

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

Senior Living

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ALWAYS JUST

LEARN TO CATCH A BUTTERFLY

CATCH A SEAGULL

Sharing Stories And Emotions in Quilts

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Riptide Falls to Cardinal Hill But Relay Teams are Strong

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Route 29 Widening Explained

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Inspiration: The beliefs of a child. The Sacred Threads quilts exhibition comes every two years to Oak Hill's Floris United Methodist Church.

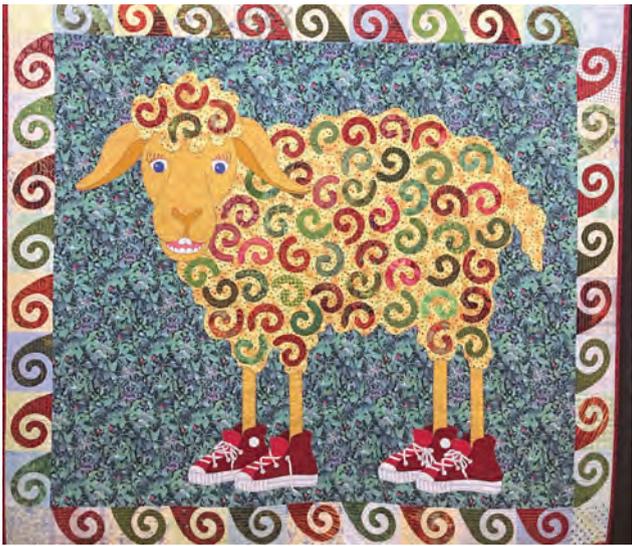
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JULY 24-30, 2019

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Joy: Feeling footloose and free.



Spirituality: The story of creation in Genesis.



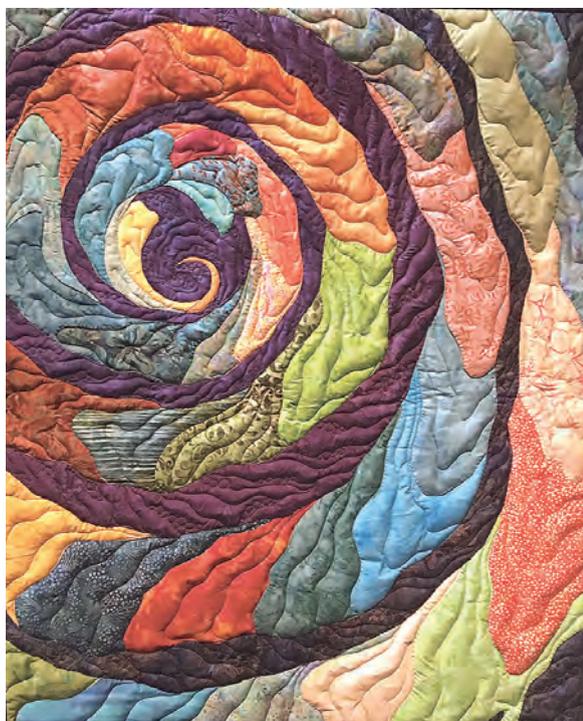
Spirituality: The menorah is a symbol of Judaism.

Sharing Stories and Emotions in Quilts

The Sacred Threads quilts exhibition comes every two years to Oak Hill's Floris United Methodist Church. Within each work, the artists tell stories of peace and brotherhood, joy, grief, healing, spirituality, and inspiration. This national, juried display runs through July 28, Monday-Friday, 11 a.m.-5 p.m.; Sunday, 1-4 p.m.



Peace and Brotherhood: Honors the Civil Rights Movements, Martin Luther King Jr. and President Lyndon Johnson.



Peace and Brotherhood: How diversity expands people.



Joy: This colorful quilt is titled "Deconstructed Sunrise."



