

SEPTEMBER 11-17, 2019

25 CENTS NEWSSTAND PRICE

The four Whalen boys, (from left) Matt, Connor, Sean and Ryan, are now all Eagle Scouts.



Four Brothers in Eagle Nest

NEWS, PAGE 3

Join with WFCM to
'End Hunger Here'

NEWS, PAGE 5

Westfield Bulldogs
Win Two Opening Games

SPORTS, PAGE 6

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL
REQUESTED
IN HOME
9-12-19

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

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Celebrating
our 54th
Anniversary

PLAN YOUR WINTER ESCAPE: Jan. 21-Feb. 8
Cruise from Baltimore to Bahamas 8 nights with all meals & entertainment, Call for details & cost - Good Value!

IRELAND FOR NEW YEAR'S! Dec. 27-Jan. 2 **\$2,759**
Air from Dulles, 5-nights hotel, Daily breakfast & 3 dinners including New Year's Eve Dinner Party, Daily Sightseeing, Welcome coffee/tea/scones, Whiskey tasting & Irish Coffee on New Year's Day. Call for detailed itinerary.

CELEBRATE NEW YEAR'S EVE:
*Cruise from Baltimore *Motorcoach trip to Cape May *Rose Bowl Parade, California
Call for Details Now!!

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703.242-2204 1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

ROUNDUPS

Learn about Police Recruiting

Det. Shawn Carroll will discuss police recruiting at the next meeting of the Sully District Police Station's Citizens Advisory Committee (CAC). It's slated for this Wednesday, Sept. 11, at 7 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. In addition, the station's Officer of the Quarter will be honored.

Paint Rocks with Cops

The nationwide Kindness Rocks project encourages people to paint rocks with inspiring messages and then leave them where others will find them. People are playing hide-and-seek with painted rocks in hopes of spreading kindness and joy to those that discover them. One message at just the right moment can change someone's entire day, outlook and life for the better.

So officers at the Sully District Police Station are inviting the public to join them on Saturday, Sept. 14, from 5-8 p.m., at the Sully District Station, 4900 Stonecroft Blvd. in Chantilly, to Paint Rocks with Cops. Supplies will be provided, but attendees are welcome to bring their own, as well.

Just RSVP to <http://bit.ly/rockswithcops914> so police can make sure there'll be enough rocks on hand for everyone.

Land-Use Meeting Is Sept. 16

The Joint WFCCA/Sully Land Use and Transportation Committee meeting is set for Monday, Sept. 16, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. On the agenda is a proposed rezoning of a nearly 20-acre parcel off Conference Center Drive in Westfields.

Elm Street Communities Inc. hopes to then build up to 158 single-family attached homes there.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's
Sept. 29 • Reston Town Center
Oct. 12 • National Mall

Additional Walks available.
Find one near you at alz.org/walk
or call **703.359.4440**.



2019 NATIONAL PRESENTING SPONSOR

Edward Jones



Suicide takes nearly 47,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRIS CrisisLink and Connection Newspapers to learn how you can help save lives.

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

NEWS

Connor Whalen Officially Becomes an Eagle Scout

Four brothers in same family achieve coveted milestone.

BY BONNIE HOBBS
CENTRE VIEW

Many families have boys who become Eagle Scouts. But Patti and Kevin Whalen of Centreville's Walney Glen community have four sons who achieved that honor.

Sean, 27, did so in March 2010; Matt, 24, in October 2012; Ryan, 22, in January 2013; and Connor, 18, in February of this year. And on Aug. 18, Connor officially received his Eagle Scout badge during his Eagle Court of Honor ceremony at the Greenbriar Community Center.

"Your mother and I are proud of all of you, and to have four boys who are all Eagle Scouts is amazing," said Kevin Whalen. "We're blessed to have all of you as our sons and as Eagle Scouts."

Connor did his Eagle project in July 2018 to benefit Centreville High's Best Buddies program. He repaired the school's greenhouse, installed park benches and built an outdoor garden area around the greenhouse. And Whalen Landscaping, run by his brother Ryan, sponsored his project.

But Connor still had some more work to do to earn his other badges so he could complete all the requirements necessary to obtain the rank of Eagle Scout. He was also busy with his senior year at Centreville High, from which he graduated in June. But, finally, he was able to receive his Eagle badge before heading off to college.

Connor was a member of Boy Scout Troop 17, which meets at Fire Station 17 in Centreville. But before that, he belonged to Troop 146, so Scouts and leaders from both troops were among the 60-some family members and friends who attended his ceremony.

