

WELLBEING

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Chantilly
CONNECTION
Fair Oaks ❖ Fair Lakes

Centreville Day

SPECIAL SECTION, INSIDE

Jack Loyd, then 7,
makes it to the top
of the climbing wall
at last year's
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'15,000 Hot Dogs To Break Even'

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PHOTO BY BONNIE HOBBS/THE CONNECTION

OCTOBER 2-7, 2014

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Clifton Day Turns 47

BY TIM PETERSON
THE CONNECTION

When Mike Belote of Manassas first brought his Ryder truck full of Pappy's Wooden Dreams to Clifton Day more than 10 years ago, he almost didn't make it out.

The truck got stuck in mud behind the house where Belote had set up his vendor tent. That's when he said residents came to his rescue. "Everybody there helped me get out," said Belote, "even the mayor."

"That's the kind of help they've always given," Belote added. "They were there to help the people visiting."

A retired Army veteran and government subcontractor, Belote has been making toys and furniture out of local yellow pine for 22 years. And he's come back to Clifton Day each year since his first time.

Belote will be one of somewhere between 175 and 200 vendors at the 47th annual Clifton Day community festival on Sunday, Oct. 12 from 9 a.m. to 5 p.m.

CLIFTON DAY CHAIRMAN, and 14-year Clifton resident, Barbara Hutto said the final vendor list is still getting sorted, but that "there's always a different mix." Visitors should expect plenty of jewelry, pottery, toys

and more.

For those who haven't attended in a few years, Hutto said with new Clifton businesses represented, "people wouldn't recognize it anymore." Two of the most recent additions to the real estate are Italian restaurant Trattoria Villaggio and self-explanatory Cupcaked Bakery.

Each of the two Clifton culinary destinations opened within the past year.

Annual favorite activities such as horseback rides, a Civil War reenactment and a main music stage with everything from Irish dancers to rock bands will all be back, as well as craft demonstrations and educational vendors in the town square.

Visitors will be able to spin wool, make pottery and even stomp grapes while learning about the winemaking process from Paradise Springs Winery. "It was new last year and we got rave reviews, so they'll be back," said Hutto.

Peggy Stevens is executive director of the Northern Virginia Conservation Trust, which will share one of the educational vendor booths with the Audubon Society of Northern Virginia. If the weather cooperates, she plans to offer walking tours of protected land in the center of Clifton.

"We'll identify plants, native and invasive, and talk about the importance of repairing, buffers along rivers," said Stevens.

Festival returns with 200 vendors, crafts, food and music.

Last year was the first time the Trust participated in Clifton Day. It was also a first for Stevens, who just moved to West Springfield the previous August.

"I found the crowd to be pretty open, which I liked," Stevens said. "It was easy to meet people. It really shows a tremendous amount of community focus, support and energy."

Despite continuing to grow in size, that warm community feeling is something Hutto said will never go away.

"It's such a small, little hamlet here," she said, "It doesn't feel like a big sprawling event. It still feels very community-oriented: a really big block party in this old historic area."

Though with thousands of people expected to attend from around the Washington, D.C. metropolitan area, Hutto said parking will be at a premium. The main street will be closed and all Clifton entrances will have parking lots (\$5 per car in outer lots, \$10 closer to the city center).

ALTERNATIVELY, organizers are encouraging people to take the VRE train, which will run constantly from Manassas to Clifton to Rolling Road during the Clifton Day hours. Approaching Clifton is free and the return trip is \$5. For the full list of train stops and times, visit www.cliftonday.com/



PHOTOS COURTESY OF BARBARA HUTTO

Jim Haney entertains the crowd on banjo, walking the streets at Clifton Day 2013. This year's festival is set for Sunday, Oct. 12.

content/getting-clifton.com.

The Clifton Betterment Association hosts the free event, with help from sponsors including: The Peterson Family Foundation, Ourisman Fairfax Toyota, Republic Services, Concise, LLC, the VRE and Norfolk Southern.

All proceeds will go to Girl and Boy Scouts, the Clifton Lions Club, the Clifton Betterment Association, Acacia Lodge and Clifton Presbyterian Church.



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ROUNDUPS

Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for Oct. 2 and Oct. 9.

Don't Be a Victim

Safety experts say the most important factor in surviving a criminal attack is to have a personal safety strategy in place before it's needed. And a free seminar on this matter, "Refuse to be a Victim," will be held Saturday, Oct. 4, from 9 a.m.-noon, at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Attendees will receive the tools they need to develop their own, personal-safety strategy, including information about home security, automobile security, personal security, workplace security and technological security. Send questions and R.S.V.P.s to PFC Tara Gerhard at 703-814-7051 or FCPDSULCPO@fairfaxcounty.gov.

Learn about Crime Scenes

The Sully District Police Station and its Citizens Advisory Committee present the Crime Scene Unit on Wednesday, Oct. 8, at 7:30 p.m. It's a child-friendly event, and residents will receive an inside look at the tools and investigative techniques used to process crime scenes, evidence collection, fingerprints, DNA and more. It'll be held at the station 4900 Stonecroft Blvd. in Chantilly.

Keeping Senior Citizens Safe

Fairfax County police is presenting a series of free seminars about senior citizens and crime prevention. The next ones are: Wednesday, Oct. 8, Financial Crime Prevention; and Wednesday, Nov. 12, Cons and Scams Prevention. They'll be held at the Sully Senior Center, 5690 Sully Road in Centreville, and will start at 12:30 p.m. and last 30-45 minutes.

The goal is to give senior citizens the power to prevent crime at home and learn how to prevent financial crimes and detect scam artists trying to take their money. For more information, contact PFC Tara Gerhard at 703-814-7051 or FCPDSULCPO@fairfaxcounty.gov.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Oct. 9, from 5 p.m. to dusk, 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. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

Help with Food Drive

Youth and adult volunteers are needed to help with the Sully District area Boy Scout Food Drive. Shifts are available for set up and tear down, sorting and transporting food on Friday-Saturday, Nov. 7-8. Youth may work with a team of friends and earn community-service hours. Contact

Volunteer Manager Annette Bosley at abosley@wfcma.org.

K-9 Krawl 5K is Oct. 18

The Fairfax County Police Department's annual K-9 Krawl 5K is set for Saturday, Oct. 18, at the county Government Center's parking lot C. Check-in begins at 8:30 a.m., followed by a K-9 demonstration at 8:45 a.m. and the 5K walk at 9 a.m.

This event was created to bring awareness to the connection

SEE ROUNDUP, PAGE 19

NEWS

Community Mourns Girl, 16

Missing since Sunday, she was found dead in park.

BY BONNIE HOBBS
THE CONNECTION

Just a month before her 17th birthday, friends, family members and classmates from Chantilly, Centreville and Fairfax are mourning the loss of a local girl. The body of Cara Lynn Golias, 16, of the City of Fairfax, was found Monday afternoon in Hemlock Overlook Regional Park in Clifton.

A junior at Fairfax High, she'd been missing since Sunday and both Fairfax County and City of Fairfax police had searched for her. They say foul play is not suspected in her death.

The tragedy has left all who knew her grieving and spurred Fairfax High Principal Dave Goldfarb to send an open message to the school community Tuesday morning.

"I am deeply saddened to report to you that one of our students, Cara Golias, died unexpectedly," he wrote. "Cara was a junior and a member of our cross country and soccer teams. She also represented our school at the International Science Fair last spring. Cara will be truly missed and lovingly remembered by the Fairfax High School community [which] sends its thoughts and prayers to [her] family."

On Monday, City of Fairfax police alerted area residents that she'd been missing since Sunday and asked for help finding her. A former AP student at Rocky Run Middle School in Chantilly, she was last seen Sept. 28 near Manassas Park Middle School and hadn't been in contact with her family since then.

Golias was wearing a white shirt with sequins, jeans shorts and silver-and-turquoise dream catcher earrings, and police believed she walked through nearby woods initially searched by Manassas Park and Prince William County police.

Together, Fairfax City and County police conducted an extensive search and found the teen's body Sept. 29, around 1 p.m., near the railroad bridge trestle in the 13200 block of Yates Ford Road in Hemlock Park. County police spokeswoman Shelley Broderick said the medical examiner will determine the "cause and manner" of her death.

In his message Tuesday, Goldfarb told Fairfax High parents he'd contacted Golias's family Monday to offer the school's condolences and support. "The family allowed me to share news of her death with you so that you may be prepared to support your students," he wrote. "Teachers told students about Cara's death during second period [Tuesday] morning. It was important to have students hear this sad news from a trusted adult."