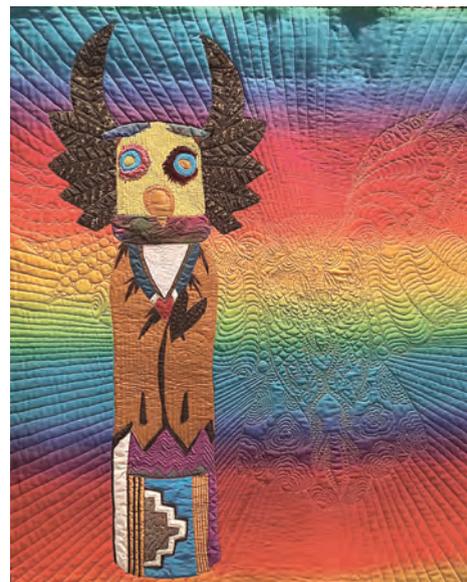
Grief: Showing the holes left in the lives of those mourning the loss of loved ones.



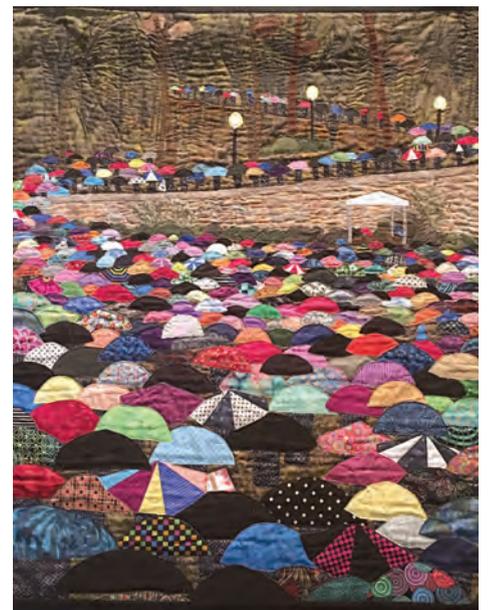
Inspiration: The beliefs of a child.



Healing: How well wishes helped a woman deal with breast cancer.



Inspiration: The Hopi tribe believes the Owl Katsina symbolizes wisdom and protects crops.



Peace and Brotherhood: A Women's Rally held Jan. 21, 2017.



Route 29 will be widened from four to six lanes between Buckley's Gate Drive and Union Mill Road.



Effie Tzaferis and her dad, Kosta Tzaferis, discuss with Spencer Whitehead of Rinker Design Associates how a huge, oak tree on their property would be affected.

PHOTOS BY BONNIE HOBBS

'Better Visuals of Pedestrians, Other Drivers'

Residents learn details of Route 29 widening project.

BY BONNIE HOBBS
CENTRE VIEW

During the afternoon rush hours, Route 29 between Buckley's Gate Drive and Union Mill Road is 1.5 miles of painfully slow, bumper-to-bumper traffic. That's when residents are heading home to Centreville, or points west, trying to avoid I-66 west's gridlock at the same time.

There's also a bottleneck there during the morning rush, with long backups at the intersection of Clifton and Stringfellow roads. But VDOT is riding to the rescue with a plan to widen that stretch of Route 29 from four to six lanes.

The goal is to reduce congestion, while improving safety, operations and access. The project will also add and improve 10-foot-wide, shared-use paths along both sides of Route 29 to provide better bicycle and pedestrian access to the trails at the Fairfax County Parkway/West Ox Road Interchange. There'll also be crosswalk improvements at major intersections, with modified signals to accommodate them.

TO PRESENT the preliminary design to local residents and obtain their feedback about it, VDOT held a design public hearing, June 10, at VDOT's Northern Virginia Headquarters in Fairfax. Some 80 people attended, saw maps of the project area and heard details about it from professional engineers.

VDOT engineer Andy Beacher said there'll be intersection improvements at Centreville Farms and Union Mill roads, Clifton and Stringfellow roads, Meadow Estates Drive and Hampton Forest Way, and Buckley's



John Giometti



LJ Muchenje



Andy Beacher

Gate and Summit drives. And the culvert at Willow Spring Branch will be replaced.

