

Each year on Sept. 11, the front lawn of West Centreville Fire Station 38 is adorned with multitudes of small, American flags. This station's firefighters – who also responded to the Pentagon on 9-11 – place 343 flags outside in honor of the 343 firefighters who lost their lives that day in New York. Each little, white tag atop every flag contains the name and unit of one of those firefighters. The station is on O'Day Drive, off Stone Road.

# 16 Years Later

'Art Can Transform the World'

NEWS, PAGE 5

Psychology of Color

HOMELIFESTYLE, PAGE 9



## ROUNDUPS

### Route 29 Widening Meeting

Find out about plans to add a third lane to northbound Route 29 (Lee Highway) in Centreville from just before Pickwick Road to a quarter-mile beyond the traffic signal. VDOT will hold a design public hearing on this project next Thursday, Sept 21, from 6:30 p.m.-

8:30 p.m.

It'll be held in VDOT's Northern Virginia District Office, 4975 Alliance Drive in Fairfax (off West Ox Road, across from Costco). In the Potomac Conference Room there, people may view displays and learn details about this spot-widening project. VDOT staff will be available to answer questions.

Review information at [www.virginiadot.org/projects](http://www.virginiadot.org/projects), at the public hearing or during business hours at VDOT's Northern

Virginia District Office. (Call ahead at 703-259-2907 to ensure appropriate personnel are available to answer questions).

Attendees may give written comments at the hearing; but anyone may submit them by Oct. 1 to Ms. Hong Ha, P.E., Project Manager, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Reference "Route 29 Northbound Spot Widening" in the subject line.

### Support Erin Peterson Fund

Register for the 10th Annual Erin Peterson Fund (EPF) Golf Tournament, to be held on Thursday, Sept 28, at Westfields Golf Club. To date, EPF has donated \$85,000 to support the Westfield High School Young Men's Leadership Group. The fund will also be supporting a young women's group at Westfield and Stone Middle. Register by going to [www.erinpeterfund.org](http://www.erinpeterfund.org) click on Golf Registration. Pay by credit card or mail a check to: Erin Peterson Fund, P.O. Box 232170, Centreville, VA 20120.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 28, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

### Join 'AI Summit For All' Sept. 30

The Girls Computing League at Thomas Jefferson High School for Science and Technology (TJHSST) is sponsoring an artificial intelligence summit — AI Summit for All — on Saturday, Sept. 30, from 8:30 a.m. to 3 p.m. The summit is designed for students in grades 8-12 who are interested in learning about artificial intelligence. Computer science or artificial intelligence experience is not required to attend the summit, which is free and will be held at the Marriott Conference Center in Chantilly.

The summit is designed to interest the next generation in AI technology, innovation, and leadership. It is currently being used in the business, finance, and health industries.

Keynote speakers include Teresa Carlson of Amazon; Afua Bruce of the White House Office of Science and Technology Policy; Evan Burfield of 1776; and Del. Ken Plum. Presenters on artificial intelligence include Jim Liew of Johns Hopkins University, Tim Hwang of FiscalNote, Lisa Singh and Peter Bock of George Washington University, and Patrick Hall of H2O.ai.

Attendees can register online at <http://aisummit.girlscomputingleague.org/registration/>. Registration should be submitted by Friday, Sept. 1. The event is sponsored by Google, Amazon Web Services, and the Spirit of Innovation Challenge. The Marriott Conference Center is located at 14750 Conference Center Drive in Chantilly.



## Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

### Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

<b>Tuesday August 29, 2017</b> Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	<b>Thursday, August 31, 2017</b> The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	<b>Monday, September 11, 2017</b> Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
<b>Thursday, September 14, 2017</b> Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	<b>Monday, September 18, 2017</b> NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	<b>Monday, October 2, 2017</b> Hilton Garden Inn Richmond South/ Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
<b>Wednesday, October 4, 2017</b> Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	<b>Tuesday, October 10, 2017</b> Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	<b>Thursday, October 12, 2017</b> Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or [SixYearProgram@VDOT.Virginia.gov](mailto:SixYearProgram@VDOT.Virginia.gov) and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or [DRPTPR@drpt.Virginia.gov](mailto:DRPTPR@drpt.Virginia.gov). Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).



### Topgolf Champions Head for Las Vegas

Jenny Suh (left) from Fairfax, and Megan Grehan from New York excelled in recent Topgolf Tour regional tournament in the Washington, D.C. area and will represent the area at the Topgolf Tour Finals in Las Vegas on Oct. 14-16 and compete for \$50,000. Grehan and Suh are the Topgolf Tour's first female regional champions. Suh graduated from Chantilly High School.