He said the school's "taking every step" it can to be responsive to the students' feelings. "Our counseling staff stands ready to meet their needs, wherever they are in the grieving process," he wrote. "We also have a crisis team of psychologists and social workers from other FCPS schools at our school to provide comfort and support to our students."

"Understanding death, especially the death of a classmate, can be a very difficult experience for a young person," continued Goldfarb. "For that rea-



PHOTO COURTESY OF JENNIE BUSH

Westfield High's girls' cross-country team wrote "#ForCara" on themselves in remembrance of Cara Golias.

son, we hope you'll listen to your son or daughter, as well as discuss with them their feelings and reactions to this tragedy. We're focused on supporting any students who may be grieving a loss."

He advised parents of children particularly struggling with the tragedy, or experiencing strong feelings of previous losses, to contact their counselor. He also provided links to documents explaining how parents may help their children work through their grief and gave them several, emergency hotline numbers.

City of Fairfax Police Chief Carl Pardiny, himself a father, was also sorry to hear of Golias's death. "We are all deeply saddened over the loss of Cara," he said. "Our hearts and prayers go out to her family and friends."

There was a moment of silence for her at the start of Fairfax High's school day Tuesday, and many students wore the school's blue color to honor her. Several Centreville High students also wore blue in support.

That evening, Fairfax High's cross-country team competed in Washington, D.C. At the same time, the girls on Centreville and Westfield High's cross-country teams participating in a meet at Centreville ran with Golias's name written on their bodies in remembrance. Inscribed on their hands, arms and legs was "#ForCara."

"About 15-20 people on our team wrote it on our hands," said Centreville High senior and runner Jackie O'Shea. "And before the race, we chanted, 'For Cara,' in our circle. We wanted to do something because we're one, big, running community."

Fairfax High teammate Sierra Brooks, a senior, said Golias had a "genuine smile that lit up a room when she walked in; she was really special. She also worked hard on the team. Even if she was injured, she'd push through until her body gave out."

SEE COMMUNITY, PAGE 19



Cara Golias won the grand prize at Science Fair regional competition.

BULLETIN BOARD

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WHITE HOUSE ORNAMENT SALE

The Western Fairfax County Woman's Club is selling **2014 White House Christmas ornaments** in honor of the 29th President Warren G. Harding. This two piece train ornament is a reminder of Harding's use of trains during his campaign and White House years. Ornaments cost \$20 and proceeds benefit charity. Order by calling 703-378-6841 or 703-378-6216.

ELECTRONICS RECYCLING

Residents can now "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.

SATURDAY/OCT. 4

Chapter Meeting. 1 p.m. at the Sully Station II Community Center. The Lane's Mill Chapter, Daughters of the American Revolution, will hold a meeting. Contact lanesmillchapter@aol.com for more.

WEDNESDAY/OCT. 8

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm for meeting materials, archives and more. Call 703-324-8662.

TUESDAY/OCT. 14

NOVA Registration Closes. Registration for Northern Virginia Community College's second 8-week term closes. Classes begin Oct. 15. Visit www.nvcc.edu or visit campuses

in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

Ladies' Book Club. 7:30 p.m. at Temple Beth Torah, 4212-C Technology Court, Chantilly. Enjoy a "pot-luck" style book club. Discuss "This is Where I Leave You" by Jonathan Tropper. Visit www.bethtorah.net or 703-217-8938.

WEDNESDAY/OCT. 15

Michael and Son Jingle Singoff. Registration ends Oct. 15, winners

will be announced Nov. 15. The winning elementary school in each region within Michael and Son's service area will receive \$5,000. Email jill.gorman@michaelsandson.com or call 703-658-1152 for more.

THURSDAY/OCT. 16

Anniversary Celebration. 6 p.m. Liberty Republican Women's Club's 4th anniversary celebration with Dr. Ileana Johnson-Paugh, Romanian Conservative, speaker and author. Call 703-378-4190 for more.

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New Voter Identification Requirements

There are new requirements for voter identification that voters must bring with them to the polling place.

In Fairfax County, 13,000 active voters currently do not have DMV issued photo identification, and of those, only a couple of dozen people have applied for a Virginia Voter ID card available free from local voter registrars.

Virginia law now requires all voters to provide one of the following forms of photo identification at the polls.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months:

- ❖ Valid Virginia Driver's License or Identification Card
- ❖ Valid Virginia DMV issued Veteran's ID card
- ❖ Valid United States Passport
- ❖ Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)
- ❖ Valid college or university student photo identification card, must be from an institution of higher education located in Virginia.
- ❖ Employee identification card contain-

ing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business

❖ or a Virginia Voter Photo ID Card obtained through any local general registrar's office

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

Virginia's photo ID requirements also apply to absentee voters who vote in-person in all elections.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

Any registered voter who does not possess one of the above mentioned forms of photo ID can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

Provisional Ballot Process

A voter who arrives at the polling place



Virginia law now requires all voters to provide photo identification at the polls.

without an acceptable form of photo identification will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted. A Friday postmark will not be sufficient. Written notice given to the voter will provide the necessary information, includ-

ing email, fax, and address of where the ID should be delivered.

If you vote a provisional ballot but don't have an "acceptable ID," you can appear in-person in the office of the general registrar in the locality in which the provisional ballot was cast by noon on Friday following the election and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board as acceptable identification and the voter's provisional ballot will be counted.

SOURCE: Virginia Department of Elections, www.sbe.virginia.gov

For More Election Information

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/government/general-registrar>

10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email generalregistrar@fairfaxva.gov

State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194 email: info@sbe.virginia.gov <http://www.sbe.virginia.gov>

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OPINION

Does Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

For the current election, new, more stringent voter identification laws are in effect. Taken together, more than 22,000 of Northern Virginia's close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county's 672,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City's 85,671 active voters do not have the photo identification they will need to vote on Election Day.

Register

For More Election Information:

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/
12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194
email: info@sbe.virginia.gov
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In Arlington, 6,348 of the 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analysed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee application, and who have voted or registered since and including the last presidential election.

Across the Commonwealth, 93,117 active voters also lack photo ID from DMV or the other likely sources.

When you consider that in the last election, Virginia's Attorney General was elected by a margin of 165 votes out of more than 2 million votes cast, these numbers are staggering. There is no evidence of voter identification fraud on any scale that requires potentially disenfranchising tens of thousands of voters. Because Northern Virginia is the most populous part of the state, the impact is also greatest in our area.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and

is not expired for more than 12 months: Valid Virginia Driver's License or Identification Card; Valid Virginia DMV issued Veteran's ID card; Valid United States Passport; Other government-issued photo identification cards; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; or a Virginia Voter Photo ID Card obtained through any local general registrar's office.

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to www.sbe.virginia.gov.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Stopping Domestic Violence

BY JOHN C. COOK
AND JOE MEYER

By now we have all seen the video. We know he hit her because we saw it. But how did they get there? Did she reach out for help? Would she have known how? Perhaps most importantly, how common is this domestic violence? The answer, unfortunately, is that domestic violence is much more common than you may think.

According to Safe Horizon, a victim assistance organization, "one in four women will experience domestic violence in her lifetime." The Violence Policy Center found that "72 percent of all murder-suicides involve an intimate partner and 94 percent of the victims of these murder-suicides are female." The children in homes where domestic violence occurs are among its most serious victims. Studies show that the 3 million children who witness domestic violence in their homes each year can suffer significant emotional and cognitive harm, even if they are not on the receiving end of the physical abuse. Many men are victims of domestic violence as well, and this scourge knows no economic or racial limits.

Violence sneaks in slowly. It may start as financial control or social restrictions, but studies show us that abusive relationships tend to follow a pattern. Once a violent episode takes place, it is very likely it will happen again. The average victim is assaulted seven times before they leave for good. Here's how the story could end: in Fairfax County, domestic violence is the number one cause of homicide. Safe Horizon tells us that, "every year, 1 in 3 women who is a victim of homicide is murdered by her current

or former partner."

Our message is that you can get out of this terrible situation, and your neighbors and friends can help. There are resources in Fairfax to help victims, and there is an increasing chorus of voices standing up to say this is unacceptable. As two involved members of our community, a Fairfax County supervisor and the executive director of Shelter House, we are among the many outspoken advocates for resources for victims and showing the men, women, and children in these situations a better way. Whether you are in fleeing abuse, or you witness abuse and need information on how to address the issue, you can call the Fairfax County 24 hour hotline at 703-360-7273.