Design Consultant John Giometti, with Rinker Design Associates, said Route 29 currently has 33,000 vehicle trips/day; but by 2043, that number is expected to increase to 44,000. That's another reason why the widening is needed.

"At Union Mill, there'll be a new lane configuration to allow three lanes through that intersection," he said. "And a safety improvement – a right-turn slip at Union Mill – will give drivers better visuals of pedestrians and other drivers. The traffic signal will stay."

At the Clifton/Stringfellow roads intersection, said Giometti, "We'd pull the access to the 7-Eleven further back from the road for



Crystal Springs resident Eric Zidenberg hopes the project "will ease congestion so traffic won't back up at my traffic light at Route 29 and Buckley's Gate Drive."

safety. The traffic signal will remain, and there'll be dual, left turns on Route 29, with a right-turn slip design and improved, left-turn capacity."

He also noted that, at Hampton Forest Way and Meadow Estates Drive, there'll be a new, box culvert at Willowmeade Drive and a safer exit from Route 29, with a right-in, right-out design and a deceleration taper on approach. And at Buckley's Gate Drive, the shared-use path at Summit Drive will connect to the existing one at the Fairfax County Parkway.

"This project has federal funds, so we conducted a NEPA [National Environmental Policy Act] environmental analysis," said Giometti. "The impacts are expected to be minimal, and we'll keep the site moist to prevent dust."

LJ Muchenje, VDOT environmental and noise-abatement coordinator, discussed possible noise mitigation. "All noise-sensitive sites were studied – homes, parks, recreational areas, etc.," he said. "If the noise level is 66 decibels or higher, we say the

site is noise-impacted and is eligible for a noise wall."

But, he added, "We also look at feasibility and other challenges to building it." These challenges include safety, wall height, topography, drainage and utilities. Furthermore, 50 percent of the affected homeowners must want a noise wall constructed.

Beacher then discussed the right-of-way process, as well as the project cost and funding. He said each property impact is unique, and further design details are needed to determine the full, right-of-way impacts.

Estimated project costs are as follows: Engineering design, \$5.7 million; right-of-way acquisition/utility relocation, \$26.1 million; and construction, \$54.1 million, for a total of \$85.9 million.

Estimated project funding comes from the following sources: SmartScale money, \$53.8 million; I-66 concession funds, \$10.3 million; Unallocated concession funds, \$3.3 million (proposed); and local money, \$18.4 million (proposed).

"We're estimating two-and-a-half years for construction," said Beacher. "The estimated cost has gone up by about \$19 million, due to market conditions, increased cost of materials and the high demand for labor because of all the mega projects here in Northern Virginia. So we're still looking at ways to fund the deficit and haven't decided how, yet."

"This is a good project – it fixes a lot of things."

— Supervisor Pat Herry (R-Springfield)

DURING THE QUESTION AND ANSWER period, Sully District Transportation Commissioner Jeff Parnes asked if this project will take "the right-of-way for the grade-separated interchanges that'll be needed 30 years hence." Beacher said it won't.

"At the bridge over Willow Springs

SEE ROUTE 29, PAGE 6

OPINION

Honoring Molly's Gift

We are working toward the day that no one dies waiting for an organ.

BY LORI BRIGHAM
WASHINGTON REGIONAL
TRANSPLANT COMMUNITY

It was a Friday morning, and as the sun rose over the Lincoln Memorial more than 100 members of the United States Coast Guard gathered on the sixth floor of George Washington University Hospital. They came to say goodbye to their shipmate Molly Waters, who lost her life after a motorcycle crash. Molly, a Coast Guard Commander, spent 16 years rising through the ranks and lived to serve. Now even in death, Molly served others since she had made the selfless decision to register as an organ donor. As Molly was brought from the intensive care unit to the operating room to donate her organs, her shipmates, family, friends and hospital staff lined the hallway, a growing tradition known as an "Honor Walk." We stood silently in the weight of the moment, collectively mourning such a tragic death and expressing our gratitude for the generosity of this ultimate act.

