2006). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

TUESDAY-SATURDAY/AUG. 20-24

Anniversary Celebration. Club Pilates Burke, 5765 Burke Centre Parkway, Suite S., Burke. Celebrate with a free introductory class. Bring in a school supply donation for Fairfax County Foundation and spin the Wheel of Fortune for prizes. Call 703-691-5999 or visit www.clubpilates.com/burke.

WEDNESDAY/AUG. 21

Nine and Wine. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15 minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

THURSDAY/AUG. 22

Evenings on the Ellipse: The Capital Focus Jazz Band (youth jazz band). 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse for more.

FRIDAY/AUG. 23

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/AUG. 24

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Gernain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.

Grammy Night. 6:30-9:30 p.m. at the Annandale campus of Northern Virginia Community College (Richard J. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Recovery Program Solutions of Virginia (RPSV), a nonprofit that supports adults with mental health, substance use (including opioids), and homelessness issues across Northern Virginia, will host Grammy Night. The evening includes performances by celebrity and award-winning music artists Jason Cerda and Jodeci Milhouse who will be joined by professional choreographer, James Thomas. Guests will delight in dancers from KLR and Cerdafied Studios performing to songs of the decades, passed hors d'oeuvres, a silent auction, and more. Tickets (\$20-\$40) are available at bit.ly/2JXCAK1. Visit rpsva.org or call 703-939-0028.

Autism Speaks 5K Is this Saturday

Local attorney's family participating in son's honor.

By BONNIE HOBBS
THE CONNECTION

Owen Nuttall loves music, working at a local restaurant and making people laugh. The 20-year-old also has autism; and this weekend, he and his family and many others will participate in the Autism Speaks 5K Run/Walk.

It's this Saturday, Aug. 17, at 9 a.m., outside the Fairfax County Government Center, 12000 Government Center Parkway in Fairfax. And since autism impacts 1 in 59 children in the U.S., this family-friendly event aims to increase understanding and acceptance of the autism community.

It's the inaugural Autism Speaks 5K in Fairfax, and Owen will be doing it with his family and friends on a 50-member team called Owen's Turn. "Those were the first two words he spoke," said his dad, Ed Nuttall, an attorney in Fairfax City. "It was while playing a game when he was 6. We've been doing this race in Potomac, Md., for 15 years, so when the organization asked if I'd help put one on in Fairfax, I said yes."

THE NUTTALL FAMILY, of Centreville, also includes Owen's mom, Anne, the race co-chair, plus sisters Emily, 22 – who lives in Boston, but is coming home for the event as a surprise for her brother – and Meghan, 16, who has severe epilepsy and is Owen's best friend. Meghan is in Paul VI High's Options Program, and many Paul VI teachers and students will participate in the 5K, too.

The race also raises money for Autism Speaks, a national nonprofit which advocates for individuals with autism and supports them and their families. In addition, it does state, local and federal lobbying for adults and youth with autism.

"Most recently, it got legislation passed in Virginia giving health insurance to people



From left are Emily, Ed, Meghan, Anne and Owen Nuttall.



Owen Nuttall working at Ciao Osteria.

of any age with autism," said Nuttall. "And that's also thanks to the Virginia Autism Project, another lobbying group that refers people for services."

Some 85 percent of the race proceeds will go toward research or local grants for people with autism, and Nuttall hopes it'll



A happy Owen Nuttall

raise \$50,000. People may participate individually, form their own teams or join existing ones. Entry fees are adults, \$40, through Aug. 15, and \$45 on race day; and \$20 at all times for children 14 and under.

Registration at http://act.autismspeaks.org/site/TR/TeamUp/TeamUp?fr_id=4551&pg=entry is avail-

able until Aug. 15 at 5 p.m. People may also register on race day (get there by 8:30 a.m.). Packet pick-up is Aug. 17 at 7:30 a.m. Those unable to participate, but wishing to contribute to the cause, may donate at the Website, either individually or to any team.

The course is a 3.1-mile loop around the Government Center. Awards go to the top five overall male and female finishers, top male and female finishers age 40 and older, and top three male and female finishers in various age groups. "All participants receive commemorative T-shirts and medals. For safety reasons, wheelchairs, strollers, baby joggers, skates, pets and headphones aren't permitted.

As for Owen, his dad says he needs 'round-the-clock help with the activities of daily living. "He's largely nonverbal, but he understands everything you say," said Nuttall. "His goal is to help people."

He's a 2018 Westfield High grad and currently attends The Davis Center for training in career and employment skills. He also works as a busboy, a couple days a week, a few hours a day, at Ciao Osteria, an award-winning Italian restaurant in Centreville.

"He's been there a year and loves it," said Nuttall. "Everyone treats him really well, and it gives him a sense of purpose and camaraderie. Owen loves to eat French fries, and after his shift, Chef Anthony makes fries especially for him."

OWEN also loves music, ranging from opera to The Wiggles. He enjoys running and likes memorizing lines from movies, TV and songs. And, said his dad, "He loves dressing up in a bow tie, shirt, slacks and dress shoes – all the time, every day."

