

December 4-10, $\overline{2014}$

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News



Tara Gerhard is the Sully District Station's crime prevention officer.



From left are 1st Lt. Jason Travis of the Sheriff's Office, and police crime prevention officers Tara Gerhard and Wayne Twombly.



Virginia State Police Sgt. Robert Alessi makes a point.

Get the 411 on Public Safety

Local, state police, plus sheriff's representative, explain their jobs.

By Bonnie Hobbs The Connection

n western Fairfax County, the entities protecting local residents include of ficers from the Fair Oaks and Sully District police stations, the Sheriff's Office and the Virginia State Police. Representatives gathered recently in Chantilly to explain what they do.

STATE POLICE

First to speak was Sgt. Robert Alessi of the state police. "We're responsible for the I-66 Corridor from the Beltway to the Fauquier County Line," he said. "We've posted troopers daily on I-66 [west] at Route 28 to enforce against people cutting in at the last minute [to exit there], and it has cut down on the amount of accidents tremendously."

He noted that, once a quarter, the state police make a special effort to crack down on aggressive drivers, people speeding and motorists driving in the red-X lanes on I-66. And, he said, "We've increased DUI enforcement 100 percent over the year before, so the troopers are really pounding the pavement and working hard."

Alessi said a trooper is assigned to Fairfax County Public Schools. He attends meetings and shows displays emphasizing safety, and he's visiting all 158 schools during the school year. Alessi also said people in this area are fortunate because "the support you get in this area from the state, county and local police is amazing, compared to other parts of the state."

FAIR OAKS STATION

MPO Wayne Twombly is the crime prevention officer at the Fair Oaks District Station. "Like Sully, Fair Oaks has plenty of neighborhoods with speeding issues and we have two officers dedicated just to traffic," he said. "We put out sign message-boards

and speed signs and write lots of tickets. We also have 'Click It or Ticket' campaigns to remind people of the importance of wearing their seat belts."

The police "Slow Down" program began in August. Under it, residents may contact their local supervisor and obtain signs to put in their yards saying, "Slow down; we live here, you live here." And recently, officers did a pedestrian-safety event at the Vienna Metro Station to encourage people to use the crosswalks.

Twombly said the police promote the use of Sober Ride during holidays and pass out the organization's flyers to restaurants and bars to encourage people to call a taxi when they've had too much to drink.

"We want them not to drink alcohol and drive," he said. "And four times a year, we do shoulder taps at businesses, sending underage cadets into a business to buy alcohol. Businesses should ask for their age and ID."

SULLY DISTRICT STATION

Tara Gerhard, crime prevention officer at the Sully District Station, said the Police Department's crime-mapping app "provides real-time data so you can see all the different crimes going on around you right now. Or you can check a particular type of crime within a certain [geographic] area, or check for crimes happening within a certain time period."

Similarly, Twombly said people may also use that app to click on the police helicopter to see why it was flying in their neighborhood, the night before.

"You can gather your own crime statistics with this app," added Gerhard. "We also have a daily blog with crime reports telling what's happening throughout the County."

She said the Sully District police protect local residents in many ways. For example, said Gerhard, "We had an all-hands-on-deck in April, with 56 officers all working at the

same time. We have six officers dedicated to traffic enforcement and, with the holidays coming up, they'll be focusing on DUIs."

The Sully District Station has held seniorcitizen safety seminars, including one on how to avoid being a victim of financial crimes. Officers also did VIN etching on vehicles and participated in the K-9 Krawl. October was Teen Safe-Driving Awareness Month, and November brought a distracteddriving seminar.

Emergency preparedness was the topic of the November Citizens Advisory committee meeting, and December is the time for the annual Santa's Ride, when the station gathers toys for children in the hospital and those from families in need.

SHERIFF'S OFFICE

Representing the county Sheriff's Office was 1st Lt. Jason Travis, who supervises the Civil Enforcement Section. "I'm in charge of our Project Lifesaver program," he said. "We look out for children with autism or Down Syndrome and adults with Alzheimer's or dementia."

"We ask for a \$25/month donation and we put a special bracelet on them," said Travis. "Then if they go missing, our deputies find them quickly. We have 50-60 clients now and 50 on a waiting list; by next year, we'll probably have 150 clients."