# What's on the Road Ahead Transportation projects slated for this area.

BY BONNIE HOBBS

A variety of road projects are on tap for the local area – and, hopefully, they'll ease congestion and make life easier for Centreville and Chantilly residents, as well as people coming here to work and shop. Below are details about what's planned:

## I-66/Route 28 Interchange

Good news for drivers using the I-66/Route 28 exits and entrances in Centreville: A fix for the congestion, especially bad during rush hours, is on the way. The Route 28 Interchange will be constructed as part of VDOT's I-66 Corridor improvements. The project area extends north to where Poplar Tree Road meets Route 28, east to Stringfellow Road, and west to near the I-66/Route 29 intersection. And it eliminates four traffic lights on Route 28.

It adds a new bridge funneling traffic from Poplar Tree Road into Ellanor C. Lawrence Park and provides a new access to the park from Route 28. It also improves the Route 28 bridges crossing I-66 and will provide new access ramps to the proposed managed lanes that are part of the Transform I-66, Outside the Beltway project.

Three, potential design alternatives are on the table. A decision on which one will go forward has not yet been made, but the proposed alternatives are as follows:

- ❖ Alternate 2A provides direct access to and from the I-66 express lanes between Route 28 north and I-66 east/west. There's also direct



Map of the I-66/Route 28 Interchange project area showing one of the proposed design alternatives.

access between the express lanes east of Route 28 and Route 28 south. But drivers can't go to and from Route 28 south and I-66 west.

- ❖ Alternate 2B offers direct access between Route 28 north and I-66 east/west.

- ❖ Alternate 2C has the smallest footprint, minimizing the impact to E.C. Lawrence Park. It has the same travel movements as Alternate 2A, as well as access between

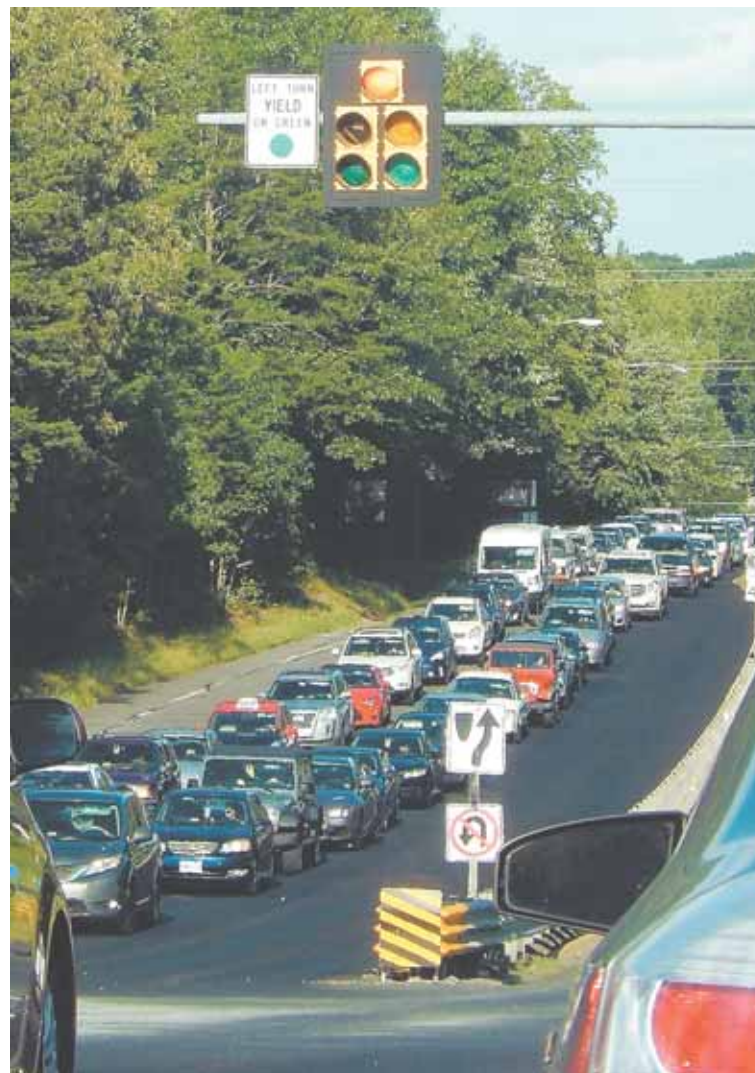
the I-66 express lanes west and Braddock and Walney roads in Centreville. It also extends Poplar Tree Road to the park.

The state has incentivized the work by offering bonuses if the Route 28/I-66 interchanges, as well as the Walney Road and Braddock Road improvements, can be done early in the I-66 widening project. An alternate has not yet been selected, but public hear

SEE ROAD WORK, PAGE 11



Vehicles head slowly south on the two-lane section of Route 28 in Centreville during the evening rush.