Raj Sharma, Troop 146 Scoutmaster, explained the significance of the Eagle rank. "It symbolizes strength of character and knowledge of all aspects of Scouting," he said. "It's the highest award of the Boy Scouts of America and represents many years of dedicated effort."

"The Scout learns leadership, citizenship and responsibility and gives service to God, his family and others in the community. The Eagle Scout embodies the Scout Oath, which guides and directs him. And obtaining the rank of Eagle Scout is also the culmination of the efforts of his parents and leaders and is an occasion for celebration and joy."

CONNOR'S BROTHERS also participated in the ceremony, including the lighting of candles. His mom pinned on his Eagle badge, and his dad put a Scout neckerchief



The proud Whalen family, (from left) Kevin, Matt, Connor, Patti, Sean and Ryan.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW



Scoutmaster Emeritus Kevin Gaughan speaks while the Whalens, (from left) Ryan, Matt, Sean, Kevin, Connor and Patti, listen.

on him. Then Scoutmaster Emeritus Kevin Gaughan spoke about Connor.

"At Centreville High, he participated in sports on the football and baseball teams, while earning a 4.0-plus GPA," said Gaughan. "He also volunteered at church and in the community and worked part-time at his brother Ryan's landscaping company. And now, we welcome him as an Eagle Scout – the fourth one in the Whalen family."

Next, Kevin Whalen, who was also an assistant scoutmaster with Troop 146, talked about the Eagle Scout bell. It's a special bell with an eagle etched into it and is sounded to welcome in each, new, Eagle Scout. And, accordingly, Connor rang the bell.

After that, Kevin Whalen, a former federal agent, presented his son with a flag flown over the U.S. Capitol in an F-16 Viper by the International Guard in honor of his becoming an Eagle Scout. He also gave Connor several official letters of congratulations from the president, the U.S. Marshals Service, other federal-government entities and even the Pope.

"For six years, Connor volunteered with the annual Scouting for Food drive, helped various families in need, worked with the Best Buddies program and volunteered with the National Honor Society," said Kevin Whalen. Then, addressing all four of his sons, he said, "I started Scouting in 1975 and had fun like you did. But I never ad-



Connor Whalen lighting candles during the ceremony.

vanced because I didn't have strong Scout leaders like you did. And I had so much fun living Scouting with you."

To Connor, he said, "You earned it, and I'm really proud of you. Keep living the Scout Oath, remember to be prepared and do a good turn daily." In response, Connor thanked everyone who'd helped him along the way, including his leaders and his family.

"It doesn't matter in life what others achieve, but what you do," added Gaughan. "Connor's achievement was even more remarkable because he was under greater pressure to achieve Eagle Scout after his three older brothers did. And it will always be a great bond between you."

He told Connor, "Your Eagle Court of Honor marks a time of transition for you – leaving Boy Scouts and going off to college. And it's the final ceremony having any connection to Troop 146, where many of us started, so many years ago. And the Whalen boys were a special part of those times."

"Seeing young men achieving great things and leading lives of significance makes me happy," continued Gaughan. "And, Connor, I know you have what it takes to succeed at college and beyond. You make my heart swell with pride, and I hope you go on to do great things and, most of all, have a very happy life."

AFTER THE CEREMONY, Connor said, "It's really special to be able to join my brothers in the Eagles Nest, and it means a lot to me to accomplish this. My Uncle Jimmy passed away last summer, on the final day of my Eagle project. So it was tough, but I still went out there and finished the project to honor him."

Connor's now a freshman at Virginia Tech, where he's majoring in electrical engineering.

OPINION

Purpose of a Corporation

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



While most of my columns are about issues that need resolution and challenges that state government must meet, a column focused on what others are doing to improve life in our communities is appropriate from time to time. If we allow ourselves to relax for a few moments to see and marvel in some good news, it does not mean that we are any less committed to improving the world or that we will lose our momentum in trying to do so. There are many more stories of progress that I hope to share in this short space in the future, but an event last month deserves our immediate attention.

The Business Roundtable made up of 181 CEO's of America's biggest companies issued a new "Statement on the Purpose of a Corporation" last month that makes a dramatic shift from past statements that emphasized shareholder primacy to a "fundamental commitment to all of our stakeholders." The broadened purpose is explained to include delivering value to custom-

ers, investing in employees, dealing ethically and fairly with suppliers, and supporting communities in which they are located. (<https://opportunity.businessroundtable.org>)

Socially responsible actions taken voluntarily on the part of many companies may have spurred the new Business Roundtable statement, but the hope is that other corporations will follow with actions that are as positive for their workers and the communities they serve as they are for the bottom line. As the Roundtable statement explained, "investing in our employees...starts with compensating them fairly and providing important benefits."