Owen also likes participating in the Autism Speaks 5K, and Nuttall hopes this year's event will get a great turnout. "The run brings everybody in the community together," he said. "And it's a time when Owen can go to something with others like him and be accepted by everybody, without question."

Major sponsors are Carroll & Nuttall, P.C.; Greenspun Shapiro; Virginia Autism Project, Freedom Bail Bonds and Wegmans. To learn more about autism, go to www.AutismSpeaks.org.

Fairfax Resident Charged: Aggravated Sexual Battery

Fairfax resident Cesar Laragaibort, 37, has been charged with one count of aggravated sexual battery. He was arrested Aug. 2 by detectives from the Fairfax County Police Department's Major Crimes Bureau's Child Abuse Squad.

According to police, detectives were contacted Aug. 1, after a child reported being inappropriately touched by Laragaibort. Police say they were able to "corroborate the allegation and develop

sufficient evidence" to arrest him.

At the time, Laragaibort was a counselor and bus driver at Camp Greenway, a summer program operated by the Madeira School in McLean. However, say police, the child wasn't affiliated with the camp. Furthermore, they say, "Initial evidence does not indicate the alleged offense occurred at Camp Greenway or on any



Laragaibort

school buses."

But detectives would like to hear from anyone who's concerned that their child may have had inappropriate contact with Laragaibort. Anyone with information should call the Major Crimes Bureau detectives at 703-246-7800.

Tips may also be submitted anonymously through Crime Solvers by phoning 1-866-411-TIPS (866-

411-8477), by texting: Type "FCCS" plus tip to 847411, and via https://www.tip411.com/tips/new?alert_group_id=21984. Tipsters are eligible for cash rewards of \$100-\$1,000 dollars if their information leads to an arrest.

As for Laragaibort, following his arrest, he was taken to the Adult Detention Center and held without bond.

—BONNIE HOBBS

CALENDAR

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4	5	6	7	8	9
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NEWS

Selecting a New Life for Historic Ellmore Farmhouse

Park Authority welcomes comments on curator applications.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Park Authority announced it is asking the public to submit comments in writing by Friday, Sept. 6, 2019, regarding the two applications under review for its Resident Curator Program at the historic Ellmore Farmhouse, 2739 West Ox Road in Herndon. Curators are determined through an open and competitive application process, based on several criteria, including a formal proposal, demonstrated experience, competency in historic preservation techniques, financial capabilities, and the incorporation of public benefits. Completed applications can be viewed online at www.fairfaxcounty.gov/parks/resident-curator-program/ellmore.

The Evaluation Team will hold a meeting open to the public concerning the applications on Thursday, Sept. 12, 9 a.m. in the Park Authority boardroom, 9th floor of the Herrity Building, 12055 Government Center Parkway, Fairfax, but there will be no opportunity for public comment at that time.

In the first of the two cover letters and completed applications sent to Stephanie Langton, resident curator program manager, Applicant #1 stated: "We have been coming to Frying Pan Farm Park for more than a decade with our four children. ...We would enjoy the opportunity to make the Ellmore Farmhouse a place where children can learn and play again. Our children, much like the Ellmore and Smith children, have had the opportunity to spend time learning about farming and caring for animals through the 4-H... Living in the Ellmore Farmhouse would allow us more time to learn and share with others about the original families and animals that lived here on this property."

Regarding skills, Applicant #1 stated: "I do not have any specialized skills in historic preservation projects outside of the general remodeling and construction skills I have learned over the years doing projects on the houses I have lived in... I am a Mechanical Engineer working in Aerospace... On a daily basis, I am required to pay attention to details, follow strict standards, and know the requirements of a task prior to acting on it."

In the other cover letter and completed application, Applicant #2 stated: "After rehabilitation and renovations are completed, ServiceSource proposes using the Ellmore Farmhouse as a "launchpad" for one of our Long-Term and Community Integration Services (LTCIS) programs. A group of approximately 15 people with disabilities and staff will gather at the Ellmore Farmhouse from 8 a.m.-4:30 p.m. Monday-Friday... ServiceSource has a 47-year history of providing high-quality, innovative programming in Northern Virginia. In FY 2018, we served more than 4,000 people with disabilities through long-term and



FILE PHOTO BY MERCIA HOBSON/THE CONNECTION

Ellmore Farmhouse within Frying Pan Farm Park, 2739 West Ox Road, Herndon, Hunter Mill Supervisory District, Owner: Fairfax County Park Authority.

community integration services, senior services, employment supports, and other services."

Regarding skills, Applicant #2 stated: "To rehabilitate and renovate this historic property, ServiceSource has selected Pizzano Contractors as a partner for this project...Pizzano Contractors was an early adopter in the "Green Building" movement and continues to demonstrate leadership in this area...Pizzano Contractors continue to include LEED design and best practices in their projects... Additionally, Pizzano Contractors has extensive experience in renovating historic properties, including former residences, for modern times-a major asset for the Ellmore Farmhouse project."