Westbound Route 29 traffic approaching Stringfellow Road heads home to Centreville in early evening. Having three lanes on each side will help ease this rush-hour gridlock.



# Center To Honor Bite Me Cancer Founder

The Leadership Center for Excellence has named Bite Me Cancer founder Nikki Ferraro as one of its honorees for the center's 2017 "40 Under 40" event.

Leadership Center recognizes young leaders each year for the positive impact they make personally and/or professionally. Ferraro, a Chantilly High School and James Madison University graduate, founded Bite Me Cancer in 2010, only months after she was diagnosed with thyroid cancer at age 17.

Thyroid cancer is the third most diag-



Ferraro

PHOTO BY ROB PAINE

nosed cancer among children between the ages of 15-19 in the United States, according to the National Institutes of Health. It has been one of the fastest increasing cancers overall in the U.S.

Bite Me Cancer is a national nonprofit based in Fairfax that raises funds for thyroid cancer research and provides support

for teenagers who have been diagnosed with cancer.

Ferraro's foundation has funded several cancer research studies around the country and has sent more than 3,500 Teen Support Bags to teen cancers patients at more than 80 hospitals.

Ferraro, who works for HITT Contracting, will be among 40 local leaders honored at a special luncheon Nov. 30, in Arlington.

The Leadership Center for Excellence presents "40 Under 40" in collaboration with

its supporting partners which include the Arlington Chamber of Commerce, the Arlington Community Foundation, Arlington Economic Development and the Sun Gazette.

The mission of Leadership Center for Excellence is to enlighten, inspire and connect leaders through community building and leadership development. For more information, see [www.leadershipcenter.org](http://www.leadershipcenter.org).

To learn more about Bite Me Cancer and its support programs for teens with cancer or to find out how to contribute time or money to support the foundation, visit [www.bitemecancer.org](http://www.bitemecancer.org) or contact [customerservice@bitemecancer.org](mailto:customerservice@bitemecancer.org).

## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



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](http://alz.org/walk).



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# 'Art Can Transform the World' Mayan dance group presents message of strength and unity.

BY BONNIE HOBBS

**O**n Sunday evening, Sept. 10, some 60 area residents got a chance to see an international dance group perform in Centreville's Historic District, outside St. John's Episcopal Church. Sponsored by the Centreville Immigration Forum (CIF) and the International Mayan League, the Grupo Sotz'il performed "Uk'u'x Ulew: Heart of the Earth." This was a preview of the show it'll do next week at the Smithsonian Museum of the American Indian in Washington, D.C.

But before taking the stage in the nation's capital, this professional Mayan dance team from Guatemala spent a week in Centreville with youth and young adults, providing cultural and dance education. Said CIF President Alice Foltz: "We are very fortunate to have this program for our community, strengthening roots and hope for young people and giving us an amazing opportunity to learn about Mayan history and tradition."

The Piscataway [Nation] Singers opened the show with the Guatemalan national anthem, plus a prayer song relaying the message, "We are all one people; we are all related." The colorful, dance-and-music performance also had political overtones.

Noting the threat of deportation that so



The Piscataway Singers perform Guatemala's national anthem.

many young people in America face today, the group wrote in its program: "On the 10<sup>th</sup> anniversary of the United Nations Declaration on the Rights of Indigenous Peoples, we honor our histories of struggle and resilience while building new strategies to

defend our families and human rights."

"There's a balance between night and morning," said Juanita Cabrera Lopez, executive director of the International Mayan League. "And with everything happening now, we're searching for the dawn. We can



Maria Castillo explains the dance group's background and purpose.

find ourselves by remembering our history and culture, and we're looking toward the wisdom of our ancestors [to guide us]."

"We need to remember who we are and

SEE ART CAN, PAGE 6

**KING STREET**

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# ‘Art Can Transform the World’

FROM PAGE 5

be proud,” she continued. “So we’re restoring our ancestral knowledge, regardless of where we live. At this time of difficulty in our countries, we need to find balance in nature. Destruction of nature leads to loss of our homes and is why so many of us are here.”

Cabrera Lopez noted that Sunday’s dance performance, featuring original choreography, was rooted in 1,000 years of ancient Mayan history.

“[It’s] to remind us that we’ve lost our connection with Mother Earth,” she said. “So this is a celebration of what our youth have to teach us. The eagle flies, the earth protects, man threatens, and balance brings life and fruits. [But] does chaos come when we forget the balance of life and the Creator?”

The group’s tour coordinator, Maria Firmino-Castillo, called the event “an offering for the earth [intended to] open up our hearts. The group was founded in Guatemala in 2000 and has practiced its art for 17 years, but at great sacrifice – its founder was assassinated.

“Because art can transform the world — and this group is fundamentally political — there are some interests who don’t want things to change.