Maybe there will be a future where my bill to increase the paltry \$7.25 an hour minimum wage in Virginia will be supported by local Chambers of Commerce instead of outright opposition they have expressed in the past. Concern for workers at the minimum should be that they are paid a wage on which they can live.

The Roundtable statement acknowledged that "while each of our individual companies serves its own corporate purpose, we share a fundamental commitment to all of our stakeholders." Among the stakeholders are the communities in which businesses are located to

which the Roundtable members expressed that "we respect the people in our communities and protect the environment by embracing sustainable practices across our businesses." The consumer continues to have the choice of buying products that are made in a sustainable way and to refuse to purchase those that are not.

The auto manufacturers who made an agreement with the state of California to follow strict emission standards for automobiles regardless of the irresponsible action by the federal government to lower standards are to be applauded and supported by other states in the court suit. How ironic would it be if the courts decided that companies could not gain a competitive advantage by being more environmentally responsible.

The Business Roundtable Statement on the Purpose of a Corporation concludes that "each of our stakeholders is essential. We commit to deliver value to all of them, for the future success of our companies, our communities and our country." Those same "stakeholders" are referred to in government as "constituencies." When the common goals of business and society as reflected through its government are recognized, success will be realized by stakeholders and constituencies!

Preventing Suicide Being there to take the call.

BY WENDY GRADISON
CEO, PRS



More people are calling, texting and chatting and that's good news. With greater emphasis on mental health, we are seeing an increase in the number of people reaching out for help to our local suicide prevention hotline. This is a trend that's also occurring nationwide.

While it's great that more people are seeking help, the issue is that the infrastructure and funding to support it are having a hard time keeping up with the growing demand. In fact, PRS recently received grants to serve as a national back-up center and core chat center to expand services in support of the National Suicide Prevention Lifeline network (Lifeline) to help address longer wait times nationwide as queues pile up for the hotline and chatline. Some of these calls and chats now get rerouted to PRS.

Prior to the recent expansion, PRS received a monthly average of 4,500 crisis calls through the Lifeline and local crisis number primarily from Northern Virginia. With the addition of the national hotline back-up center and

chatline services, our call volume has more than doubled, and we expect the chatline to generate over 20,000 chats this year.

This is the reality as we approach September's Suicide Prevention Month. For the 5th year, we are hosting the #CallTextLive Campaign, <https://prsinc.org/calltextlive/>, in partnership with Connection Newspapers. The campaign engages the community by providing activities to create awareness about preventing suicide and calling the PRS CrisisLink Hotline at (800) 273-TALK [8255] and the textline by texting "CONNECT" to 85511 to receive support.

#CallTextLive uses social media, activities and events to drive conversation and reduce stigma. By visiting PRS' website at www.prsinc.org/calltextlive, people can discover how to participate in the #CallTextLive Campaign, which includes Resource Mondays, a Facebook Live educational session, Selfie Day, and Fact Fridays.

Social media is used to engage people in sharing stories and photos on PRS Facebook, Twitter and Instagram using the #CallTextLive hashtag in hopes of making it easier for people to talk about suicide.

The campaign is critically important since

suicide claims the lives of more than 47,000 people annually and is the 10th leading cause of death nationwide and second leading cause for people aged 10-34. In fact, more than twice as many people die by suicide than homicide.

As we work to increase the number of individuals seeking help, we recognize that increasing our capacity to take these calls, texts and chats is essential.

We handle the national calls through federal grants, but the work we do to serve our Northern Virginia community is supported through local funding sources and the generosity of individuals like you. That's why the campaign encourages people to crowdsource to support the PRS CrisisLink center.

Volunteering to cover a weekly shift on the hotline or chatline, donating to support the overall operating expenses of this life-saving work or sharing our information across social media saves lives in our communities.

Crisis intervention and suicide prevention services work. For every death, 278 people manage to move past thoughts of suicide and survive. Join PRS this September as we encourage our community to make the call, send the text and live through their thoughts of suicide.

LETTERS

Happy to Be Back to School

To The Editor:

I am super excited to go back to school again and meet my friends and teachers. I have lots of fun things to share with my friend. The best things about the new school year is buying new clothes, shoes, and school supplies. It is so much

fun. Even though I am going to miss sleeping in late, going to the beach, riding my bike, and having fun with my friends, as an American Muslim girl I know that the importance of education is not only a requirement of my country but also my faith. The Holy Quran

states, "Oh my Lord increase my knowledge" (20:115). Now that I am going to be a fourth grader, I am ready to learn new things to increase my knowledge and hope my fellow classmates do too.