October is Domestic Violence Awareness Month, and there are many ways to raise awareness and help worthy organizations. One opportunity is to join us at an event to stop domestic violence and raise money for Shelter House and Fairfax CASA. The event will be held on Wednesday, Oct. 22 at Coyote Grill in Fairfax from 4:30 – 6:30 pm.

Shelter House's domestic violence shelter, Artemis House, is Fairfax County's only emergency shelter for families and individuals fleeing domestic/sexual violence and human trafficking. Fairfax CASA, or Court Appointed Special Advocates, helps children navigate the confusing and scary aftermath of domestic violence. Please join us and the increasing number of people speaking out to end domestic violence.

John C. Cook is Fairfax County supervisor (R-Braddock District) and Joe Meyer is executive director of Shelter House.

LETTER Festival Of Sacrifice

To The Editor:

While October is usually associated with overpriced Halloween costumes and a saturation of pumpkin-flavored provisions, it is also the month in which 1.6 billion Muslims will be celebrating Eid-ul-Adha, the "Festival of Sacrifice." During this Islamic holiday, Muslims around the globe remember the story of Abraham and his willingness to sacrifice his son Ishmael, as an act of submission to God's command. Muslims believe that God was pleased with Abraham's obedience and commanded him to sacrifice a lamb instead. In accordance with this tradition, Muslims sacrifice an animal such as a sheep, camel, or goat on the day of this festival. One-third of the meat is kept by the family, one-third is given to friends and relatives, while another third is donated to the poor and needy. This act symbolizes the willingness of an individual to give up something that is valuable to them in order to follow God's command. It also emphasizes the universal message that strengthening relationships with family and friends and helping those in need can only be achieved when one is willing to give up some of their bounties.

Shumaila Ahmad
Chantilly

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Fair Oaks / Fair Lakes
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NEWS DEPARTMENT:
To discuss ideas and concerns, Call:
703-778-9410
e-mail:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

Jon Roetman
Sports Editor, 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Kim Taiedi
Display Advertising, 703-778-9423
ktaiedi@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

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

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



Centreville Day 2014

Saturday, Oct. 11,
10 a.m.-5 p.m.
Historic Centreville Park,
5714 Mount Gilead Road

Chantilly
CONNECTION
Fair Oaks ♦ Fair Lakes

The Ehlinger sisters (from left)
Julia, 6, and Maebly, 3, enjoy a
wagon ride at last year's
Centreville Day.

BONNIE HOBBS/THE CONNECTION

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CENTREVILLE DAY 2014



Children ride the trackless train through the Historic District.

Celebration Returns Oct. 11

**Zombie Slouch 5K,
parade, food, pets in
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lies. For more information, contact Meg Crossett at dccandlelighters@gmail.com or call 202 747-7191. Register at www.dccandlelighters.org until Oct. 10 or on race day at 8 a.m.

Opening Ceremonies, Costumed Pets

Opening ceremonies are at 10 a.m. on the Centreville Stage in front of St. John's. Supervisor Michael R. Frey (R-Sully) will welcome people to Centreville Day and various awards will be presented, including Centreville Citizen of the Year and Business of the Year.

SEE CELEBRATING, PAGE 10

BY BONNIE HOBBS
THE CONNECTION

Featuring everything from a charity 5K to a parade, music, history tours, a costume contest for pets and a swordsman, the upcoming Centreville Day celebration promises something for everyone.

The 22nd annual event is slated for Saturday, Oct. 11, from 10 a.m.-5 p.m., in Historic Centreville Park, 5714 Mount Gilead Road (off Braddock Road, across Route 29 from the IHOP).

"Centreville Day is always about the community celebrating what we have," said event Chairman Cheryl Repetti. "It's an opportunity to meet the businesses, churches and nonprofits that are part of our community. It's also a great way to meet your friends and neighbors and learn about the rich, vibrant and exciting history of Centreville – and the people attending Centreville Day will be part of it."

Zombie Slouch 5K

The day begins with the Third Annual Zombie Slouch 5K, at 9 a.m., outside St. John's Episcopal Church in the Centreville Historic District. This fun run benefits the DC Candlelighters Childhood Cancer Foundation which offers hope, support and solace for families with children battling cancer or who have been treated for it.

Runners, walkers and pets are encouraged to come in historical or Halloween costume, and strollers are welcome. Besides awards given to the fastest male, female and child under 12, prizes will be given for the most creative adult costume and most creative child costume.

Cost is \$30, runners; \$15, walkers and \$60, fami-



Coyote Grille's Ben Brott sells street tacos to a customer.

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CENTREVILLE DAY 2014

Schedule of Activities and Entertainment Lineup

9 a.m. - Zombie Slouch 5K
9:45 a.m. - Race awards
10 a.m. - Opening ceremonies:
 Presentation of Colors
 Pledge of Allegiance
 "The Star-Spangled Banner"
 Another patriotic song
 Welcome by Supervisor Michael R. Frey (R-Sully)
 Presentation of the Centreville Citizen of the Year and Business of the Year awards
 Dulles Area Chamber of Commerce award
 Closing speaker
10:45 a.m. - Pet costume show and awards on the Centreville Stage
11 a.m. - Westfield and Centreville High theater students relate Centreville's history
11:30 a.m. - VA Deatles
Noon - Parade
12:30 p.m. - Parade awards
12:45 p.m. - Centreville Dance
1:15 p.m. - Centreville Cheer
1:45 p.m. - The Liabilities
2:15 p.m. - Westfield Improv Team
2:45 p.m. - Harmony Road
3 p.m. - Stephon Morton's Kung Fu
3:30 p.m. - St John's Choir, in the church
4 p.m. - Outliers Rock Band

Also on hand will be Civil War reenactors from the 17th Virginia, Fairfax Rifles. And The Swordmaster of the 18th Century, Charlie Anderson, will display his cannon and offer fencing lessons. In addition, there'll be children's activities and historic tours.



Swordmaster Charles Anderson shows muskets and swords to last year's crowd.



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Celebrating Centreville

FROM PAGE 8

Next on that stage will be a pet costume show at 10:45 a.m. “Costumes, whether historic or Halloween in character suit Centreville Day, so why not suit up your pet in one and participate in the new Centreville Day Pet Costume Show?” asks Repetti. “Is your pet a pirate at heart? A superhero? Perhaps she’s the belle of the South? Show off your pet’s special character by signing up for this show. Be creative and have fun.”

Well-behaved pets of all species are welcome to vie for prizes. There’ll also be pet goodies from Centreville Animal Hospital, PetValu and Pet Supplies. Participants will also be eligible for a drawing for a wellness check-up basket from Caring Hands. This event is limited to just 30 entrants, so people are encouraged to register their pets for the costume show at www.CentrevilleVA.org.

Parade

People in costumes, pets, floats, Scouts, antique cars, performers and other creative entries are all welcome to join in the Centreville Day American Legion Parade. Registration is free via www.CentrevilleVA.org. The parade assembles at the end of Wharton Lane at 11:30 a.m. and passes by the reviewing stand outside St. John’s around noon.

The parade travels through the heart of the Historic District along Mount Gilead and Braddock roads and disperse at Braddock Road. Prizes will be awarded. Anyone wanting to join the fun should contact Steve Hunter, American Legion Post 1995, at geoshunter@gmail.com.

The Chantilly High Air Force JROTC will be the parade’s honor guard. Other participants include Centreville Volunteer Fire Sta-

tion 17, Centreville Dance Academy, Westfield High theater students, the Chick-fil-A cow, SYA Wildcat Cheerleaders, Cub Scout Pack 2525 and local politicians.

“I encourage everyone to come out and march in the parade,” said Repetti. “They can register in advance to have their names announced as they pass the reviewing stand, or just show up. We’d also like people to come and watch the parade and wave to the participants. It should be a lot of fun.”

Braddock, Mount Gilead and Wharton Roads west of Pickwick Road will be closed that day from 8 a.m.-6 p.m. (Village of Mount Gilead residents will be able to enter and leave via Wharton Lane). There’ll be additional, rolling road closures of Pickwick and Leland roads for the Zombie Slouch race in the morning and along Wharton Lane for the parade at 11:30 a.m.

Entertainment Schedule

The entertainment on the Centreville stage includes singing, dancing, cheering, theater improv and martial arts. The performers include the VADeatles, a group of Stone Middle School teachers singing Beatles’ songs. And in between acts, deejay Myra Flemister will provide music.