But these transformations begin in the body, heart and mind and have repercussions throughout society.”



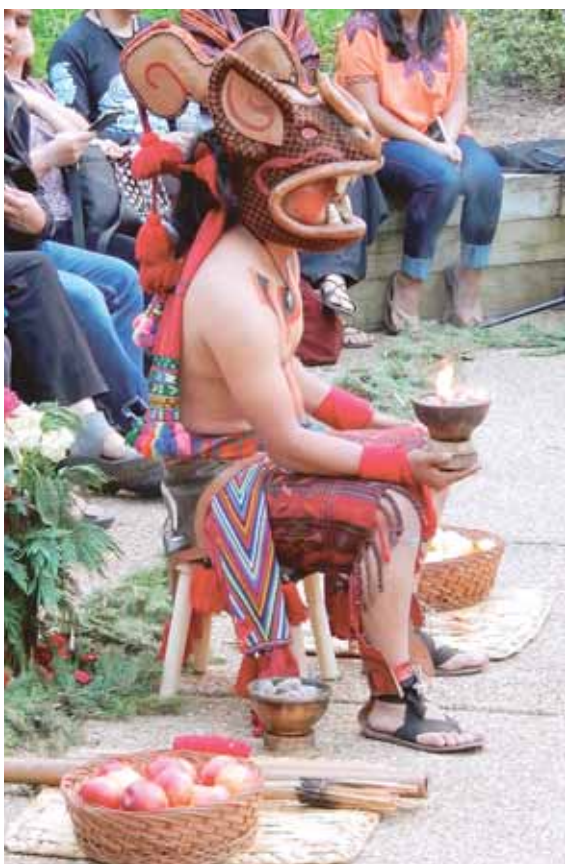
During this dance, people littered, but the boy in the white shirt picked it all up.



This Mayan dancer is dressed as an eagle.



One of the dancers portrayed an angry, snarling animal.



This dancer holds a bowl of fire.



This dance was fast, colorful and emotional.



Juanita Cabrera Lopez, executive director of the International Mayan League.

PHOTOS BY  
BONNIE HOBBS

CENTREVIEW

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# Model Trains Teach History, Life Skills

Putting together a show takes planning, skill and modules.

BY MIKE SALMON  
CENTRE VIEW

To create the HO Scale train set up inside the Fairfax Station museum, it takes 10 straight modules and four corners, and the straight modules must be four feet long and two feet wide.

All the model train participants in the HO Gauge Model Train Show over the Labor Day weekend know the drill, and each built a different module in the set up, with themes ranging from Civil War to river crossings to a hometown scene from Pennsylvania.

"This is western Pennsylvania, like the world I grew up in," said Nick Craven, as he pointed at his module with modern houses, a church and street with cars, just like a suburban setting. Craven, 35, is a member of the Potomac Module Crew and resident of Alexandria who lives near the railroad tracks on the northern end of Old Town, providing a soundtrack to his interest in railroads. "I'm right near the tracks going to the power plant, I can hear them all night," he said.

**THEY ALL GO** for realism when it comes to modules. Jim Matthews' module depicts a funeral. He planned to feature a wedding, but "I found the hearse before I found a bride and groom," he joked. At another show where his module was used, somebody mentioned the morbidity of a funeral, but "that's life," Matthews added.

Melissa Suek of Reston likes the fact that



**Andrew Blacker, 4, and Luke Frogale, 5, enjoy the trains as Pam Frogale looks on at the HO Gauge Model Train Show at Fairfax Station museum.**



**This realistic bridge crosses a river.**

her son Vincent, 2, is getting into the trains. "It builds engineering skills, woodworking, budgeting, it teaches a lot of life skills. We have a lot of wooden trains at home," she said.

And so the trains rolled on, circling the track across bridges, past villages, through



PHOTOS BY MIKE SALMON/THE CONNECTION

**Nick Craven modeled his module after his hometown in Pennsylvania.**

the Civil War Battle of Vienna, and past the children who looked on from the table's edge. The HO Gauge Model Train Show at Fairfax Station was one of many held at the location throughout the year. At each show, the model trains vary in size from the micro sized trains, to N Gauge, O27 Gauge, and G Gauge where the G stands for Garden, and is the biggest model train.

The children are in awe as the cars go by on the tracks, and the older men control speeds with radio controllers. These are mostly retired men, which seem to be the demographic for this hobby. Children are into trains, refueled in the train world by the Thomas the Tank Engine books and cartoons, and the retired men are mostly revisiting a hobby they had when they were youngsters and have taken it back up.

"This is an old guy's hobby, the hobby is aging," said Tim Barr, one of the hobbyists from Manassas who comes to Fairfax Station for shows a few times a year. "I had them when I was a kid, didn't get back into it until I retired," he said.

