

AUGUST 14-20, 2019

25 CENTS NEWSSTAND PRICE

From left, Westfield High freshman Kayla Gadley and mom Jamie Gadley scoop ice cream in Sully Station II's Community Center during the National Night Out celebration.

## 'Strong Relationships Make Our County Safer'

NEWS, PAGE 2

### Autism Speaks 5K Is This Saturday

NEWS, PAGE 2

### Westfield to Celebrate 20th Anniversary

BACK TO SCHOOL, PAGE 6

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# NEWS



At Sully II's celebration are Sully District police officers (from left) Lt. Deanna Weand, PFC Meg Hawkins, PFC Bart Rogers and PFC Ben Charnrissuragul, plus Sheriff's Lt. Eli Rejeili.



PHOTOS BY BONNIE HOBBS/CENTREVIEW

Enjoying pizza, cookies and ice cream at Sully II are the Tolson siblings, (from left) Zach, 6; Virginia, 10 and Charlotte, 8.

## 'Strong Relationships Make Our County Safer'

### Local area celebrates National Night Out.

BY BONNIE HOBBS  
CENTREVIEW

Each year, on the first Tuesday evening in August, people throughout the U.S. gather with first responders in recognition of National Night Out. This community-building and crime-prevention event enables residents to meet and mingle with their local police officers and firefighters, as well as their own neighbors.

This year's event was Aug. 6, and communities here celebrated with a variety of

activities, including pool parties, ice-cream socials, children's games, face-painting, music and food galore. Below are details of two Centreville gatherings at both Sully Station II and Sully Station.

### Sully Station II

At the Sully Station II event, attendees enjoyed pizza and cookies from Wegmans and sandwiches from Jimmy John's, plus hot dogs, ice cream, cotton candy, a moonbounce and a deejay. Residents Leslie and Dan Jenuleson organized it, and even a sudden downpour didn't last long enough to dampen people's enthusiasm.

"It's a family event, and it's very nice," said Huei Shin. "It's our second year doing

it, and we enjoy taking the kids out, getting something to eat and letting them play in the bounce house."

Calling it a wonderful, community gathering, Sully District Police PFC Bart Rogers said, "It's great for kids to see us in a calm way where we play football and build relationships with them. That way, when they see us in the schools or at football games, they'll come up and talk to us, again and again. And we enjoy that interaction."

Suzanne Lambert, a 17-year resident of Sully Station II, said this event "gets the community out together. These days, police get a bad rap, and it's nice to give them some positive visibility in the community so people can see that they care about the public."

Inside the Sully II community center on

Sully Park Drive, the Tolson siblings, Zach, 6; Virginia, 10 and Charlotte, 8, chowed down on pizza and ice cream. Watching them enjoy themselves, mom Christine Tolson said, "This is a great way to end the summer and for neighbors and friends to get together before the beginning of school. And it's a wonderful time for us to mingle with our local police officers and firefighters and show how much they mean to us and that we appreciate their service."

Dishing up the ice cream was Westfield High freshman Kayla Gadley, who's been doing that at Sully II's National Night Out celebration since she was in second grade. Her mom, Jamie Gadley, helped.

"We've lived here 12 years, and this com-

SEE NIGHT OUT, PAGE 3

## Autism Speaks 5K Is this Saturday

BY BONNIE HOBBS  
THE CONNECTION

Owen Nuttall loves music, working at a local restaurant and making people laugh. The 20-year-old Centreville resident 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



PHOTO COURTESY OF ED NUTTALL

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

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

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 Sequoia Farms, 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

SEE AUTISM SPEAKS, PAGE 6



# Night Out

FROM PAGE 2

munity feels like an extension of our family,” explained Jamie Gadley. “Whether it’s National Night Out or I’m walking my dog, I always see a friendly face, we make eye contact and it feels like home. And this event is an opportunity to celebrate the officers as public servants and to connect the community with those people who serve us.”

## Sully Station

A separate neighborhood from Sully II, residents of Sully Station gathered at their community center on Sequoia Farms Drive. Activities included face-painting, a moonbounce, chatting with neighbors and eating grilled hot dogs and hamburgers, plus chips and salsa from Trader Joe’s. And Sheriff’s Office personnel fingerprinted children for I.D. kits for their parents.

Among those attending were Alex and Veronica Calancha, sons Christopher, 6, and Anthony, 4, and Alex’s mother, Lourdes Calancha. “We always come to this event and have a good time with the family and friends,” said Veronica. “The boys enjoyed the bouncy house and face painting and got to talk to the police officers, who were very kind and answered all their questions.”