According to the Park Authority, the farmhouse is a two-story, 3,300-square-foot property within Frying Pan Farm Park. Members of the Ellmore family occupied the two-story, 12 room home for more than 50 years, operating a productive dairy farm there through 1945. In February 2001, the Park Authority purchased the property for inclusion within Frying Pan Farm Park. The Resident Curator Program provides the opportunity for individuals, nonprofit and for-profit organizations to secure long-term lease agreements in beautiful public park settings. The curator leases are without charge in exchange for a financial commitment towards approved rehabilitation of the Park Authority's underutilized historic properties.

For additional information, visit www.fairfaxcounty.gov/parks/resident-curator-program. Or contact Stephanie Langton, manager of the Resident Curator Program, at 703-324-8791. Web: <https://www.fairfaxcounty.gov/parks/park-news/2018/z-ir126>.

BULLETIN

FROM PAGE 7

events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

WEDNESDAY/AUG. 21

4th Annual Clergy Breakfast. 8:30-10:30 a.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. This once-a-year connection continues to build fellowship and goodwill throughout the year as attendees collectively address common issues. All faiths are welcome. RSVP by Aug. 16 at 703-281-0538 or office@scov.org.

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

TUESDAY/AUG. 22

Volunteering with Students. 1:30-3 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Information session about GrandInvolve recruiting older adults who are interested in volunteering in the classroom in Fairfax County's Title 1 elementary schools. Opportunities: mentors, classroom helpers, material preparation, and more. Free. Visit www.grandinvolve.org for more.

SATURDAY/AUG. 24

Large Yard Sale. 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit www.unityoffairfax.org.

Messy Church. 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210 for more. Registration is appreciated, visit www.stpetersinthewoods.org/events.

TUESDAY/AUG. 27

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

THROUGH SEPT. 8

Metro Station Closures. Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at www.wmata.com/service/rail/PlatformProject.

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

Don't Monkee Around With Me



By KENNETH B. LOURIE

I mean, he didn't even examine me, which he rarely does. (The CT scan pretty much tells him what he needs to know, so he says.)

In addition (or is that subtraction), he didn't even ask me the standard questions he typically does about my quality of life, activities of daily living and general health and welfare. In fact, near the presumptive end of our appointment, as peculiar and uncharacteristic of an appointment as it was, I felt compelled to blurt out the answers to all the questions that he didn't bother to ask that for years he's always asked: any pain, shortness of breath, coughing, headaches, neuropathy, muscle weakness or any new or persistent symptoms? All he could muster was a perfunctory "Do you need any prescriptions filled?"

And then the semi-out-of-the-blue-bombshell: "Are you familiar with Palliative Care?"

Followed by the offer to refer us to a book that he thought we might find helpful/useful.

Helpful? Useful?

I didn't say it at the time because the entire appointment was so odd and impersonal almost. But WHAT?! Palliative Care? What are you talking about? He has never brought up palliative care before. (Although way back when, he had given us a brochure titled "Final Wishes.")

You see, we know about palliative care. We've attended multiple conferences organized by LUNgevity, "the largest national lung cancer-focused non-profit in the country" where palliative care doctors often have spoken. Palliative Care is not hospice care but it's a transitional level of care to be sure.

If I'm transitioning, I wish somebody would have told me, and not by asking about my familiarity with this type of care.

In a word, palliative care is a type of downsizing, as best as I can describe its subtleties; separate and apart from hospice care which is, if you don't know it, "the last train to Clarksville," if you get my euphemism (and hopefully someone is meeting you at the station)? But so far as I've been told, I'm not on the last train to Clarksville or any other final destination.

In fact, I rarely take the train. Not that being on or off the train matters when one comes to the end of the line.

Nevertheless, as I review in my mind what my oncologist said this past Monday, I have to wonder if he was feeding me a line, throwing me a line or just reciting a line that is required of oncologists in their regular communications with their cancer patients – a sort of caveat emptor for long-time cancer survivors who are inexplicably still alive (as evidence of such sentiment, my oncologist refers to me as his "third miracle").

But I didn't feel much like a miracle on Monday. I felt more like a dope. Like I was being told something I didn't realize, sort of an emperor has no clothes "something." It was a feeling I had never experienced before; during or after any of our appointments.

Previously, even at the initial Team Lourie meeting in late February 2009 when the hammer came down, I had – though having it in utter disbelief – a grasp of the obvious: "terminal cancer," with a "13-month-to-two-year" prognosis to boot. The particulars of which would be sorted out over the following weeks and months beginning with my first chemotherapy six days later.

And boy were they ever sorted. Ten years and almost six months later, I'm still sorting.

Was I just given an updated "terminal" diagnosis/prognosis or was my oncologist merely having an off day?

Obviously he knows that his words carry enormous weight and significance and create terrible burdens for his patients and their families. But he can't simply toss out the phrase palliative care like it has no impact. Its impact is huge.

It's akin to being hit by a speeding train, the likes of which would prevent one from getting anywhere near Clarksville, let alone being on the last train.

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

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