"At 35 I believe I'm the youngest," Craven added. He worked at a hobby shop in Blacksburg, Va. while he was enrolled at Virginia Tech so that helped re-ignite his

interest in model trains.

Several are members of the National Model Railroad Association (NMRA) that sets the loose standards for model railroading. For example, there are two types of modules the NMRA says, and one is "Main-line," and the other "Industrial." The main-line modules are straighter and more level for longer and faster trains, while the industrial focuses on freight trains of sorts. "Secondary as it is so constructed as to allow certain grades and shorter radii such as is found in branch line and logging or industry areas," the NMRA says.

Roger Boughton, from the Fairfax Station show, took the train last year from Springfield to the NMRA Annual Convention this summer in Orlando, Fla. At the convention, the manufacturers were showing advances in the hobby. Electronics and radio controls "are getting more sophisticated," Boughton said. In 1976, the convention was in Washington, D.C. he said,

**BACK AT THE TRACKS**, staring at the trains going by, Andrew Blacker, age 4, is wide eyed. His father Bill knows the fascination. "We spend a lot of time in Lorton Station watching the trains," he said.

## SCHOOL NOTES

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos are welcome.

**Olivia Markert** and **Abby Smith**, both Westfield class of 2017 graduates, were named to the First Team 6A Girls All State Lacrosse Team.

**Lauren Saltus**, of Centreville, made the spring 2017 semester dean's list at Hofstra University (Hempstead, N.Y.)

**Jordan Ashley Vollenweider**, of Centreville, graduated from Baylor University (Waco, Texas) with a Bachelor of Science in biology.

**Mitchell Buckley**, of Centreville, graduated from Emerson College (Boston, Mass.) with a Bachelor of Fine Arts in acting.

**Nicholas Dellomo**, of Centreville, graduated from Emerson College (Boston, Mass.) with a Bach-

elor of Arts in media arts production.

**Israel Rodriguez**, of Centreville, has been named to the dean's list for the spring 2017 semester at Wilkes University (Wilkes-Barre, Pa.).

**Valerie Clara Olizar**, of Centreville, graduated with an M.S. in kinesiology (MS) from The Graduate School at James Madison University.

**Christopher Sokol**, of Centreville, made the dean's list at the Georgia Institute of Technology (Atlanta, Ga.) for spring 2017.

**Ankita Sowdas**, of Clifton, made the dean's list at the Georgia Institute of Technology (Atlanta, Ga.) for spring 2017.

Stevenson University (Owings Mills, Md.) student **Grace Coleman**, of Centerville, was named to the spring 2017 semester dean's list.



PHOTO CONTRIBUTED

## Inspiring through Music

**Centreville High School Marching Band performs for Union Mill Elementary School students to inspire young musicians to join band.**



# Home LifeStyle



PHOTO COURTESY OF ANTHONY WILDER DESIGN BUILD/PHOTO BY MORGAN HOWARTH

**Blues and greens are great in bedrooms because of their calming effect, says Dana Schwartz, designer at Anthony Wilder Design/Build.**

## The Psychology of Color

Using color to set the mood in a space.

BY MARILYN CAMPBELL

**W**hen it comes to interior design, color has the power to make or change the feel of a room. Whether cheerful and inviting for a kitchen or serene and comfortable for an office, the right shade can be transformative.

"Colors trigger emotional reactions, associations, and memories," said Jerome Short, Ph.D., associate professor of psychology, George Mason University. "The red spectrum colors tend to elicit more arousal and the blue spectrum colors tend to elicit more calmness. People's favorite colors often boost their mood and disliked colors lower their mood."

Part of designing a space is using color to create mood and feel, says interior designer Nadia Subaran of Aidan Design. In fact, she employed this technique when designing a kitchen space for a recent client. Her goal was to create a room that would be a calming place for the homeowner to derive inspiration for party planning, so she chose a light shade of blue.

"The vintage aqua in the china pantry was meant to evoke a calm and happy space to envision and plan for gatherings and social events," said Subaran. "We wanted the aqua in the cabinetry and on the ceiling to inspire creativity. It's a highly functional space, but it's also one that celebrates that which is being housed and organized."

Lighter, neutral colors help lighten a space and make it feel larger, said

Dana Schwartz, designer at Anthony Wilder Design/Build. "Darker, moodier colors can help a room feel cozier and create a dramatic effect."

"Neutrals like white, black, gray and brown are valued for their flexibility," added Amanda Mertins, president, Patina Polished Living in Alexandria. "You simply add or subtract color to liven up or calm things down. Choosing room colors depends on your personal taste and the room's purpose."