Last year in the United States more people than ever gave the gift of life by donating their organs upon their death. This isn't the type of record that makes headlines. But it should be. Organ donation and lifesaving transplants can only occur when individuals like Molly and their families realize that even in death they can make a difference and become part of a much larger story.

That story is one of generosity and inspiration that has led to



Honor Walk for Molly Waters took place at George Washington University Hospital in D.C.

steady increases in organ donations and transplants. Organ transplants in the U.S. saw their sixth consecutive record-breaking year in 2018, with an 18 percent increase in deceased organ donors between 2015 and 2018. The 10,721 deceased donors last year meant 29,680 transplants for people waiting for an organ. Here in the D.C. metro area, we are part of this story, too. Last year, our organization surpassed our own record recovering and allocating 474 organs from 137 generous donors, which saved the lives of 401 people.

At Washington Regional Transplant Community (WRTC) located in Falls Church, we work every day to help save more lives through organ donation. Our job is to educate medical professionals and the public about organ donation; facilitate the recovery of organs, match them to waiting patients and deliver them to transplant hospitals; and support donor families before, during and after the

donation process and help honor the legacies of their loved ones. We work in close partnership with six transplant centers and 44 hospitals to decrease the number of patients waiting for a lifesaving organ.

WRTC is one of 58 organ procurement organizations (OPOs) across the U.S. Our singular mission is to save lives through organ donation and transplantation and, as a community, we are working toward the day that no one dies waiting for an organ.

The unfortunate fact today is that with more than 113,000 people on the national transplant waiting list, the need for a donated organ far outpaces availability. And while increased public awareness and willingness to be a donor is essential, that alone isn't enough.

Only three in every 1,000 people die in a way that allows for the possibility of organ donation.

OPOs are working to improve these odds. We are pursuing posi-

tive changes to federal policies that govern organ donation and transplantation, including promoting the use of organs from more complex donors, improving clinical support, providing OPOs access to donor hospital health records and addressing transplant center reimbursement and evaluation policies that might be a disincentive to otherwise successful organ matches.

Additionally, at WRTC, we realize the power of scientific and medical research and its ability to save lives and heal patients. Therefore, deceased donors can donate organs and tissues, unsuitable for transplants, to far-reaching medical research and therapy initiatives.

In 2018, WRTC allocated 92 organs for research, which ranked seventh in the nation.

The system for organ donation in the U.S. is complex and highly regulated, providing a strong infrastructure and successful track record from which to build. At WRTC, we are privileged to play a role in this system and are committed to working with our local and national partners to make it even stronger and more successful.

We honor those who have embraced organ donation as an act of human kindness to inspire others to register as donors too. We encourage you to make the legal and informed decision to be an organ donor.

Lori Brigham is President and Chief Executive Officer of the Washington Regional Transplant Community in Falls Church.

LETTER TO THE EDITOR

Clock Is Ticking on Saving the Earth

To the Editor:

I recently traveled to India and Nepal with a data sciences and sustainability professor from my university to study climate change science and policy. Just weeks ago, I stood before infrastructure, homes, and most importantly people, that are already threatened by climate change that they played the smallest role in causing.

Decades of high-emissions activity have brought our country — and planet — into a crisis that the UN (and the entire scientific community) say we have only 11 years to reverse. Nobody doubts how difficult it will be to transform our society into one that is sustainable

— environmentally and economically. The Democratic National Committee needs to hold a climate debate so candidates can adequately explain how they plan on addressing this issue. I want to have kids and grandkids one day, but if this country doesn't act with urgency now, I'm afraid the Earth will be too dangerous for that. McLean has proven itself as a community of bright and compassionate families who do the right thing. Hundreds of thousands of people in South Asia have already lost their homes to climate change disasters. Don't let us be next.