Tamseela Mumtaz
Chantilly

Write

The Connection welcomes views on any public issue. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
By email:
editors@connectionnewspapers.com

CENTREVIEW

www.ConnectionNewspapers.com

@CentreView

Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
centreview@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

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

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

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

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
circulation@connectionnewspapers.com

A Connection Newspaper



PHOTO COURTESY OF HARMONIE TADDEO

WFCM staff members in their garden that helps provide clients with fresh vegetables. Standing, from left are Grace Foust, Client Services Director; Harmonie Taddeo, Executive Director; Jennie Bush, Community Outreach Manager; and Debbie Culbertson, Food Pantry Assistant Manager/Volunteer Coordinator. Sitting, from left are Dolly Bonta-Reavis, Client Intake Assistant; Pamela Montesinos, Food Pantry Director; and Mary Ellen D'Andrea, Development Director. (Not pictured: Lillian Diaz, Client Support Specialist). Orange is the national color of hunger, and their Hunger Action Month T-shirts read, "Together we can #EndHungerHere."

Join with WFCM during Hunger Action Month

Local nonprofit provides food for 400 families a month.

BY BONNIE HOBBS
THE CONNECTION

Western Fairfax Christian Ministries (WFCM) is joining food banks throughout the nation this month to make people aware of the existing hunger crisis and help local neighbors in need. The Chantilly-based nonprofit works all year 'round to ensure that people in western Fairfax County are housed and fed. And now, as part of the Feeding America network, it's letting the community know that September is Hunger Action Month.

Pamela Montesinos, director of WFCM's client-choice food pantry, has coordinated a month-long awareness effort including special T-shirts for volunteers and staff and food drives at a local farmers market. The organization will also further serve its clients via a client fair at the end of September.

"Hunger Action Month is a time for us to partner with food banks across the country to raise awareness about food insecurity and to unite with our local community for new

solutions," said Montesinos. "At WFCM, we have expanded the variety of fresh produce our clients have access to through partnerships with Capital Area Food Bank, Imperfect Produce, a local farmers market and our own garden project. It's important because fresh fruits and vegetables are an essential part of a healthy diet."

There are also many ways the local community can get involved and lend a hand during Hunger Action Month. WFCM Executive Director Harmonie Taddeo suggests the following actions:

- ❖ Shopping and sharing at the farmers market: During September, WFCM is partnering with Community Foodworks to glean vegetables and other items for its clients from the Chantilly Farmers Market, which is open Thursdays from 3:30-7 p.m., until Nov. 11. It's in the parking lot of St. Veronica Catholic Church, 3460 Centreville Road in Chantilly. Customers may pick up fruits and vegetables for their own families, plus some to share with others. A donation box will be on site.

- ❖ Donating the pantry's most-needed items: Donate directly to WFCM or any other local food pantry. Consider flour, vegetable oil, sugar, canned fruit, juice, cereal, oatmeal or canned meat. WFCM's food pantry is at 4511 Daly Drive in Chantilly (703-

SEE HUNGER, PAGE 7

KING STREET **KING STREET IN
OLD TOWN ALEXANDRIA, VA**

ART FESTIVAL

FREE ADMISSION
Visit AlexandriaVA.com/ArtFestival

**SATURDAY,
SEPTEMBER 21
10AM-7PM**

**SUNDAY,
SEPTEMBER 22
10AM-5PM**

Presented by:

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

**THE LINCOLN
MOTOR COMPANY**

**ALM Alexandria
LIVING MANAGEMENT**

PNC BANK

2019 MEGA ADOPTORAMA

▶ CATS & KITTENS | PUPPIES & DOGS ◀

**SEPT. 14-15
12-3PM**

At
PETSMART
Seven Corners
6100 Arlington Blvd.
Falls Church, VA 22044

**Bake Sale
& Raffle**
Fun for the whole family!

For more info visit
www.lostdogrescue.org

Bridge Beam Installation at I-66/Route 28 Interchange Begins Next Week

Major construction work to install bridge beams for two new ramps over I-66 and Route 28 began Monday, Sept. 9, as part of the Transform 66 Outside the Beltway Project.

Work is anticipated to last approximately one month and will include multiple nights of detours and traffic stoppages on I-66 and Route 28 beginning the week of Sept. 15.

Drivers should plan for delays and detours as work progresses to rebuild the Route 28 Interchange.