Warm colors such as red and orange often elicit a range of feelings from warmth to anger, said Short. "This may be due to our associations with blood, face flushing, or stop signs," he said. "Cooler colors like blue and green often elicit feelings from relaxation to sadness. This may be due to our associations with a blue sky [and] grass."

When it comes to interior design, "red is known to pump adrenaline, so keep red to a minimum in nurseries or bedrooms," said Schwartz. "Blues and greens are great in bedrooms because of their calming effect. Yellows and oranges have an energetic effect, great for communal spaces like kitchens, dining rooms, and bathrooms."

"Choose a color that inspires you or a color that you love," said designer Melissa Cooley of Case Design/Remodeling, Inc. "Choose a color that is reminiscent of your childhood, favorite car or perhaps flowers," she said. "It will help create a positive emotion upon entering the space. Color creates



**Dark colors, such as those in this room by Susan Nelson of Home on Cameron, can add warmth to a space.**

PHOTO COURTESY OF SUSAN NELSON

an emotion; therefore create the space you wish to feel. This is a perfect example where beauty is truly in the eye of the beholder. Make sure to carry that color throughout the space, creating a cohesiveness within the space."

The amount of natural light a room receives can also play a role in color selection, says Cooley. "In a basement space, limited sunlight can sometimes cause a damper on one's mood," she said. "A pop of color even in a bathroom can enlighten and lift one's emotion. Adding a pop color creates an oasis or a place of bright escapism."

Color can be added to a room in a variety of ways, advises designer Susan Nelson of Home on Cameron in Alexandria. "Typically walls are painted, but it's important to remember that accessories and furniture ...

are other ways to insert color into a room."

When choosing colors for an outdoor space, play off natural elements. Air and water tones such as blues, soft greens and light neutrals bring a sense of tranquility and calm to a space because they are reminiscent of water views and blue skies, advises Madeline Fairbanks at Country Casual Teak.

"Create a calm, cool retreat by mixing blues and whites that remind us of waves, water and sand to sooth the nerves and invite relaxation," she said. "Earth and fire tones like rich browns, oranges and reds can energize and animate a space and bring inviting warmth outdoors. Warm colors are thought to stimulate the senses and whet the appetite, so are perfect for outdoor spaces where guests will be entertained."



PHOTO COURTESY OF SUSAN NELSON

**In this room by Susan Nelson of Home on Cameron, the soft gray and lavender tones provide a backdrop for the brightly colored sofa and accessories.**



# Home LifeStyle

**This Fairfax kitchen was enlarged to create a space for entertaining for a family of five.**

PHOTO COURTESY OF  
NICELY DONE KITCHENS  
AND BATHS



## 1970s Fairfax Kitchen Gets Makeover

When a Fairfax family of five decided that their 1970s-era kitchen needed to be brought into the 21st century they enlisted the help of Nicely Done Kitchens and Baths. The homeowners also wanted more space for entertaining and to accommodate their large family.

"This was a particularly interesting project," said designer Cathy Goss of Nicely Done Kitchens and Baths. "It involved incorporating four different functions into one uniquely-sized space."

Two adjacent rooms were combined to allow space for an island, pantry, command center and a station for cooking and the subsequent clean-up. The de-

sign team removed a wall between the kitchen and dining room to create a larger kitchen area. They also incorporated two different backsplashes into the design: a marble subway tile with a marble accent under the range hood and a cut stone surface at the glass cabinets. LED under-cabinet lighting accents the quartz countertops.

"The cabinetry is a beautiful example of reverse raised panel paired with eclipse glass doors," said Goss. "The project resulted in a beautiful and ultra-functional centerpiece to this Fairfax family's home."

— MARILYN CAMPBELL



PHOTO COURTESY OF THE DC DESIGN HOUSE

**The 2017 DC Design House, located in Potomac, Md., will be open to the public from Saturday, Sept. 30 until Sunday, Oct. 29.**

## Design House Designers Revealed

The designers who will transform the 10th Annual DC Design House were announced recently.

Among the 23 men and women who will give the Potomac, Md. home a makeover are Alexandria-based designers Susan Nelson and Todd Martz; Lisa Tureson of Herndon; Margery Wedderburn of Great Falls; Mary Amons of McLean; Josh Hildreth of Reston; Keira St. Claire-Bowery of Cabin John, Md.; and Bethesda, Md.-based designers Kelley Proxmire, Lorna Gross, Marika Meyer, Erica Burns, Karen Snyder and Camille Saum.

The selection process is competitive and being chosen to design one of the home's rooms is con-

sidered one of the most prestigious honors in the industry.

The Washington, DC Design House, a nonprofit entity, began in 2008 as a design show house event for the Washington, D.C. area. Each year, local designers donate their time and talent to makeover a grand home that opens to the public for tours. Proceeds raised from tour ticket sales benefit Children's National Health System.