Natalie Hill
McLean

Send Photos Now for Pet Connection

The twice-yearly Pet Connection will publish next week, July 31. Please send photos of your pets of any variety including something about your pet, names of everyone in the photo, town name and contact information.

By email: editors@connectionnewspapers.com
Online at: www.ConnectionNewspapers.com/pets

What Do You Think?

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com
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A Connection Newspaper

Senior Living



Drinking plenty of non-alcoholic fluids like water, even if you're not thirsty can help prevent heat related illnesses.

Beating the Heat

Seniors at greater risk for heat-related illnesses.

BY MARILYN CAMPBELL
THE CONNECTION

With the sunny days of mid-summer come sweltering heat. This week's heat indexes topping 110 degrees in some cases illustrate that July and August are the hottest months of the year, according to the National Centers for Environmental Information.

Soaring temperatures may have the greatest impact on those who are over the age of 65.

"They are more likely to have a chronic medical condition that changes the normal body's responses to heat," said Amy Vennett, BSN, RN, Program Manager and Nursing Case Management for Arlington, County. "Older adults don't adjust as well as young people to sudden changes in temperature. They're more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

The physical, cognitive and social changes that happen as one ages, make one more susceptible to illnesses related to extreme heat, says Ingrid Parkhurst, Center Nurse Coordinator and Gerontologist for the Fairfax County Health Department. "So, when it comes to the heat, we need to think about all three perspectives. Physically, older adults might overheat, sunburn and dehydrate more easily given changes to their bodies. Cognitively, older people are more likely than the general population to suffer from some mental decline, [and] they may not be able to communicate their needs in the heat as readily, leaving them open to dehydration and heat-related illnesses."

Vennett says that the signs that might signal the onset of such an illness include "Heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash."

Local counties offer help during times of extreme heat, says Brian Roberts of the Montgomery Health



and Human Services Department. "Anyone who needs to get out of the heat can take advantage of the cooling centers like senior centers during normal business hours."

Staying indoors during the hottest parts of the day, is the most obvious way to prevent illnesses, says Vennett. "If you do spend time outside, wear lightweight, loose-fitting clothing. Drink plenty of non-alcoholic fluids like water, even if you're not thirsty."

"Stay ahead of your thirst," continued Vennett. "On days with heat advisories, take sips from a water bottle all day. If you feel sick, see your physician. Older adults can have multiple health problems at once, and dehydration can affect any of these."

Some older adults go through social changes that could leave them isolated and unable to seek help before reaching the point of an extreme heat-induced illness, says Parkhurst. "That is dangerous because if they do not have social connections it will be harder for them to access the care they need, especially in an emergency," she said. "Those who are isolated or lack the physical ability to drink adequate amounts of water or recognize thirst are at greater risk. And, dehydration easily leads to urinary tract infections in older adults."

"When it comes to severe heat and the elderly, we worry about dehydration and heat related illnesses."

— Ingrid Parkhurst, Mount Vernon Adult Day Health Care, Fairfax County Health Department

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PET Connection

Publishes: July 31, 2019 • Ads close: July 25, 2019

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 31, 2019, and photos and stories of your pets with you and your family, along with any advertisements, should be submitted by July 25.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

Find more information about submissions online at www.connectionnewspapers.com/pets.

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NEWS

Route 29 Widening Explained

FROM PAGE 3

Branch, there's an extreme dip, and it's hard to see cars there," said Centreville resident Claudette Ward. "Will there be any effort to make this safer?"

Beacher replied, "We are looking to correct some of the grade issues."

And, added Giometti, "We'll correct all sight-distance issues all along the corridor."

A Hampton Forest/Hampton Chase resident asked if any homes would be condemned. Giometti answered, "There's one, vacant home where a stormwater-management facility will be going in, so that home will be a total take."

A woman who lives on Regal Crest Drive asked when the noise-wall voting would be done, "Once the design phase is done, in mid-2020," replied Muchenje.