11 a.m. - Westfield and Centreville High theater students relate Centreville’s history
11:30 a.m. – VADeatles
Noon – American Legion Parade
12:30 p.m. – Parade awards
12:45 p.m. - Centreville Dance
1:15 p.m. - Centreville Cheer
1:45 p.m. - The Liabilities
2:15 p.m. - Westfield Improv Team
2:45 p.m. Harmony Road



Residents having fun in Centreville’s Historic District at a past Centreville Day.



Deejay Myra Flemister teaches local children a dance.

3 p.m. - Stephon Morton’s Kung Fu
3:30 p.m. - St John’s Choir, in the church
4 p.m. - Outliers Rock Band

Food

A food court features local restaurants and festival fare, including Mrs. P’s Concessions (funnel cakes, hot dogs, hamburgers and barbecue); Chick-fil-A (chicken sandwiches); Noodles & Co. (various pasta dishes); Coyote Grill (street tacos); and Nitro’s Creamery (ice cream made on the spot). In addition, Korean Central Presbyterian Church (KCPC) will offer popcorn.

Children’s Activities

Gold Sponsor G & C Tire & Auto is again providing wristbands for free children’s rides. The fun includes a climbing wall for older children and a large, inflatable “Cars” slide for younger ones. And they can enjoy the trackless train for free, this year, courtesy of Kiddie Academy.

Attendees are encouraged to don Hallow-

een costumes and follow the Trick or Treat Trail through the Historic District and marketplace. Apple Federal Credit Union will provide bags for the trick-or-treaters.

Miss Charlotte and other women of Alpha Delta Kappa will return to the children’s area with their Faces of Centreville contest, as well as old-fashioned activities such as tug of war and sack races. Various vendors and churches will also host games.

Shopping, Crafts

The community marketplace will offer items from crafters, businesses, churches and other organizations. Handmade crafts include jewelry by Brenap Jewelry, children’s clothes and fabric art by Lee Ann Designs, beer lassos for beer and wine bottles, games from Island Games, and Jamberry nail wraps and polish. Residents may also peruse the tables of various businesses and nonprofits and learn what they have to offer.

Mini Health Fair

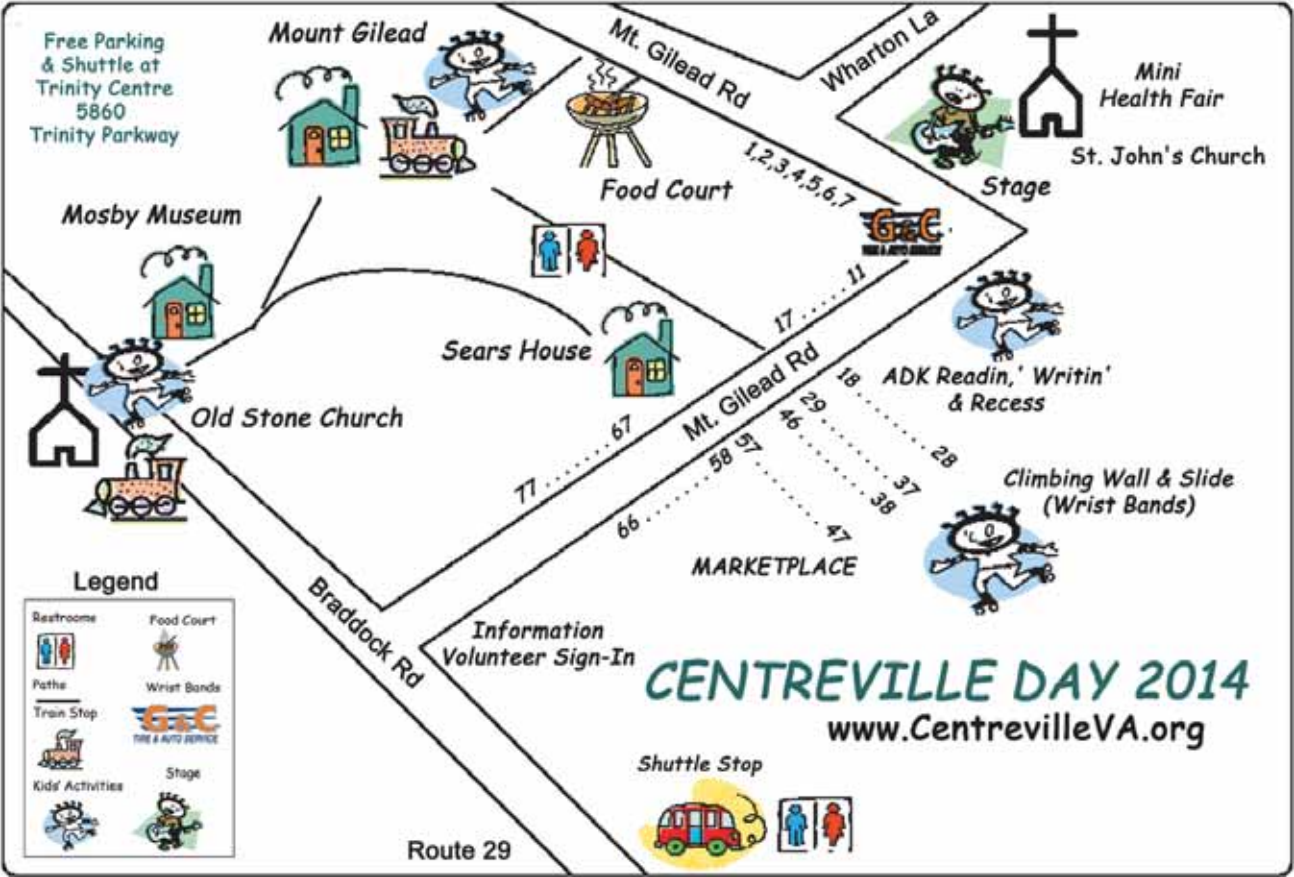
In honor of Binational Health week in the SEE CELEBRATION RETURNS. PAGE 13



Carol Robinson (left) and Sue Saccomando in Colonial costume.



Reenactor Dean Howarth brings the history of science to life.



PHOTOS BY BONNIE HOBBS



Korean Central Presbyterian Church members made cotton candy last year; this time, they’re offering popcorn.

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Centreville Chiropractic Center, Chiropractor
Hutchison & Gorman, LLC, Dental
INOVA Medical Group, Medical
Karma Vitality Studio, Fitness
Results Rehab Fitness, Inc, Rehab
The Women's Club, Fitness

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Centreville Dance Academy, Dance
Harmony Road, Music & Art
Island Games, Games
Jamberry Nail Wraps, Nail Wraps & Polish
Lee Ann Designs, Children's clothes & Fabric Art
The Beer Lasso, Home Décor

Children

Learning Rx, Education
Kiddie Academy, Education
Fairfax Foster Care & Adoption Program, Adoption
KinderCare, Education
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My Little Gym, Fitness
Usborne Books & More, Books
Wings to Fly Therapy and Play, Speech Therapy
Writing Academy, Writing

Communications

Signarama, Signage
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Finances

Apple Federal Credit, Financial
Bryan Hunt, Financial
United Bank, Financial
Burke & Herbert Bank and Trust, Financial

Home

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Post Apartments, Apartments
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AAPCO, Exteriors
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Red Carpet Remodeling, Exteriors
Renewal By Anderson, Windows

Government

Fairfax County Democratic Committee (Sully Democrats), Political Party
Fairfax County Office of Human Rights, Human Rights
Fairfax County Park Authority, Parks
Fairfax County Public Library, library
Fairfax County Republican Committee, Political Party

Churches

Korean Church Presbyterian Church
Church of the Ascension
Centreville Baptist Church
Saint John's Episcopal Church
Church of Jesus Christ of LDS
Giddeons International
Impact Church
Oakton Baptist
Pender United Methodist Church
St. Raphael of Brooklyn Orthodox Mission
Tree of Life Bible Church

Veterans & Other Non-Profits, ,

Historic Centreville Society, Historical Education
American Legion Post 1995, Veterans
Rotary Club of Centreville-Chantilly, Charity
Angel Fund, Mental Health/Reema Samaha
Centreville Immigration Forum, Work Center
Mountain View Foundation, Scholarships
Veterans of Foreign Wars Burke Post 5412, Veterans

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 - Two (2) hole sponsorships
- Opportunity to provide participant giveaways
 - Eight (8) golfers
- Color logo on event banner displayed at banquet
 - Twelve (12) raffle tickets