The planned sequence of work and related traffic impacts is as follows:

Week of Sept. 8:

❖ Crews will lift bridge beams outside of existing travel lanes during daytime hours. No detours or significant stoppages are planned.

Week of Sept. 15:

❖ Crews will lift bridge beams over I-66 West during overnight hours.

❖ I-66 West will be closed from midnight to 5 a.m. each night. Drivers will be detoured to Route 28 North to Westfields Boulevard westbound, stay to the right for Route 28 South, then follow signs to I-66 West.

Week of Sept. 22:

❖ Crews will lift bridge beams over I-66 East and Route 28 during overnight hours.

❖ Lanes will be closed on I-66 East and Route 28 South with in-

termittent full traffic stoppages during late night hours. Stoppages of up to 30 minutes will occur between midnight and 5 a.m. nightly.

❖ Route 28 North will be closed nightly with drivers detoured to I-66 East to Route 286 (Fairfax County Parkway) North, stay to the right for I-66 West and then follow signs to Route 28 North.

Week of Sept. 29:

❖ Crews will lift bridge beams over I-66 East and Route 28 South during overnight hours.

❖ Lanes will be closed on I-66 East and Route 28 South with intermittent full traffic stoppages during late night hours. Stoppages of up to 30 minutes will occur between midnight and 5 a.m. nightly.

Message boards on I-66 and Route 28 will provide advance notice of lane closures and traffic stoppages.

Weekly updates will be available at Transform66.org and on Twitter @VaDOTNOVA.

To receive updates automatically by email, sign up here.

When complete, the Transform 66 Outside the Beltway Project will feature three general purpose and two Express Lanes in each direction from I-495/Capital Beltway to Route 29 in Gainesville.

The I-66 Outside the Beltway Express Lanes are expected to open in December 2022.

All work is weather dependent and will be rescheduled if inclement conditions occur.

On Twitter, follow VDOT Northern Virginia at @VaDOTNOVA.

Isaiah Daniel #1 sprints down the field for Westfield touchdown in game with Battlefield.

PHOTOS BY
WILL PALENSCAR/
THE CONNECTION



Westfield Bulldogs Win Two Opening Games

The Westfield Bulldogs are now 2-0 after wins on Aug. 30 and Sept. 6. On Aug. 30 Westfield shut out Battlefield HS 51-0. On Sept. 6 the Bulldogs opened with 10 first quarter points. Champe would score a touchdown in the second quarter to bring things to within a field goal but Westfield would pull away behind the leadership of Noah Kim who threw for three touchdown passes. Isaiah Daniel rushed for 110 yards on 14 carries and a touchdown. Mikal Legall rushed 12 times for 62 yards and a touchdown. Noah Kim threw touchdown passes to Avery Howard of 26 and 28 yards while Alex Richards caught two passes for a touchdown and 66 yards. Howard accumulated 110 yards for the game.



Westfield's QB Noah Kim listens to the sidelines for the next play.



Avery Howard #17 pulls in his second touchdown of the game. Howard caught three passes for 64 yards and two touchdowns.

CRIME REPORT

The following incidents were reported by the Sully District Police Station:

MONDAY, SEPT. 9

STOLEN VEHICLES:
6700 block of Jenny Leigh Court,
2013 Chrysler 300

FRIDAY, SEPT. 6

BURGLARY: 13900 block of Khalid Lane, 9/5/19, 8:27 a.m. Someone entered a garage and stole a bike.

WEDNESDAY, SEPT. 4

LARCENIES:
4900 block of Westone Plaza, purses from location

TUESDAY, SEPT. 3

LARCENIES:
4100 block of Dawn Valley Court, medication from residence
14900 block of Rydell Road, wallet from residence
5100 block of Travis Edward Way, cell phone from residence
13200 block of Yates Ford Road, wallet from vehicle

FRIDAY, AUG. 30

LARCENIES:
4400 block of Chantilly Shopping Center, cell phone from business

Westfield students show their support during the third quarter,



BULLETIN

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

THURSDAY/SEPT. 12

There's a Waze. 8-9:30 a.m. in The Richard Frank Room, Sully District Office, 4900 Stonecroft Blvd., Chantilly. Learn more about the newest "tool" to help reduce congestion, safeguard the environment, and improve employee recruitment and retention, introducing Waze Carpool. Also learn about new incentives available to help employees try commuting alternatives. Enjoying a breakfast with fellow business leaders. Seating is limited. RSVP to Kelly Woodward at 703-945-0135.