A man wondered if two lanes of traffic on Route 29 would be maintained during construction, and VDOT Project Development engineer Nick Roper said

they would. Furthermore, he said, "Before construction starts, we'll have a 'Pardon Our Dust' meeting to give you the construction details."

Beacher said it'll take an estimated 18 months to move the utilities. "And we'll also correct the [current] drainage and flooding issues," he said. For example, said Giometti, "On northbound Route 29, just past Clifton Road, the 24-inch culvert [pipe] there now will be replaced with two, 24-inch culverts."

Resident Ireldy Fuentes inquired about Route 29's intersection at Hayden Village. "Will there be a left turn there or a U-turn at Clifton Road?" she asked. "No more left turns will be added," answered Giometti. "But we'll look into a U-turn, if possible."

Right-of-way acquisition – including meetings with individual property owners – is expected to begin in early 2020. Construction is anticipated to start in late 2022. After the meeting, Supervisor Pat Herry (R-Springfield) said, "This is a good project – it fixes a lot of things."

Cadet Elie Earns Bronze Award

On May 4, 2019, Janet Crowl of Providence Chapter Daughters of the American Revolution located in Fairfax Station presented the ROTC Bronze Award to Cadet Lieutenant Colonel Marjorie J. Elie at the Chantilly Academy Air Force Junior ROTC Pass-in-Review ceremony. Chantilly is the only school in Fairfax County that offers an Air Force JROTC program; it is open to students from Chantilly and other high schools in the county. Cadet Elie attended Centreville High School and participated in the JROTC program for two years. Elie served with distinction in several leadership positions. Her final leadership position was Group Commander, the top leadership position in our unit. She was responsible for all 160 cadets in the AFJROTC unit. She will attend North Carolina State University in the fall to



Cadet Marjorie J. Elie of the Chantilly Academy receives Bronze Award from Janet Crowl of Providence Chapter Daughters of the American Revolution.

study mechanical engineering with a four-year Air Force ROTC scholarship. Cadet Elie is the daughter of Marjorie Ham.

PHOTO CONTRIBUTED

BULLETIN BOARD

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

THURSDAY/AUG. 1

DiabetesSisters PODS Meetup. 7-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the first meeting of this brand new PODS Meetup for an evening of sisterhood, encouragement, and peer support. Women living with any type of diabetes are warmly welcome. Free. Email sara@diabetessisters.org or visit diabetessisters.org/pods-part-diabetessisters-meetups for more.

TUESDAY/AUG. 6

Car Seat Safety Check. 9:30 a.m.-

12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

TUESDAY/AUG. 13

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get

information without having to travel. Call 703-324-5484, TTY 711 to register.

TUESDAY/AUG. 20

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

BULLETIN BOARD

FROM PAGE 6

WEDNESDAY/AUG. 21

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

TUESDAY/SEPT. 3

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

TUESDAY/SEPT. 10

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

TUESDAY/SEPT. 17

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

SUNDAY/OCT. 6

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

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"Come On Down!"



By KENNETH B. LOURIE

Except I was not sitting in the audience for "The Price Is Right" when I heard my name called.

Nor was I needing to guess the cost of my infusion with my treatment that day contingent on my guess not exceeding the "actual retail price." And neither were there any of "Barker's Beauties" to wave their hands and showcase what items I would be attempting to price right.

No. There were only multiple oncology nurses standing in front of the Infusion Center's entry door calling out the names of the next patients lucky enough to begin their treatment.

It wasn't exactly "Plinko," but once inside the Center, the fun, such as it is, really begins.

At least that's the way the activity appeared to me. The preceding day was July 4, and the Center was closed forcing those Thursday patients to be rescheduled to either Wednesday or Friday. As a result, the waiting area was particularly full with patients, along with their family and friends - all of whom are encouraged to attend.

In the midst of this crowd, I sat and waited. We hadn't exactly been assigned numbers, but we were assigned oncology nurses and therefore could only enter the Infusion Center with their assistance.