This year, the home is located at 9004 Congressional Court in Potomac, Md., and will be open from Sept. 30 through Oct. 29. Tickets are \$35. Visit [www.dcdesignhouse.com](http://www.dcdesignhouse.com).

— MARILYN CAMPBELL

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**Legals**

The All Eyes Optometrists optometry practice located at (i) 6343 Multiplex Drive, Centreville, VA 20121, (ii) 3950 University Drive, Fairfax, VA 22030 and (iii) 2539 John Milton Drive, Herndon, VA 20171 has been sold and is now affiliated with MyEyeDr. Optometry of Virginia, PLLC. Drs. Kwon Choe, Deborah Kim and Laura Brykczynski will continue to provide services through MyEyeDr. of Optometry of Virginia, PLLC at (i) 6343 Multiplex Drive, Centreville, VA 20121, (ii) 3950 University Drive, Fairfax, VA 22030 and (iii) 2539 John Milton Drive, Herndon, VA 20171.

However, at the written request of any patient or an authorized representative, medical records or copies will be sent to any other optometrist of the patient's choice or provided to the patient. Patients requesting medical records will be billed for copies of the medical records. Such charges will not exceed the actual costs of copying and mailing or delivering the records.

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**SPORTS**



**31-27 Victory**

**Bassie Kanu #24 carries the ball for Centreville. Kanu carried the ball 25 for 150 yards and 3 TDs in his team's 31-27 win over South County on Friday, Sept. 8.**

**Presley Egbers drops back to pass. Egbers completed 7 of 11 passes for 71 yards and an interception in game with South County.**



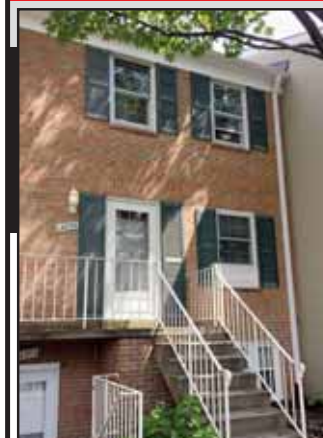
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# Road Work

FROM PAGE 3

ings on the proposed design are anticipated for this fall.

## Route 28 Widening

This project will widen Route 28 from four to six lanes between Route 29 in Centreville and the Prince William County line. The work includes intersection improvements, plus pedestrian and bicycle facilities.

Cost estimate is \$47.35 million, and FCDOT approved that amount. And the NVTa has allocated \$5 million to fund the design and engineering phases, as well as right-of-way acquisition, environmental mitigation and construction.

This widening complements the I-66/Route 28 Interchange and, in conjunction with other road projects, would complete the Route 28 Corridor through the county.

A development just south of the county line is expected to exacerbate existing congestion. So this widening is intended to reduce significant congestion between Prince William and Centreville. And as a transportation corridor of regional significance, it would improve access to Dulles International Airport, Reston and Herndon.

## Stone Road Overpass over I-66 from Route 29 to Route 28

This project provides an alternative to Route 28 that goes from Centreville to the Westfields Corporate Center. It received partial funding for an alignment study, environmental analysis and preliminary engineering. Cost estimate is \$81.55 million.

❖ Construct a four-lane divided road between Stone Road at Route 29 and New Braddock Road. The work includes curb and gutter, a 5-foot-wide concrete sidewalk on the east side and a 10-foot-wide shared-use path on the west side of Stone Road.

❖ Construct a bridge over I-66 and another bridge over Big Rocky Run.

❖ Re-stripe westbound New Braddock Road to provide two, through travel lanes.

This overpass could reduce congestion at the I-66/Route 28 and I-66/Route 29 interchanges. In addition, a future Metrorail station near this site is listed on the county's Comprehensive Plan.

## Route 29 from Pickwick Road to Buckley's Gate Drive

This project provides pedestrian facilities on the north side of Route 29 and widens Route 29 in this area from four to six lanes. It complements the VDOT bridge-replacement project at Little Rocky Run and completes the widening of Route 29 from Shirley Gate Road to Centreville.

It's currently the last segment of Route 29 between the City of Fairfax and Centreville that's not six lanes, so this work would eliminate the last remaining bottleneck. Cost estimate: \$32.7 million; FCDOT approved: \$25 million.

Last fall, the Board of Supervisors approved extending the limits of this project from Union Mill Road to Pickwick Road. Preliminary engineering could start as early as July 2018.

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## "Kenny's Story"



By KENNETH B. LOURIE

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy. Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to iSpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not "free-wheeling," not a father and know zero about cars, I do feel his pain - literally.

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M\*A\*S\*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total "1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives - and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"prescriptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander - and wonder what is it that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ..." but I have to tell you: I don't like "Kenny."