SATURDAY/SEPT. 14

2019 Arts Educational Panel. 8:30-11 a.m. at the Reston Community Center Hunter Woods (Rooms 2-3-4). ARTSFAIRFAX welcomes the community to the 2019 Arts Educational Panel, "Think Like an Artist: Creativity in the Classroom" featuring Dr. Kimberly Sheridan, Associate Professor of Educational Psychology at George Mason University and Julie Carmean, Museum Educator and Coordinator of Professional Development at the National Gallery of Art. \$10-\$25. Open to the public, but advance registration is recommended at bit.ly/AFXArtsPanel19.

Hunger

FROM PAGE 5

988-9656).

❖ Hosting a food drive: Consider holding a food drive at your school, business, church or in your neighborhood.

❖ Volunteering: Contact WFCM or another local food pantry to ask about volunteer opportunities. Many times, there are options in the evening or on Saturday, in addition to weekday volunteer opportunities.

❖ Donating money: Monetary donations help service organizations such as WFCM keep operating so they may continue to help those in need. People may make either one-time or monthly gifts to help keep healthy food on their neighbors' tables.

"The bottom line is that it will take a collaborate effort and many strategies to solve the hunger crisis," said WFCM Board President Andrew Casteel. "The statistics are staggering. According to the USDA, nearly 40 million people in the U.S. are food-insecure – meaning they lack consistent access to food that will keep them healthy."

But, he added, "We are starting right in our community to make a difference. At WFCM, we serve more than 400 client families per month, providing fresh produce, milk, eggs, meat, bread and other essentials to ensure that they're not only fed, but offered the opportunity to make nutritious meals. I encourage all of our community businesses, churches and families to join us in this important work."

Since 1987, WFCM has been a critical safety net for residents in western Fairfax County struggling to make ends meet. Besides food, it also provides emergency financial assistance for rent, utilities and other basic needs, as well as financial counseling and budget classes, a school backpack program and spiritual support. For more information, go to wfcma.org/hungeraction or follow Western Fairfax Christian Ministries on Facebook or Linked In.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
ELECTRICAL ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Licensed/Bonded/Insured Ceiling Fans Office 703-335-0654 Phone/CATV Mobile 703-499-0522 Computer Network Cabling lektrkman28@gmail.com Service Upgrades Hot Tubs, etc...				
GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!				
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		Improvements Improvements Power Washing Free Estimates Go from green to clean, do you have mold on your siding rotten wood that's a HOA violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. LICENSED & INSURED 703-987-5096 email: jnave@comcast.net		
TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured				
LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE		

Time and Again



By KENNETH B. LOURIE

Not to be morbid in the least – or self-indulgent in the most (last week's column, "Something or Nothing" notwithstanding), but recently I've had cause to hear about the future and be more concerned about the present.

I have a homeowner problem that like all such problems, is way beyond my limited skills: a crack in the concrete slab which "porches" our house, apparently caused by a very large and old tree growing way too close to this slab.

This is not a water-leaking-into-the-house problem. This is a structural-type problem identified by a home appraiser whom I've paid for – but not bought, to process a mortgage refinance.

Given the two-week time-frame during which I was expecting to schedule this assessment – considering the time-sensitivity of these applications, I was flabbergasted to learn that my expectations were totally unreasonable. Two weeks! I might as well have been asking for two months, which is what I ended up getting.

After hearing the nearly identical appointment-unavailability story multiple times, and getting increasingly frustrated and impatient at the unlikely timely resolution of my problem – in my lifetime (no joke), I finally heard from a company that was able to schedule an appointment which they did so with an apparent straight face (as much as I could glean over the phone): "I can have someone to your house on Oct. 25." I snickered.

"October 25! That's two months," I said. ("I could be dead by then," I said to myself.) To the woman I said, "No. I need someone sooner, in the next week or so. Good-bye." (I made this call on Aug. 21.)

When I hung up the phone I started laughing at what I didn't say and why I hadn't said it. Being that I have stage IV lung cancer, I am not exactly on firm footing.

I didn't say to the woman that I could be dead by then because those words were, figuratively speaking, a bit too close to my literal reality. It was a case of fiction being a bit too close to fact and my mouth actually being able to cash that check.

In addition to providing fodder for this column, my calls to miscellaneous home improvement/concrete/foundation repair companies left me not high, still dry, but totally unrequited. I needed help. I put myself out there and received practically nothing in return. It is a lesson I'll take to the grave.

I don't want to sound unreasonable because I still think I'm of sound mind (not so much sound body), but being diagnosed with cancer does, at least in my experience, move up your timeline, so to speak. There's a certain amount of patience and accommodation that is totally ripped from your subconscious.