Gold – \$3,500

- Signage at registration desk
 - Logo on rules sheet
- Sponsor signage on bar, box lunch or beverage carts
 - One (1) hole sponsorship
- Opportunity to provide participant giveaways
 - Six (6) golfers
- Color logo on event banner displayed at banquet
 - Eight (8) raffle tickets

Silver – \$2,500

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- Six (6) raffle tickets
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- Opportunity to present skills competition awards or raffle prizes

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- Color logo on event banner displayed at banquet

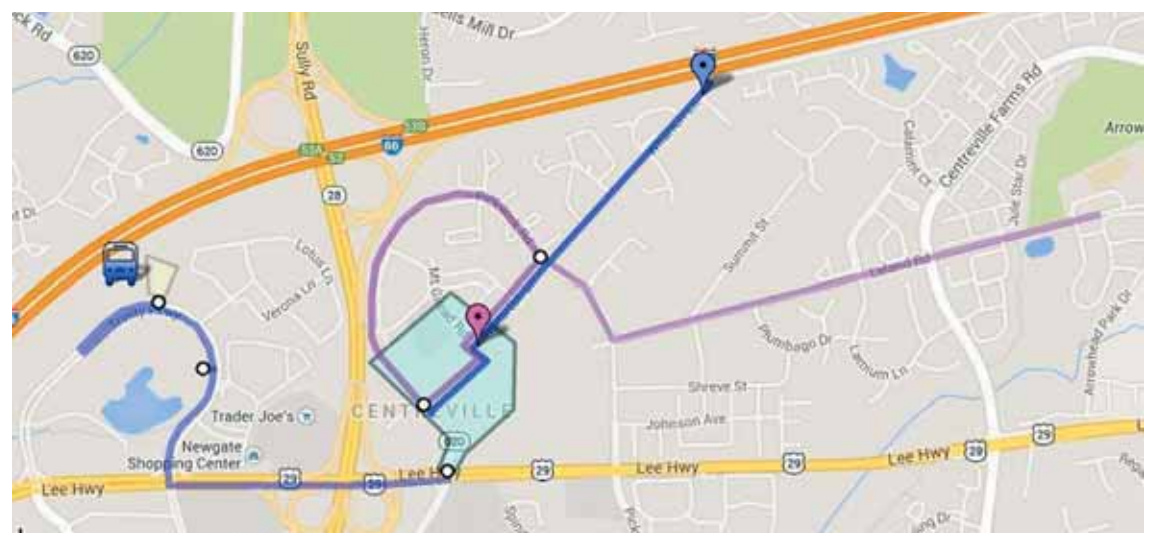
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Centreville Day location map.

CENTREVILLE DAY 2014

Celebration Returns Oct. 11

FROM PAGE 11

U.S. and Canada, new this year will be a mini health fair providing:

- Free flu shots by Walgreen's
- Blood pressure checks
- Blood glucose tests (diabetes)
- Vision screenings and clinic referrals

It'll be in front of St. John's and people may also meet local health-care providers there. There'll also be sleep clinics, speech therapists, fitness centers, chiropractors and dentists located throughout the marketplace. Look for the Health Fair canopy in the center of events providing directions to these services.

Historical Activities

Centreville Day attendees may ride on the Fairfax County Park Authority's mini history train and discover the treasures of Centreville's Historic District. The guided ride will travel between "stations" at Mount Gilead, the Old Stone Church and the Stuart-Mosby Museum.

A van tour of Civil War Centreville for ages 12 and up will start from Ellanor C. Lawrence Park at 1 p.m. It features the Stuart-Mosby Museum, Mount Gilead and Centreville's Civil War fortifications. Register for the van tour at www.fairfaxcounty.gov/parks/ecl.

For those preferring a walking tour, Ghost Tours at 2 and 4 p.m. will meet at the Spindle Sears House at 5714 Mount Gilead Road. These not-so-scary tours examine the stories of ghosts, murder and lost love. Check the Centreville Day website or stop by the information booth for further details.

On the Mount Gilead lawn, Sully Historic Site volunteers will lead hands-on activities such as candle-dipping, cornhusk-doll making and playing 19th-century games.

On Braddock Road, the Old Stone Church and the Stuart-Mosby Cavalry Museum will be open for tours. Enjoy a Ploughman's lunch or purchase baked treats at the church, or chat informally with the knowledgeable docents at the museum.

"History is always an important part of Centreville Day," said Repetti. "The event benefits the Friends of Historic Centreville, the nonprofit that organizes Centreville Day in partnership with the Park Authority to encourage residents to discover this area's rich history."

More Entertainment

On the lawn of the historic Mount Gilead house, living history first-person interpreter Beverly Pelcher



Centreville Day volunteers from Stone Middle march in the parade.

will reprise her portrayal of Cornelia Peake MacDonald and present a woman's view of the Civil War. And the "Doctor of Pneumatics," Dean Howarth, a McLean High science teacher, will teach people about science via history.

Also on hand will be Civil War reenactors from the 17th Virginia, Fairfax Rifles. The Swordmaster of the 18th Century, Charlie Anderson, will display his cannon and offer fencing lessons, and James Andrews will portray a pirate.

Parking, Volunteering

Admission to Centreville Day is free, and free remote parking will be at the Trinity Centre, 5860 Trinity Parkway. Shuttle buses provided by Centreville Baptist Church will take people to and from the festivities in the Historic District.

This event is organized by the Friends of Historic Centreville in partnership with the Fairfax County Park Authority and the Centreville Day Planning Committee. It helps raise money for historic preservation and Historic Centreville Park. More information is at www.centrevilleva.org.

Students and Scouts may obtain service hours by volunteering at Centreville Day. Sign up at www.CentrevilleVA.org and click on the green button for a variety of jobs on the day of the event. Or contact volunteer coordinator Karen Waltman at volunteer@centrevilleva.org.

"If you enjoy giving your time and talent to support your community, there are lots of opportunities to help with Centreville Day, from participating on the planning committee to helping to pick up trash at the end of the day," said Repetti. "All jobs are important and help to create a great, community event."

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CENTREVILLE DAY 2014



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 Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
 HomeLifeStyle PULLOUT: Deadline is 9/25/14.....10/8/14
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 Election Preview II.....10/29/14

NOVEMBER

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 HomeLifeStyle.....11/12/14
 Holiday Entertainment & Gift Guide I.....11/19/14
 A+11/25/14
 Thanksgiving is November 27.

DECEMBER

Wellbeing.....12/3/14
 HomeLifeStyle: Home for the Holidays.....12/10/14
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‘15,000 Hot Dogs To Break Even’

Permit costs spur gas station’s request to sell alcohol, too.

BY BONNIE HOBBS
THE CONNECTION

Raj Gupta just wanted an OK to add hot dogs to his convenience store’s offerings at the Centre Ridge Exxon station. But the high cost of doing business in Fairfax County has now made him request approval to sell alcohol there, too.

In turn, that issue is spurring a local, land-use group to reevaluate – and possibly overturn – one of its long-held tenets, that drivers not be allowed to buy alcohol and gas at the same place. It’s a domino effect, but no one’s playing games.

“We’ve got a moral question to deal with,” said Mark McConn of the West Fairfax County Citizens Association (WFCCA) Land-Use Committee. “Do we bow down to a business at the expense of protecting people?”

The whole issue began Aug. 19, when Boopendra Prakash of TPS, a land-development engineering firm representing the Centre Ridge Exxon appeared before the WFCCA. At that time, the panel voted to recommend to the county Planning Commission that the station’s convenience store be able to sell hot dogs.

Trouble was, when Prakash and the station’s owner, Raj Gupta, tried to obtain a county permit to do so, they learned the filing fee for it is \$10,000. So they both came to the Sept. 16 WFCCA meeting to ask permission to sell beer and wine, as well. “I hadn’t intended to come back again,” said Prakash. “But this permit costs \$10,000 and a building permit costs \$5,000 – which [at \$1 apiece] equals 15,000 hot dogs to sell to break even.”

The Centre Ridge Exxon is at 6330 Multiplex Drive in Centreville, and Gupta’s owned and run it since 2000. And over the years, a great deal has changed.

“In the 1980s, when 7-Elevens and gas stations couldn’t sell certain food items, the proffer was written that they couldn’t sell alcohol,” said Prakash. “It’s now 2014, and a 7-Eleven across the street can sell five coolers of beer and wine, and it’s the same way for the Shoppers Food Warehouse, 200 feet away.”

So now, he said, the Exxon wants to convert three or four of its 10 coolers to be stocked with beer and wine for sale.