Alex liked meeting other people in their community. They came to National Night Out after work for some fun and relaxation. “It’s important to make time for the family because parents are always busy, so these times are golden,” he said. “And when the police officers come to these kinds of events, the kids get to know them.”

Brielle Washington, 8, got an elaborate, green dragon painted on her cheek. “We’ve lived here three years, but it’s our first time coming to National Night Out,” said her mom. “It’s very family-oriented, the people are all friendly and there’s good food, too. The kids were able to play together tonight, and it was a nice time to hang out in the summer.”

Sheriff’s Office PFC Mary Williams fingerprinted 20 children “so parents have a record, in the unfortunate case their child is lost.” She said it’s important for law-en-



**Jude Ammar, 6, and dad Joe Ammar about to chow down on hot dogs, chips and ice cream at Sully II’s celebration.**



**Happy to find candy at Sully Station II’s event are the Collens brothers, (from left) James, 4-1/2, and Tommy, 8.**



**From left, Auxiliary Police Officers Nelson Fernandez and Tony Gul at Sully Station’s event.**



**Huei Shin and daughter Sophia, 22 months, have dinner at Sully Station II.**



**From left, Westfield High freshman Kayla Gadley and mom Jamie Gadley scoop ice cream in Sully Station II’s Community Center.**

in the community.”

Auxiliary Police Officers Tony Gul and Nelson Fernandez agreed. “This is a great opportunity to mix with the neighborhoods and let them know we’re here to support them, serve their needs and be part of the community,” said Gul.

Fernandez said they’d attended five events that night. “It’s good to strengthen the bond between the community and police department,” he explained. “People can see and talk to us, get to know us better and know we’re here to help when they need us.” He said they laughed and joked with children, played basketball with them in Centreville’s Barros Circle community and even danced.

“We also gave out police badges, hats, soap bubbles and wrist bands, plus gift cards from Chick-fil-A and 7-Eleven,” said Gul. “And we enjoyed all the delicious food offered.”

“Every place we’ve been, we were welcomed by everybody,” said Fernandez. Gul said that made them feel they’re doing a good job representing the police department. And, added Fernandez, “A strong relationship with the community makes our county safer.”

forcement to participate in National Night Out “so we’re out there in the community. That way, people know they can trust us,

and we can all have a good night together. It also lets people see us in a positive setting so we can build a stronger relationship



**Having fun at Sully Station are (from left) Alex Calancha, sons Christopher, 6, and Anthony, 4, Calancha’s mother Lourdes and his wife Veronica.**




**At Sully Station, Brielle Washington, 8, gets a dragon painted on her face by Xan Humphries.**



**At Sully Station: (on left) Jon McArthur holds a tray while Scott Chapman places a grilled hamburger on it.**



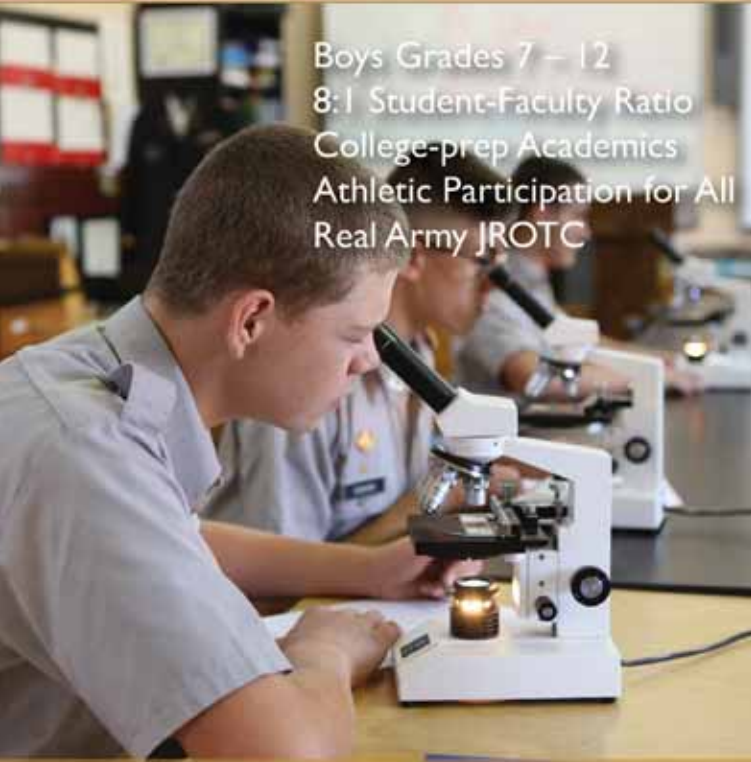


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## Home LifeStyle



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.