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



# ENTERTAINMENT

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

## FRIDAY/SEPT. 15

**Live Music with Shirkaday.** 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## SATURDAY/SEPT. 16

**Ride to Thrive Polo Classic.** 1 p.m. at Chetwood Park, 6429 Clifton Road, The Plains. Benefit for the Northern Virginia Therapeutic Riding Program. Email [polo@nvtrp.org](mailto:polo@nvtrp.org) or call the office at 703-764-0269.

**Live Music with The Ryan Forrester Band.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## SEPT. 16-17

**Fall Festival.** 10 a.m.-6 p.m. at Cox Farms, 15621 Braddock Road, Centreville. Featuring Foamhenge and more. Visit [www.coxfarms.com](http://www.coxfarms.com) for more.

## SUNDAY/SEPT. 17

**Live Music with Joe Bernui.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## TUESDAY/SEPT. 19

**Youth Choral Auditions.** 5-7:30 p.m. at Centreville Presbyterian Church, 15450 Lee Highway, Centreville. Visit [www.fairfaxchoralsociety.org](http://www.fairfaxchoralsociety.org) or contact the FCS office at 703-642-3277 or [auditions@fairfaxchoralsociety.org](mailto:auditions@fairfaxchoralsociety.org).

## THURSDAY/SEPT. 21

**Food for Kids Community Packing Event.** 10-11:30 a.m. in Room 6 at Dominion Energy, 3072 Centreville Road, Herndon. Email [LynnB517@verizon.net](mailto:LynnB517@verizon.net) or visit [northernvirginia.assistanceleague.org](http://northernvirginia.assistanceleague.org).

## FRIDAY/SEPT. 22

**Live Music with Wild the Waters.** 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern



for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

**Around the Campfire.** 7 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Interpreters dressed in period attire demonstrate cooking a peach cobbler using a Dutch oven. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SEPT. 22-31

**Fall Festival.** 10 a.m.-6 p.m. at Cox Farms, 15621 Braddock Road, Centreville. Featuring Foamhenge and more. Visit [www.coxfarms.com](http://www.coxfarms.com).

## SEPT. 22-24

**Capital Home Show.** 10 a.m.-9 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Featuring HGTV's "Masters Of Flip" stars Kortney and Dave Wilson, and Kevin O'Connor of the PBS series "This Old House." \$10. Visit [www.capitalhomeshow.com](http://www.capitalhomeshow.com).

## SATURDAY/SEPT. 23

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and

see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## SUNDAY/SEPT. 24

**Building a Train Set.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Activities include making a sample train layout as well as involvement in demonstrations of railroad artifacts. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included in admission. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225.

## MONDAY/SEPT. 25

**Tai Chi Easy.** 2-3 p.m. at King of Kings Lutheran Church, 4025 Kingsway, Fairfax. Pauline Reid, teaches Tai Chi, a form of the Chinese self-care practices known as Qigong. This class is suitable for beginners through advanced practitioners. \$90 for Monday nights through Nov. 6. Email [Paulineat Reidpr@hotmail.com](mailto:Paulineat Reidpr@hotmail.com) or contact the church office 703-378-7272 at extension 221.

## TUESDAY/SEPT. 26

**Youth Choral Auditions.** 5-7:30 p.m. at Centreville Presbyterian Church, 15450 Lee Hwy., Centreville. Visit [www.fairfaxchoralsociety.org](http://www.fairfaxchoralsociety.org) or contact the FCS office at 703-642-3277 or [auditions@fairfaxchoralsociety.org](mailto:auditions@fairfaxchoralsociety.org).

## WEDNESDAY/SEPT. 27

**Uniform and Shoe Sale.** 10 a.m.-6 p.m. at INOVA Fair Oaks Hospital, 3600 Joseph Siewick Drive, Fairfax. INOVA Fair Oaks Hospital Volunteer Auxiliary is hosting the sale in the Hospital Atrium. Also Thursday, Sept. 28, 7 a.m.-2 p.m. Visit [www.inova.org](http://www.inova.org) or call 703-776-4001.

**Meet the Civil War Author.** 7:30-9:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Local historian, lecturer and author, Arthur Candanquist will look at a Confederate military railroad that ran between Centreville and Manassas Junction. Free, open to public. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## THURSDAY/SEPT. 28

**Benefit Golf Tournament.** Support the Erin Peterson Fund for young men and women at Westfield High School and Stone Middle School. Put together a team for the tournament. Visit [www.erinpetersonfund.org](http://www.erinpetersonfund.org).

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Sundays at 9:15 am & 10:45 am

**COMMUNITY GROUPS**  
Sundays at 8:00, 9:15 & 10:45 am

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