“We have a quick-service food store,” said Gupta. “Most of our customers are local and ask us why we don’t sell beer and wine. It takes them 30 minutes to buy it at Shoppers. So this would give them the service they need and would also give us some more small revenue in these tough times.”

“Mr. Gupta would like to stay competitive and take some of the market share from



PHOTOS BY
BONNIE HOBBS
The Centre Ridge Exxon’s owner hopes to sell hot dogs and alcohol in his station’s convenience store.

[the other nearby businesses],” Prakash told the panel. “I appeal to your sense of reason.”

“It’s been a longstanding position of the committee to not allow sales of alcohol at gas-station convenience stores,” said land-use committee Chairman Jim Katcham. “But there are also laws that provide for no drinking and driving, and no drinking and driving with open containers – so I’m evolving. We’re a land-use group and shouldn’t control someone’s economics, so I no longer support that position.”

McConn disagreed. “I’m against it; I don’t want people to buy a cold beer and get back into the car and drive away,” he said. “I don’t want them to have the convenience to get behind the wheel with a six-pack on the front seat.”

He then asked Gupta, “Are you going to get out there and monitor that people don’t open the beer before driving away? Drinking and driving is still a big issue today.”

“Mark, what’s the difference between buying a cold six-pack and then going and getting gas and driving away?” asked Katcham.

“It’s not convenient to get that alcohol,” replied McConn. “People will have to make a concerted effort to get out of their car, stand in line [at a grocery store or 7-Eleven] and get it.”

WFCCA’s Steve Chulick said he had mixed feelings about this matter. “I’m torn,” he said. “I don’t want to encourage people to drink and drive. But with all the stores surrounding the gas station, it’s still relatively convenient to buy alcohol.”

“To me, it’s like opening Pandora’s box,” said McConn. “All the other gas stations would want to sell alcohol, too.”

But, said Sully District Planning Commissioner John Litzenberger, “The WFCCA is the only land-use group in the county that forbids it. At the Dulles Expo Center, we allowed the Exxon there to sell beer by the case or six-pack, and wine, but it could not be consumed on the premises.”

“I’m kind of where Jim is on this,” he continued. “It is evolving; times have changed. If people don’t get their alcohol here, they’ll get it elsewhere. I think compromise is good.”

Agreeing with Litzenberger, At-Large Planning Commissioner Jim Hart told the panel, “You all are unique among the land-use committees on this point.” He also stressed that, decades ago, when Jim McDonnell was the WFCCA Land-Use Committee’s chairman, “One of his concerns was that Centreville would become a destination for alcohol because things weren’t so built-up then.”

AND THROUGHOUT the years that followed, said Hart, “This committee has been consistent that gasoline and alcohol not be sold at the same spot. So if the dam bursts and you’re going to change your policy on it, you’ll have a lot of applications. So you need to be consistent on how you handle them. There may be limitations on hours or quantities, but you shouldn’t do it piecemeal.”

Furthermore, he said, if the WFCCA votes to allow sales of beer and wine at gas stations, “You need to decide under what circumstances alcohol sales would be appropriate, so you’re fair to everybody. Maybe this deserves a broader consideration – you should look at the big picture.”

Regarding sale hours, Litzenberger said the Virginia ABC won’t let gas stations sell alcohol after midnight. And Gupta said his convenience store isn’t open 24 hours, anyway. It’s open until 11 p.m., every day except Friday and Saturday, when it closes at midnight.

Then WFCCA member Carol Hawn brought up another point. “If we make a change, then it behooves us to contact everyone who’s ever come in and asked us [for permission] to sell alcohol,” she said. “We should let them know that they now have that option; it’s our responsibility to do that.”

Meanwhile, she continued, “We have time to consider what we’re going to do. This is a big thing. We should get together as a committee, see what’s allowed [legally] and determine what we want to say before making a decision on this application.”

Since, at the meeting time, the station hadn’t yet filed an application to sell alcohol on its premises, Katcham and Hawn advised Prakash to go ahead and do so because it’ll take six months before county staff is through processing it.

Pleading his case, Gupta said, “I’ve had a beer-and-wine license at other gas station for 18 years, and we’ve always been responsible. BJ’s sells beer and gasoline both, and it’s difficult to explain to the customers why we can’t. It puts us at a disadvantage.”

“This is a quick-service food store, and it’s allowed there elsewhere in the county,” added Prakash. “I implore you to release your grip so this gentleman can run his store competitively.”

Boopendra Prakash (left) and Raj Gupta listen to the WFCCA’s concerns.



Youthful Centreville Volleyball Falls to Oakton

Wildcat sophomore Seale finished with eight kills.

BY JON ROETMAN
THE CONNECTION

The Oakton volleyball team isn't playing as well on the road as head coach Dan Courain would prefer. On Monday night, however, even a sub-par effort by the Cougars was enough to maintain their hot streak and earn a victory in a gymnasium Courain referred to as a "house of horrors" for Oakton.

Oakton defeated Centreville 3-1 (25-18, 20-25, 25-21, 25-14) on Sept. 29 in both teams' Conference 5 opener at Centreville High School. The Cougars have won six of their last seven, including a runner-up finish in a tournament at South County High School on Sept. 20. Courain said Oakton has struggled at Centreville in the past, but the Cougars found a way to start conference play with a win.

"It wasn't our best match," Courain said. "We've definitely had better matches all year. Give Centreville credit. It's always tough coming in here."

The victory improved Oakton's record to 12-6. Meanwhile, Centreville dropped to 6-10, and head coach Ken Moser said the Wildcats' miscues had a lot to do with the loss.

"We were making all the mistakes, we were making all the errors," Moser said. "I don't think Oakton outplayed us in any way. We were the one with more errors. ... We



Centreville sophomore Emily Seale finished Monday's match against Oakton with eight kills.

probably committed two errors to every one of theirs and you're just not going to get to 25 before a team when it comes down to a number of errors."

It wasn't all bad for Centreville. Sophomore outside hitter Emily Seale had a strong performance, finishing with a team-high eight kills.

"As a sophomore," Moser said, "[Seale is] the bright future of this program."

Sophomore middle hitter Monica Hopkins is another young player that presents Centreville reason for optimism. On Monday,



Centreville's Sara Connelly (5) and Olivia Ernest go up for the ball against Oakton on Sept. 29.

Hopkins finished with six kills and two aces. Senior outside hitter Olivia Ernest had seven kills.

Centreville has just two seniors who are full-time players. With a young lineup, Moser said he expects mistakes.

"[Coaches] just tell them to go out and play with confidence," Moser said. "We expect the mistakes, we just want you to learn from the mistakes. But unfortunately, we tend to get a little tied up in the mistakes. We mentally can't get past them because we're young players."

The Wildcats will host defending VHSL 6A state champion Langley on Wednesday, Oct. 8.

PHOTOS BY CRAIG STERBUTZEL



Centreville volleyball coach Ken Moser talks to the Wildcats during a Sept. 29 match against Oakton.

SPORTS BRIEFS

Westfield Grads Produce in MLB, NFL

A pair of Westfield graduates had recent standout performances in their respective professional sports.

Miami Marlins infielder Justin Bour, a 2006 graduate of Westfield High School, went 3-for-4 with a trio of doubles in the second game of a doubleheader against the Washington Nationals on Friday, Sept. 26 at Nationals Park. Bour had two RBIs and scored four runs.

Miami won the game, 15-7, and totaled 22 hits.

Bour, who played college baseball at George Mason, reached the Major Leagues for the first time season at the age of 26, making his debut on June 5. He appeared in 39 games in 2014, batting .284 (21-74) with one home run and 11 RBIs. He had three doubles and scored 10 runs.

Miami finished in fourth place in the National League East with a 77-85 record.



PHOTO BY EMMA KIMM DIXON

Miami Marlins infielder and 2006 Westfield High School graduate Justin Bour went 3-for-4 during a Sept. 26 game against the Washington Nationals.

Tampa Bay Buccaneers quarterback Mike Glennon, a 2008 Westfield graduate, led the Bucs to their first win of the season on Sunday, Sept. 28 in Pittsburgh.

Glennon completed 21 of 42 passes for 302 yards and two touchdowns, including a late scoring toss to Vincent Jackson in the game's final seconds, to beat the Steelers, 27-24.

Tampa Bay drafted Glennon, who played collegiately at North Carolina State, in the third round of the 2013 draft. He eventually became the team's starter during his rookie season, but started the 2014 campaign as the back-up after new head coach Lovie Smith brought in veteran Josh McCown to start. McCown went down with a hand injury in Week 3, and Glennon came on to complete 17 of 24 passes for 121 yards and a touchdown during a 56-14 loss to Atlanta.