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# CALENDAR

## 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](http://www.fairfaxcounty.gov/parks/golf/junior).

**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](http://www.nvso.us).

**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](mailto:dmueller@fairfax-station.org) for an application and further information. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Chantilly Farmers Market.** Thursdays, 3:30-7 p.m., through Nov. 11 in the parking lot at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The farmers market is a family-friendly weekly event where everyone can access local foods around, and build connections with local farmers, small business owners, and their neighbors. Farmers and vendors bring locally raised fruits, vegetables, breads and baked goods, meats and eggs, local honey, wine, soaps, prepared foods, and more each week. Free admission. Visit [www.community-foodworks.org/chantilly](http://www.community-foodworks.org/chantilly) for more.

## THURSDAY/AUG. 15

**Hunter Mill Nights: Veronneau (world jazz).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit [www.fairfaxcounty.gov/parks/performances/hunter-mill-nights](http://www.fairfaxcounty.gov/parks/performances/hunter-mill-nights) for more.

## SATURDAY/AUG. 17

**Peach of a Program.** 1-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century, Sully historic site was home to more than 1,000 peach trees. Learn about the history of peaches and their uses in the "Peaches and Cream" program. Participants will have the chance to cook in the historic kitchen using peaches and hand-crank peach ice cream. Designed for peach lovers age 6-adult. \$15 per person. Children must be accompanied by a registered adult. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

## SUNDAY/AUG. 18

**Dairy Days.** 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th

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

century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but pre-registration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

**NTRAK Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## THURSDAY/AUG. 22

**Hunter Mill Nights: The United States Navy 'Cruisers' (pop rock).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit [www.fairfaxcounty.gov/parks/performances/hunter-mill-nights](http://www.fairfaxcounty.gov/parks/performances/hunter-mill-nights) for more.

## SATURDAY/AUG. 24

**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](http://librarycalendar.fairfaxcounty.gov/event/5238367).

**Dairy Days.** 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but pre-registration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

## SUNDAY/AUG. 25

**Hands On Activities Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Some of the Hands On Activities at the Fairfax Station Railroad Museum might include operating model trains, decoding and writing telegraph messages or doing a railroad theme or Civil War theme craft. No extra charge for craft supplies.. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## MONDAY/AUG. 26

**Back to School.** Fairfax County Public Schools first day of the 2019-2020 school year. Visit [www.fcps.edu/calendars/2019-20-standard-school-year-calendar](http://www.fcps.edu/calendars/2019-20-standard-school-year-calendar).

## SUNDAY/SEPT. 1

**4K Fun Run: Hope Against Cervical Cancer.** 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. This is a 4K fun run being held to spread awareness and promote self testing for cervical cancer in underserved areas of the U.S. as well as across the globe.

Runners will receive a race T-shirt and bottled water. Awards for 1st place and runners up will be given in adult and children categories. Adults, \$20; 13 and under, \$15. Visit [www.servicebeyondborders.org](http://www.servicebeyondborders.org)

## SUNDAY-MONDAY/SEPT. 1-2

**HO and LEGO Model Trains Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. 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. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## SATURDAY/SEPT. 7

**Fellowship Tea.** 2-4 p.m. in Centreville Baptist Church's Fellowship Hall, 15100 Lee Highway, Centreville. Western Fairfax Christian Ministries will hold a Fellowship Tea with a three-course, gourmet spread and a program called "Why Girlfriends are Important." Raffle tickets available for purchase. Women of all ages are welcome. \$15/person or \$25 for two. Register at [donatenow.networkforgood.org/wfcmtea](http://donatenow.networkforgood.org/wfcmtea). To volunteer to be a table host or for more information, contact Jennie Bush at [jbush@wfcmva.org](mailto:jbush@wfcmva.org).

## SUNDAY/SEPT. 8


**Early Railroad Tools Exhibit.** 1-4 p.m. at the Fairfax Station Railroad

Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## TUESDAY/AUG. 20

**Bulldog BBQ.** 5-7:30 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. 20th Annual Bulldog BBQ. Food, fun and connections. Students and parents come to the BBQ to learn all about the upcoming school year. Free. Luann Hoyseth [lrhoyseth@fcps.edu](mailto:lrhoyseth@fcps.edu) or 703-488-3895.