He said members of the Sheriff's Office work in the courts, Adult Detention Center and civil enforcement. There are 529 sworn deputies and about 96 civilian personnel. "I have 27 deputies, including me, plus six civilians, in Civil Enforcement," said Travis. "We serve 200,000 papers/year and 800/day – everything from evictions to summonses, document requests, subpoenas, capiases [failure to appear in court], requests for information, etc."

"We serve about 4,200 eviction notices a year, plus 1,800 lock changes a year related



MPO Wayne Twombly wants speeding drivers to slow down.



Sheriff's Office 1st Lt. Jason Travis listens.

to evictions" he continued. "We're responsible for serving protective orders in case of domestic violence, and many are served immediately. We average about 900 domestic-violence cases/year – four or five a day." In fact, said Travis, Juvenile and Domestic Relations Court added an afternoon court to handle some of the protective-order cases

In addition, he said, sheriff's deputies perform child safety seat inspections, one Saturday a month, at the county courthouse, plus child ID events. And they participate in Santa's Ride, as well as Shop with a Sheriff, during which they take homeless families shopping for school clothes and supplies

"We also go after owed, personal-property taxes — especially vehicle taxes," said Travis. "We return \$1 million in unpaid taxes/year to the county — \$4,000/day. We'll boot the car and, if the taxes aren't paid, we'll sell it."

ROUNDUPS

Truckers Cited for Violations

Law-enforcement officers stopped and inspected 11 trucks, last Tuesday, Nov. 25, in the 5800 block of Old Centreville Road in Centreville. Five vehicles were taken out of service and 56 total violations were found. Eight out-of-service violations and 11 summonses were issued.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Dec. 4 and Dec. 18, 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.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of canned fruits and vegetables (except for green beans), cereal, canned pasta, crackers, canned tomatoes, pancake mix, rice and noodle mixes, cooking oil, Jello, and canned tuna and chicken. Also needed are toiletries, which WFCM clients cannot purchase with food stamps. Especially needed are toothpaste, bars of soap 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@wfcmva.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 even volunteer to serve during emergencies.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Helping Immigrant Children

The Centreville Labor Resource Center (CLRC) is collecting donations for the 70 immigrant children and 15 young mothers being housed at a secure facility in Bristow while awaiting hearings. The children need health and hygiene supplies, clothing and bedding. Donations may be brought to CLRC, 5956 Centreville Crest Lane in Centreville. Especially needed are clothing and underwear for both boys and girls, ages 7-17; white towels, twinsized blankets, sheets and bedspreads; new pillows and personal-hygiene products including shampoo, conditioner, hand soap, lotion, deodorant, hair brushes and accessories, tooth paste and toothbrushes, and disposable diapers.

For more information call CLRC Director Roberto Fernández at 703-543-6272, Monday through Saturday, 6 a.m.-noon, or Foltz at 703-346-6030.

News



Chantilly High's lacrosse team volunteered to do ONC's warehouse clean-up.

Getting Ready for Holidays

Our Neighbor's Child gives clothing, toys to local families in need.

By Kelly Lavin Executive Director Our Neighbor's Child

here are currently 1,784 children who live in Centreville, Chantilly and Fairfax (west of Fair Oaks Mall) who have been referred to Our Neighbor's Child for holiday assistance. That's a far cry from the 15 children we began serving in 1991.

We live in Fairfax County, one of the wealthiest communities in the United States, but it's expensive for low-income families to live here. The gap between the "haves" and "have nots" is widening and, as a community, we have the ability to pull together and help bridge that gap – especially during the holidays.

Seeking Help The families on our list live in a variety of situations. Some are on our list for many years due to hardship that's not easily overcome, and some reach out for just one year. Some of those families

join us as volunteers once they've regained their financial footing.

This year, some of the families ONC will serve include a family protected in an abused women's shelter, a single mother with six children who recently moved to the area, and a longtime local family struggling with the illness of its main provider. There are many others.