Then, with all of us "waiters" looking at the entry door, waiting for an oncology nurse to walk through and call our name, the door lock clicked open and out walked two oncology nurses. As soon as they cleared the door and entered the waiting area, they called out their respective patient's names (unfortunately not mine).

Upon hearing their names, the two patients and nearly half a dozen of their supporters got up and moved eagerly toward the entry door. It reminded me of the beginning of "The Price Is Right" when four audience members' names are called in quick succession and implored to "Come On Down!" by George Gray (Johnny Olson, the original announcer, retired years ago) and officially become one of that day's contestants.

However, once inside the Infusion Center, it's dead serious.

Your life is at stake, maybe even at risk, depending upon your cancer/treatment, and at this point, you're not playing any more games (although occasionally, you may be guessing the price of things and wondering how it all gets calculated). So, you slide into your Barcalounger, hold out your arm to have your bar-coded wristband scanned and prepare for your hopefully, life-saving infusion - don't smoke 'em, even if you got 'em.

It's rare that you'll see your oncologist in the Center.

Typically, they'll be seeing patients in examining rooms, performing surgery or rounding in local hospitals. But they're always a phone call away should the nurses need any additional instructions or clarification.

Generally speaking, once inside the Center, all goes as anticipated for us patients: you're in, you're treated, you're out. And when you're out, new patients names are called and on and on it goes, just like "The Price Is Right," except the program doesn't end in an hour.

And just like "The Price Is Right," where there are no shortage of audience members wanting to participate, at the Infusion Center, likewise, there seems not to be a shortage of patients wanting to be treated either. (Granted it's not exactly the same thing, but you get my drift, I'm sure.)

Cancer is not fun, nor funny, and an Infusion Center is not filled with anticipation of cash awards and magnificent trips. There is however, lots of empathy and understanding - from your support system and from staff as well.

But it's the last place you want to be, unlike "The Price Is Right."

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

ENTERTAINMENT

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

ONGOING

Sacred Threads Exhibition.

Through July 28, 11 a.m.-5 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Sacred Threads is an exhibition of quilts exploring themes of joy, inspiration, spirituality, healing, grief and peace/brotherhood. This biennial exhibition was established to provide a safe venue for quilters who see their work as a connection to the sacred and/or as an expression of their spiritual journey. \$10. Visit sacredthreadsquilts.com/default.htm or call 703-793-0026.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

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/JULY 25

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

FRIDAY-SATURDAY/JULY 26-27

Les Misérables: School Edition. 7 p.m. at Westfield High School, Chantilly. Delivering one of the most memorable scores of all time, students from across Northern Virginia are transforming the Westfield stage this summer to 19th century France for a story of love, passion, sacrifice and redemption: Les Misérables. The cast of more than 60 students from Fairfax and Loudoun Counties and other area schools storm the musical barricade with this epic, uplifting tale. Visit www.westfieldtheatre.com. Tickets



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

are \$15 at the door or online at www.itickets.com/events/429505.

SATURDAY/JULY 27

“Obligated to Cook-The Legacy of Enslaved Cooks.” Noon-2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. The voices and stories of the enslaved men and women who labored in Virginia’s 18th century kitchens are often hidden in their recipes and oral history. Sully will examine the legacy of enslaved cooks that can be found in the lasting presence of African-American foodways in American cuisine. For participants age 5-adult. 8 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/JULY 28

G-Scale Trains. 11 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia & Maryland Garden Railway Society (WVMGRS) members will have a G-Scale train display running. The sheer size of these trains is a wonder to behold as is their ability to run through the garden all year around. Speak with experienced people about this facet of the model railroading hobby. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/AUG. 1