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4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
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28	29	30	31		

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## BACK TO SCHOOL

### Westfield to Celebrate 20th Anniversary

Anthony E. Copeland, PhD, Principal, Westfield High School:

Westfield High School will celebrate its 20th anniversary during the 2019-2020 school year. We will unveil new banners at the Bulldog BBQ — annual kickoff event on Aug. 20. We have launched a fundraiser to renovate our senior courtyard/learning space and purchase new chairs for our Lecture Hall.



**Anthony E. Copeland**

We will also have a 20th Anniversary Tailgate for former staff members in October.

All High School students will receive a laptop computer. Our teachers will continue Blended Learning to better incorporate these practices into their skill set.

Westfield staff will continue our work in Cultural Responsiveness as we make connections with our students and each other.

## Autism Speaks

FROM PAGE 2

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 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 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](http://act.autismspeaks.org/site/TR/TeamUp/TeamUp?fr_id=4551&pg=entry)

is available 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.

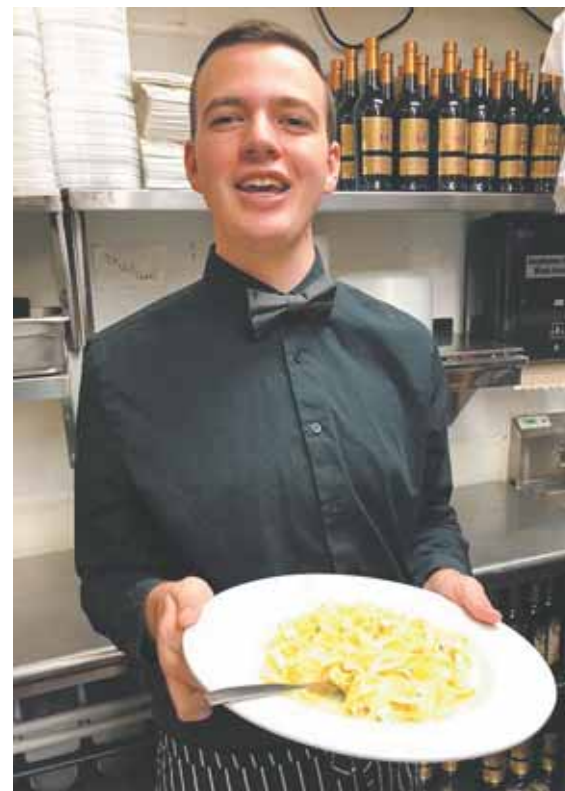
"He's been there a year and loves it," said Nuttall. "Everyone treats him really well, and it gives him a sense of purpose and camaraderie. Owen loves to eat French fries, and after his shift, Chef Anthony makes fries especially for him."

**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 bowtie, shirt, slacks and



**A happy Owen Nuttall**

PHOTOS COURTESY OF ED NUTTALL



**Owen Nuttall working at Ciao Osteria.**

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](http://www.AutismSpeaks.org).



## ROUNDUPS

### SYA to Hold Annual Board Meeting

The Southwestern Youth Association will be holding its annual Executive Board of Directors Election Meeting on Thursday, Sept. 5. The meeting will be held at the Centreville Regional Library, 14200 St Germain Dr., Centreville beginning at 7 p.m. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at [admin@syayouthsports.org](mailto:admin@syayouthsports.org). Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Any questions please contact the SYA Office at 703-815-3362 or [admin@syayouthsports.org](mailto:admin@syayouthsports.org).

## 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.

### 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](http://www.collectforkids.org/get-involved) or call 703-204-3941.

### WEDNESDAY/AUG. 21

**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](http://VA95Corridor.org).

### 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. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit [volunteer.fairfaxcounty.gov/custom/1380/#/opp\\_details/184989](http://volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989) to register.

### TUESDAY/SEPT. 10

**ESL Class Registration.** 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21. All are welcome. Registration fee, \$15; text book, \$25. Visit [www.lordoflifeva.org](http://www.lordoflifeva.org) or call 703-323-9500.

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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. <b>-Werner Heisenberg</b>				

### 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 down-sizing, 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.



# OPINION

## Support Local News

### What do you love about where you live?

**A**dapted 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.

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](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

### 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/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto: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

For information on advertising, email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431. See [www.connectionnewspapers.com/advertising](http://www.connectionnewspapers.com/advertising).

### 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-

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

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](mailto:editors@connectionnewspapers.com)

# CENTREVIEW

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Newspaper of  
**Centreville**  
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A Connection Newspaper

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

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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