Glennon got the start against Pittsburgh, and led Tampa Bay to victory. The Buccaneers are 1-3 and tied for third in the NFC South.

For the season, Glennon is 38-for-66 with 423 yards, three touchdowns and an interception.

Tampa Bay will travel to face the New Orleans Saints at 1 p.m. on Sunday, Oct. 5.

Chantilly Football Improves to 3-1

The Chantilly football team defeated Langley 20-7 on Sept. 26, improving its record

to 3-1.

The Chargers will travel to face defending VHSL 6A state champion Centreville at 7:30 p.m. on Thursday, Oct. 2.

Centreville Football Blanks West Springfield

The Centreville football team shut out West Springfield 31-0 on Sept. 26, improving its record to 3-1. It was the Wildcats' third win in a row.

Centreville will host Chantilly at 7:30 p.m. on Thursday, Oct. 2.

SYA Winter Sports Registration Open

Registration is now open for Southwestern Youth Association (SYA) winter sports. Winter sports include basketball, travel basketball, wrestling and track & field.

For more information on each sport, and to register, visit www.syasports.org.

Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL
THE CONNECTION

Grace Delaune nibbled on striped bass and quinoa salad, pondering the flavors and textures of each dish. Myke Hammaker savored the miso cod and spinach. The two women weren't simply having lunch. They were judges at the Senior Eats Nutritional Challenge in Fort Belvoir last week. "The food challenge was a lot of fun and the food was excellent. Every dish was beautifully displayed and cooked perfectly," said Hammaker. "It was hard for the judges to pick the best dish although I picked the Miso Cod with Spinach because it really stood out as a fantastic dish."

"The five selections were just outstanding. It was very difficult to pick the best dish, although my favorite was the Striped Bass with Quinoa Salad," added Delaune.

The winning recipe was Miso Cod with

Spinach. During the competition, which was sponsored by Sunrise Senior Living headquartered in McLean, Va., and held at The Fairfax, a Sunrise community, five of the company's top chefs prepared their healthiest dishes, making use of only fresh, local ingredients. A panel of Sunrise residents judged the chefs' creations. One of the goals of the competition was to break negative stereotypes about the quality of food served in retirement communities.

"All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs," said Tim Whelan, vice president, Dining Services for Sunrise. "We constantly look at ways to provide more variety for our residents to enjoy, and the Nutritional Challenge is a great way to add unique, healthful dishes to our menus."

The chefs were judged on their ability to meet Sunrise's Signature Dining criteria, which includes using fresh, seasonal ingredients. After the competition chefs and residents discussed the recipes

All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs."

— Tim Whelan, vice president,
Dining Services for Sunrise

Winning Recipe: Miso Cod and Spinach

Miso Brushed Cod with Sautéed Spinach, Serves 6
by Floyd Stephen, Brighton Gardens of Dunwoody

1 1/2 lbs cod filets, 4 oz each
6 tbsp olive oil
3 shallots, peeled / minced
3 garlic cloves, peeled / minced
1 1/2 lbs shiitake mushrooms, stemmed / julienned
1 lb stemmed fresh spinach
1 1/2 cups chicken stock
1/4 cup miso paste

❖ Steam the fish for 7 minutes, until internal temperature reaches 145°F for 15 seconds.

❖ While the fish is steaming, heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic. Sauté until soft. Add the mushrooms and cook until the liquid evaporates. Add the spinach and sauté for 1 minute to wilt. Turn off the heat and set aside.

❖ Bring the stock to a boil in a separate pot. Whisk in the miso paste. Simmer for 5 minutes.

❖ Divide the spinach mixture evenly between serving dishes. Place fish on top of the spinach. Spoon miso sauce over fish. Serve immediately.



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Residents of Sunrise Senior Living served as judges during the Senior Eats Nutritional Challenge in Fort Belvoir.

each day," said Lawrence Quaye, Executive Chef at The Fairfax.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chef Floyd Stephen of Dunwoody, Georgia, was named the Sunrise Signature Chef and received \$1,000.

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Pre-Chemo Peek



By KENNETH B. LOURIE

I realize, given last week's column: "Post-Chemo Week," this week's column about the preceding week (week-of, actually) of chemotherapy might be a bit bass-ackward, but it seemed reasonable to me that if you regular readers had an interest in the week-after, perhaps you'd have a similar interest in the week-before.

Generally speaking, other than the anticipation that comes with knowing that your next infusion is a few days away — along with the subsequent eating/taste/after taste issues discussed in last week's column, which are also a few days away, the preceding week is easy. Most of the issues I described last week: eating/tasting, lack of sleep, depression, irritability have subsided. In fact, other than the underlying issue/diagnosis, I almost feel normal, two weeks out of every three I do, anyway.

What makes the week different however, is the pre-chemotherapy lab work that I need to complete. No hardship, really. The lab is 10 minutes from my house, the wait when I arrive is usually minimal and the staff is certainly familiar after nearly six years and are always pleasant and professional. Typically, I go to the lab on Wednesday mornings, more than enough time for the results to be emailed to my oncologist to evaluate before my Friday-morning infusion. As simple and straightforward as the process is, if certain levels in my lab work are too high or too low, depending, my infusion could be cancelled. Accordingly, until I receive those results electronically (Wednesday p.m./Thursday a.m.), I am anxious and ill at ease. Skipping an infusion for such reasons has a disproportionate effect on me. Delaying a scheduled infusion by one week may or may not matter in the long run (short and/or middle, too), but to me, it feels catastrophic, especially emotionally. I don't want to miss any scheduled treatments because my lab work has indicated a potential adverse consequence. I want to remain 100-percent on track so the cancer doesn't get any ideas that it's safe to come out and harm. For all I know about such medical realities, the week off may actually give my body some much needed rest. Or it may not. Who knows, really? And my oncologist can't say for sure either. Still, I'd rather not stop — or have to stop.

Stopping the infusions has been suggested previously. Over the course of the previous 67 months of treatment, situations have presented themselves that have caused Team Lourie to consider stopping/taking a break from treatment. I have always opted to continue. And so long as my body continues to tolerate the treatment — as indicated by my every-three-week lab work (and any associated symptoms), life, as I've come to know and appreciate it, can go on. However, if my lab work — and the inevitable retest — indicates otherwise, I may be in trouble. This week preceding is when I will know first hand if this party is beginning to break up. Other than that...

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

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21 Announcements

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News

Community Mourns Girl, 16

FROM PAGE 3

Senior Ben Ryan manages the Rebels' cross-country team and met Golias his sophomore year when she was a freshman and they were in Fairfax's chorus together. "She was one of my best friends," he said. "Cara was one of the easiest people to talk to. She was going through a lot of her own stuff. But you could tell her anything, and she'd listen to what you were saying, no matter what."

"If you were sad about something, she'd be sad with you and ask you to tell her everything," said Ryan. "And it was the same when you were happy; she was so amazing."

He said their favorite hangout spot was the approximately 40-foot rope swing under the train trestle by the Bull Run stream. They and some friends discovered it in June.

"We thought nobody at our school knew about it, so it was our own place," said Ryan. "Someone had written graffiti there saying, 'The naughty nine,' and there were nine of us, so we called ourselves that as a joke." Over the summer, they returned 10-15 times, met the Centreville students there and, sometimes, even had picnics by the swing.



Centreville High cross-country runner Jackie O'Shea shows the #ForCara on her hand.

But Golias, who would have turned 17 on Oct. 30, also had a serious side. "She wanted to be a doctor," said Ryan. "She was super smart. She went to the International Science Fair in California in May and won grand prize at Regionals last year."

On Tuesday, the whole Rebel cross-country team spoke with a school psychologist and a counselor, and "that helped," said Ryan. "I cried a lot [that day] – we all did." He and about 60 others also attended a service for Golias that night at Fairfax Methodist Church. "We talked

about her and said a prayer as we tied knots on a blanket to make a whole," he said.

To cope with what's happened, he's talking with friends, and he said his teachers have been understanding about his schoolwork.

As for what he's learned from the tragedy, Ryan said, "No matter what's bothering you, tell a friend. If other people know what's going on, they can help."

Westfield High cross-country parent Jennie Bush only met Golias a few times, but she, too, was touched by her death. "It's heartbreakingly sad and I feel so badly for Cara's family," she said. "What a tragic loss of a beautiful, sweet girl."