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

THURSDAY-SUNDAY/AUG. 1-4

4-H Fair and Carnival. Frying Pan Farm Park, 2739 West Ox Road, Herndon. Enjoy some old-fashioned family fun at the 71st Annual Fairfax County 4-H Fair and Carnival at Frying Pan Farm Park. There will be carnival games, rides and tempting

foods. Stretch the budget on Thursday or Friday with free parking and discount tickets for unlimited rides. Friday also features the free Big Truck Night event, 5-8 p.m. Carnival rides run 10 a.m.-9 p.m. on Saturday and 10 a.m.-6 p.m. on Sunday with a Tractor Pull at 4 p.m. on Saturday. Stop by the 4-H Fair throughout the weekend as exhibitors display their winning entries and get their farm animals ready to show. Try a hand at farm chores, watch stage entertainment and enjoy dog and horse shows. Admission is free; \$10 per car parking fee on Saturday and Sunday. Visit www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair.

SATURDAY/AUG. 3

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

SATURDAY-SUNDAY/AUG. 3-4

Book Discussion. At Civil War Days at the Winery at Bull Run, 15950 Lee Highway, Centreville. Authors discuss their new book on Col. John S. Mosby’s combat operations in Fauquier County, following volumes on other area battles. Visit www.hmshistory.com for more.

SUNDAY/AUG. 4

Reading Circle Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Join for a fun afternoon discussing a book on railroads, everything from the history of railroading to different types of railroad cars. A book on life during the Civil War might also be read and discussed that day.

There may be a craft to highlight the book theme of the day. No extra charge for craft fees. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.



PHOTO COURTESY OF KAT THOMAS

The 9-10 girls start the backstroke race.

Riptide Falls to Cardinal Hill But Relay Teams are Strong

BY SARAH BLANSETT

The Virginia Run Riptide competed in their second meet of the season against Cardinal Hill, swimming hard but losing to the Cardinals 227 to 193. Despite the loss, the Riptide earned 52 personal bests and Jackson Blansett tied the Riptide 2016 13-14 Boys 50 Meter Freestyle record with a time of 26.93.

The Riptide was ahead of Cardinal Hill 46 to 44 at the end of the Freestyle round with a sweep by the boys 8 and under swimmers Nathan Tonthat, Tyler Harris, and Mathew Kelliher, and first places finishes by Ethan O’Connor, Bryan Kim, and Jackson Blansett in the 9-10, 11-12, and 13-14 age groups. Caitlin Do swam for first for the girls 8 and under, and the Riptide had another sweep in 9-10s by Anna Kelliher, Jenna Van Buren, and Mary Schaad. Montse Garduno Estrada placed first for the 11-12s.

The Backstroke round started strong with another sweep for the 8 and under boys by Nathan Tonthat, Ernesto Garduno, and Matthew Kelliher. Nicholas Harris and Ryan Friess both took first for the 9-10s and 11-12s,

and William Whitton placed first for the 13-14 group. Caitlin Do grabbed another first in the 8 and under backstroke, followed by a sweep in the 9-10s from Carson Coughlin and Caroline Friess (who tied for first place), and Mary Schaad in third. The Riptide fell behind in the breaststroke but had strong showings by Luke Reed with first in the 11-12s, William Beamon at first in the 15-18s, and Charis Roundtree in first for the 9-10 girls.

In the boys Butterfly round, Tyler Harris brought home first in the boys 8-and-unders, Nicholas Harris took first in the 9-10s, Bryan Kim was first in the 11-12s, Jackson Blansett was first in the 13-14s and Charis Roundtree swam for first for the 9-10 girls. In the relays, the 8-and-under free relay team won with a time of 1:20.70. The boys mixed-age freestyle relay swam for a win with a time of 2:01.20, the boys 9-10 medley relay won with a time of 1:18.60 and the 13-14 boys medley relay won with a time of 58.93. The girls won two of their relay races, the 9-10 medley relay with a time of 1:16.89 and the final race of the day, the girls mixed-age freestyle relay, with a time of 2:05.50.



PHOTO COURTESY OF CHRIS DO

Bryan Kim turns at the wall.