When your life is in jeopardy, dealing with the daily double: life and death, becomes extraordinarily difficult, regardless of whether your answers are in the form of questions. The uncertainty of it all is very off-putting. Sometimes, you don't know whether you're coming or going.

Trying to live a "normal" life under these kinds of constraints – and restraints – can make Jack a very dull boy. And very often this dullness manifests itself in one's inflexibility.

When your life is at stake, it's nearly impossible to act as if it isn't. Your brain seemingly gets rewired and re-purposed. As much as you attempt to retain your old and familiar self, this newer cancer-affected version slowly takes over.

You're not exactly in "The Twilight Zone," but "imagine if you will" at age 54 and a half, expecting to live into your mid-80s as both your parents did, instead being told that you have "13 months to two years" to live?

Though I've taken it mostly in stride and lived way beyond my oncologist's expectations, to say one's stride is not changed by the experience is to give naivete a whole new meaning. (Not to mention the fact that the neuropathy in both my feet makes walking extremely difficult.) Nevertheless, life goes on.

As such, as much as I want to plan for the future, sometimes, it's the present for which I need to plan.

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

CALENDAR

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

ONGOING

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. Visit 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 for an application and further information. Visit 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 for more.

THURSDAY/SEPT. 12

Fresh Food Drive. 3:30-7 p.m. at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The Chantilly Farmers Market is teaming up with Western Fairfax Christian Ministries to accept food bank donations at the market each week in September. Free admission. Call 703-376-1170 or visit www.facebook.com/events/2024634134303532/.

FRIDAY-SATURDAY/SEPT. 13-14

Kids Wish Kids Good Night. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Put a new twist on the bedtime routine by letting children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY/SEPT. 14

NVSO Opening Ceremonies. 9-9:30 a.m. at the Thomas Jefferson Community Center, 3501 South 2nd St., Arlington. Join the fun and cheer for athletes at the opening ceremonies of Northern Virginia Senior Olympics, featuring the carrying of the NVSO Olympic torch, Color Guard presentation and recognition of County officials and patrons. The public is invited, free of charge, to all NVSO events. For more information about events throughout Northern Virginia during the competition, Sept. 14-28, call 703-228-4721, go to www.nvso.us or email nvso1982@gmail.com.

Westfield Tag Day. 9 a.m.-5 p.m. Students from Band, Chorus, and Orchestra will be visiting neighborhoods and requesting donations to the WHS award-winning music program for the 2019-2020 school year. If students miss their neighbors on Tag Day, they will still gratefully accept donations made to: WHS Music Boosters and mailed to: Westfield High School Music Boosters, 4700 Stonecroft Blvd., Chantilly, VA 20151.

Dulles Day Plane Pull. 10:30 a.m.-4 p.m. at Dulles International Airfield. This free open house offers a daylong schedule of activities and events for all ages including a 5K/10K race on the runway, aircraft displays, games, vendors, airfield tours and more. The signature event features nearly 100 teams pulling one of two 82-ton jet aircraft with ropes in a friendly competition that has raised more than \$2 million for Special Olympics Virginia. Visit planepull.com/ for more.

Bichon Bash

A fun-filled day of frolic to celebrate Bichons Frises and their humans. Featuring vendors and veterinary professionals. Funds raised help provide foster and vet care for Bichons that come into rescue. Sunday, Sept. 15, 11 a.m.-3:30 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Rain or shine. \$20. Call 717-324-9076 or visit www.bichonbash.org/.



PHOTO BY MARY BIDINGER

Students from Westfield High School's Band, Chorus, and Orchestra prepare to head out for Tag Day, the music department's biggest fundraising event of the year.

Westfield Tag Day

Students from Band, Chorus, and Orchestra will be visiting neighborhoods and requesting donations to the WHS award-winning music program for the 2019-2020 school year. Saturday, Sept. 14, 9 a.m.-5 p.m. If students miss their neighbors on Tag Day, they will still gratefully accept donations made to: WHS Music Boosters and mailed to: Westfield High School Music Boosters, 4700 Stonecroft Blvd., Chantilly, VA 20151.

SUNDAY/SEPT. 15

Bichon Bash. 11 a.m.-3:30 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A fun-filled day of frolic to celebrate Bichons Frises and their humans. Featuring vendors and veterinary professionals. Funds raised help provide foster and vet care for Bichons that come into rescue. Rain or shine. \$20. Call 717-324-9076 or visit www.bichonbash.org/.

NTRAK Model Train Show at Fairfax Station Railroad Museum. 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 or call 703-425-9225.