ROUNDUPS

FROM PAGE 3

between animal cruelty and the link to domestic violence, and people are welcome to walk with their dogs. Register at <https://www.surveymonkey.com/s/FCPD2014K9KRAWL>

VIN-Etching for Vehicles

VIN-Etched windows help police detect and identify stolen vehicles, and this service is available to residents on Saturday, Oct. 18, from noon-4 p.m. It'll take place in the parking lot of Target at 14391 Chantilly Crossing Lane in Chantilly. People may also chat with local police officers and learn new information about auto-theft prevention. Vehicles will be etched in order of arrival, but this event will be cancelled if there's inclement weather.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of canned vegetables (except for green beans), canned pasta and pasta sauces, canned tomatoes,

canned fruit, peanut butter, canned and dry beans, and granola bars. Also needed are toiletries, which WFCM clients cannot purchase with food stamps. Especially needed are shampoo, diapers sizes 4 and 5, deodorant, toothpaste and toilet paper.

Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcma.org.

Volunteering Made Easy

Fairfax County introduces its new volunteer management system, paving the way for easier navigation of county volunteer opportunities. People may visit volunteer.fairfaxcounty.gov, fill out one application and search for opportunities meeting their interests by geographic location, dates, type of people or program type. They may view positions from a variety of agencies track their hours and review upcoming volunteer jobs. They may also volunteer to serve during emergencies.

ENTERTAINMENT

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more information.

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "D-Day: Normandy 1944", "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit <http://airandspace.si.edu/udvarhazy> or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand show for groups of 50 or more.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubilaires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

Cox Farms Fall Festival. Saturday, Sept. 27 - Tuesday, Nov. 4. 10 a.m. - 6 p.m. (closing 5 p.m. in Nov.) Cox Farms, 15621 Braddock Road, Centreville. Activities and seasonal food. Visit www.coxfarms.com for more.

Fields of Fear. 7:30-11 p.m. (last admission at 10 p.m. or earlier if sold out.) Friday and Saturday nights Sept. 26-Nov. 1. Cox Farms, 15621 Braddock Road, Centreville. Haunted Cornightmare trail, Dark Side Hayride: Zombie Zoo, Firegrounds hangout with six-lane slide, bonfires, food and games. Visit www.fieldsoffear.com for more.

SATURDAY/OCT. 4

The Truth About Sustainability. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. We all want to be more environmentally friendly gardeners. But where do we start? Ahmed Hassan, the original host of HGTV and DIY Network's "Yard Crashers," will demystify the process for you. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

Free Halloween Event. 11 a.m.-2 p.m. at Pender Village Center, near Fair Ridge Drive. Enjoy a pumpkin decorating contest, a moonbounce, face painting and trick or treating at participating stores. Visit www.ashbrookshops.com/PenderHalloween14.pdf for more.

Annual Oktoberfest Celebration. 1-6 p.m. at Sweetwater Tavern, 14250 Sweetwater Lane. Enjoy food, complimentary moon bounce, obstacle courses and waterslides. Visit greatamericanrestaurants.com/sweetwater for more.

MONDAY/OCT. 6

'Fore' the Kids Golf Tournament. Registration 9:30 a.m., shotgun start 11 a.m. at International Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. All proceeds benefit Boys & Girls Club programs for underprivileged, at-risk youth in

Fairfax County, including academic enrichment, athletics, health and wellness, character and leadership development, the arts, and career development. Individual golfers, \$250; foursomes, \$900. Includes greens fees, cart, driving range, post tournament awards dinner, boxed lunch, contests, raffles, prizes, live and silent auction. Visit <http://tinyurl.com/forethekids2014> for more. For sponsorship opportunities, contact Amir Capriles at amir.capriles@microsoft.com or 703-362-6970.

SATURDAY-SUNDAY/OCT. 11-12

76th Annual Potomac Rose Society Rose Show. Saturday, 1-6 p.m. and Sunday, noon-4p.m. See roses and have your questions answered by rosarians. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

SATURDAY/OCT. 11

Centreville Day. 10 a.m.-5 p.m. Historic Centreville Park in the Centreville Historic District, 5714 Mt. Gilead Road. Food, crafters and other vendors, parade, entertainment and more. Visit www.centrevilleva.org/ for more.

Nova Community Fall Festival. 10 a.m.-4 p.m. at Manassas Campus of Northern Virginia Community College, 6901 Sudley Road. The festival offers entertainment and activities for all ages, including a car show, arts and crafts, food vendors and community information booths. Visit www.novafallfestival.com or contact 703-530-3077 for more.

Opening Art Reception. 8 p.m.-midnight at Epicure Café, 11104 Lee Highway, Fairfax. Spend an evening with artists and view a new art

exhibition titled "Fallen" curated by The Bunnyman Bridge Collective. The exhibit will be on display in the cafe until Dec.5. Visit www.epicurecafe.org for more.

SUNDAY/OCT. 12

Get Ready for Clifton Day. 9 a.m. - 5 p.m. Clifton. Food, live music, horseback rides, craft demonstrations, children's activities and more. Free admission. For directions and more information, visit www.cliftonday.com

Tea Party. 1:30-3 p.m. at Little Rocky Run recreation center, 13900 Stonefield Drive. Mia Saunders School of Ballet is hosting the Sugar Plum Fairy Tea Party.

This event is appropriate for children ages 3 and up. Ballet dancers will entertain and refreshments will be served. Reservations are required. Tickets \$10. Contact Jo Ellen Staub at jstaub28@gmail.com for more.

Fields of Fear Bonus Night. 7:30-11 p.m. (last admission at 10 p.m. or earlier if sold out.) Cox Farms, 15621 Braddock Road, Centreville. Haunted Cornightmare trail, Dark Side Hayride: Zombie Zoo, Firegrounds hangout with six-lane slide, bonfires, food and games. Visit www.fieldsoffear.com for more.

FRIDAY-SUNDAY/OCT. 16-19

Used Book Sale. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.- 5 p.m. Sunday, 1-3 p.m. at the Centreville Regional Library, 14200 St. Thousands of books, both fiction and nonfiction, will be sold. Plus, a limited number of CDs and DVDs will be offered at bargain prices. Visit Friendsofcentrevillelibrary.bogspot.com or contact 703-830-2223 for more.

FRIDAY-SUNDAY/OCT. 17-19

19th Annual Craftsman's Fall Classic Art & Craft Festival. 10 a.m.-6 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftspeople from across America. Visit www.gilmoreshows.com/craftsmens_classics_chantilly_fall.shtml. **FreedomWalk Festival.** The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit www.rosslynva.org/do for more.

SATURDAY/OCT. 18

Fairfax County Police Department K-9 Krawl 5K. Check-in begins at 8:30 a.m., walk begins at 9 a.m. Fairfax County Government Center (parking lot C), 12000 Government Centre Parkway, Fairfax. Join to bring awareness to the connection between animal cruelty and the link to domestic violence. To register please visit <https://www.surveymonkey.com/s/FCPD2014K9KRAWL>. **REV3 Adventure.** 10 a.m. at Fountainhead Regional Park, 10875 Hampton Road. Test stamina and Benefit Centreville High School Athletics.

Trail runners, mountain bikers or anyone who enjoys both can race. Visit www.rev3adventure.com/race/fall-foliage-trail-series-trail-run-mountain-bike for more.

Fall Magic with Trees and Shrubs. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Bring out the best in the garden. Michael Fahey will introduce a wide variety of trees and shrubs with dazzling leaves. Call 703-968-9600 or visit merrifieldgardencenter.com for more. **Historic Hallows Eve.** 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with storytelling, fortune telling, fall foods and family gatherings. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/OCT. 19

The Circus Life Festival. 11 a.m.-7 p.m. The Winery at Bull Run, 15950 Lee Highway, Centreville. Grape stomping and bands. Net proceeds benefit Meant to Live Foundation and Cancer Can Rock. Bring lawn chairs and blankets. Visit www.bullrunwinery.com for more.

TUESDAY/OCT. 21

First Rehearsal for the Herndon Regional Wind Ensemble. 7-9 p.m. Herndon Middle School, 901 Locust St, Herndon. The band is looking for new members and will offer a series of free public concerts throughout the year. Email herndonregionalwindensemble@gmail.com.

SATURDAY/OCT. 25

Air and Scare. 2-7 p.m. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. See the spooky side of air and space at the annual Halloween event. Arrive in costume for safe indoor trick-or-treating, creepy crafts, spooky science experiments and other Halloween-themed activities. Visit <http://airandspace.si.edu/events/air-and-scare/>.

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