MONDAY/SEPT. 16

Farm Life. 11-11:45 a.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn about elements of farm life. Children will get to spend time with a different farm animal at each session. Other activities may include story time, creating crafts and introductory-level farm chores. For children age 3-5. \$8 per child. Pre-paid reservations are required. Adults must attend with a registered child. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Grand Opening: Zaxby's. Zaxby's, 43820 Eastgate Shoppes Drive, Chantilly. Zaxby's, a new fast-casual restaurant, is a favorite for chicken fingers, wings and salads. Visit zaxbys.com for more.

TUESDAY/SEPT. 17

Live Music: Dana and Susan Robinson. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Dana and Susan Robinson are celebrating the release of their new recording, The Town That Music Saved. Their compositions have been featured in Ken Burns's "The National Parks, America's Best Idea" and "The Dust Bowl." Suggested donation is \$10 for members of the Folk Club of Reston/Herndon and \$11 for non-members. Visit www.restonherndonfolkclub.com for more.

THURSDAY/SEPT. 19

Fresh Food Drive. 3:30-7 p.m. at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The Chantilly Farmers Market is teaming up with Western Fairfax Christian Ministries to accept food bank donations at the market each week in September. Free admission. Call 703-376-1170 or visit www.facebook.com/events/2024634134303532/.

FRIDAY-SATURDAY/SEPT. 20-21

Kids Wish Kids Good Night. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Put a new twist on the bedtime routine by letting children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

FRIDAY-SUNDAY/SEPT. 20-22

Capital Home Show. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-6 p.m. at the Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Brett Tutor, the carpenter on TLC's Trading Spaces, will headline with more than 250 companies exhibiting and showcasing the latest in home remodeling, renovation, décor and redesign. Visit www.capitalhomeshow.com for tickets.

SATURDAY/SEPT. 21

Native Plant Sale. 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. Pre-orders accepted – visit each vendor's website (Watermark Woods, of Hamilton, and Nature By Design, of Alexandria), check inventory and availability, send an email. Pick-up and pay at Runnymede Park during the sale Sponsored by Friends of Runnymede Park. Free admission. Call 703-615-7855 or visit www.frpweb.org for more.

Rain Garden Workshop. 10 a.m.-noon at Sully District Governmental Center, James McDonnell Room, 4900 Stonecroft Blvd., Chantilly. Rain gardens, also known as bioretention areas, are attractive landscape features that allow rainwater and snowmelt to infiltrate into the ground. Learn about designing and planting a rain garden at home. Free. Registration Required: <https://bit.ly/33oEOtC>.

SUNDAY/SEPT. 22

Chipmunk Stroll. 1-2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Participants age 6-adult are invited to take a walk with a naturalist to look and listen for Eastern chipmunks (*Tamias striatus*). Learn about the lives of these cute critters that inhabit the park. \$6 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Game Day and Scavenger Hunt. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Play a Train or History Game as well as try your luck at a Scavenger Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Picnic with Purpose. 4-8 p.m. at Pavilion at Frying Pan Farm Park, 2739 West Ox Road, Herndon. This is the inaugural fundraising picnic for Friends of Frying Pan Farm Park in the covered outdoor pavilion behind the Visitors Center. BBQ picnic and entertainment includes silent auction, games, music and prizes. Visit friendsoffryingpan.org/whats-new/bbq/ for tickets. Table sponsorships are also available. Event proceeds benefit the scholarship and grant funds for Frying Pan Farm Park. \$30, adult; \$15, child; free, 3 or under.

MONDAY/SEPT. 23

Stream Life. 6-7 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Explore Big Rocky Run with a naturalist, use dip nets and kick nets to catch and release creatures and learn about their role in the environment. Learn stream monitoring techniques and the impacts humans have on these fragile ecosystems. Ages 4 and older. \$6 per person. Call 703-631-0013, TTY 711, for more.

THURSDAY/SEPT. 26

Erin Peterson Fund Golf Tournament. At the Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Erin was a 2006 Westfield High grad who died in the April 2007 Virginia Tech tragedy. Afterward, her parents started the Erin Peterson Fund (EPF) to award scholarships in her memory to those less fortunate, plus the Leadership for Tomorrow program which provides grants to at-risk male students at Westfield. Community members make that possible each year when they play in the tournament and support the fund. To register, go to www.erinpeterfund.org and click on Golf Registration. Raffle tickets may also be purchased online.

Fresh Food Drive. 3:30-7 p.m. at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The Chantilly Farmers Market is teaming up with Western Fairfax Christian Ministries to accept food bank donations at the market each week in September. Free admission. Call 703-376-1170 or visit www.facebook.com/events/2024634134303532/.