Yet no matter their situation, parents are still concerned about holiday gifts for children of all ages – including those still enrolled in high school. And parents will often do whatever it takes to bring their children joy at the holidays, even if it means dipping into funds that should be reserved for January's rent or electric bills. We're glad to help reduce some of this stress and quite possibly reduce some of the need for emergency assistance for these families in the new year. So we hope people will check out the How-to-Help box and join the effort – their help will be greatly

appreciated.

The all-volunteer, ONC team has enjoyed incredible consistency over the years. This season, two long-time volunteers will celebrate 20 years with the organization. Karen Moore is still the organization's treasurer. Jenny (Lorentzen) Bowen started with ONC when she was a 17-year-old senior at Centreville High School, and she's still the face at our front desk. Several others are nearing that milestone, and more than half have worked with the organization for 10 years or more.

Our Neighbor's Child credits its long-term success to volunteers like these and the churches, schools and businesses that pledge their support and continue to return, year after year. We believe this consistent support is the key to providing peace of mind

See Our Neighbor's Child, Page 4



Virginia Run's Beth Cleveland (left) and daughter Megan, a 2008 Westfield High grad, give out batteries for the toys during last year's ONC packaging day.

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www.ConnectionNewspapers.com

News



Ourisman's Bob Biagi and Bob Hager, plus Centreville, Westfield and Chantilly high school students unload bikes for ONC to deliver to local children in need. Ourisman has donated the truck to pick up the bikes for the last five years.



Westfield High's football team unloads ONC trucks on Monday for the 12th year.

Our Neighbor's Child Prepares for Holidays



Leslie Dominy and Mickey McDermott take a break to pose with a penguin. They make sure the right gifts go into the right bags and check that they're labeled with each family's ID number, plus how many bags they're receiving.

From Page 3

(at least at the holidays) to the community's struggling families.

My greatest concern is that people will see our operation and mistakenly believe we're so set that we'd be all right without them. But it's because we can count on help from the community each year that we're still here.

I'm worried that some of the churches will forget what it was like 23 years ago before we started ONC. At that time, families in need would go from church to church seeking assistance, and no church was really sure if they were duplicating the other's efforts.

If ONC were to lose the support of the community, we simply couldn't do it. With the growth of our community, this would bring more than 800 families to the doors of local churches or schools at the holiday season, desperate for help. We hope we never need to go back to that. ONC is committed to help coordinate this effort – we just need everyone to do his or her part.

Requests for clothing items (over toys) are greater than ever this year. If you are considering the purchase of a gift for a local child, the 1,784 children currently on ONC's list break down as follows:

Under age 1: 63

Age 1: 76

Age 2: 91 Age 3: 78

Age 4: 115

Age 5: 99 Age 6: 140

Age 7: 143

Age 8: 131

Age 9: 143 Age 10: 130

Age 11: 102

Age 12: 97

Age 13: 86 Age 14: 79

Age 15: 74 Age 16: 73

Age 17: 56 Age 18: 7 We really appreciate the more than 45 businesses, schools and churches who agree to take ornament wishes for these children. ONC doesn't put out ornament requests for gift cards, but we've received 451 gift card

If you, your company or social group could help provide some of these gift cards – or donations to purchase them – it would be wonderful. ONC uses every penny to purchase gifts for a child in need. Not a cent goes toward overhead, salaries or anything else. Our founding partners provide any expenses outside of gifts.

requests from teenagers for clothing items.

We are all grateful to live in a community that truly cares about its neighbors and the children who all deserve a holiday season full of joy. Please lend a hand to help make this season brighter for them.

> Photo by Bonnie Hobbs/ The Connection

How To Help

❖ Visit the ONC website at www.ourneighborschild.org for volunteer opportunities and "adopt-a-family" information. Volunteers are currently needed on the following dates:

Warehouse Set Up: Sunday, Dec. 7 Packaging Day: Thursday, Dec.12 Cookie Baking: Thursday, Dec. 12 Delivery Day: Sunday, Dec. 14

Warehouse Clean-Up: Wednesday, Dec. 17 Clothing Coordinator Stephanie Somers still has 117 (of more than 1,000) clothing items on her list and would love to hear from anyone who'd be willing to "adopt" a child or family's clothing wishes. Please contact her at Volunteer@ourneighborschild.org.

* Provide a toy, a book or clothing – contact ONC at Volunteer@ourneighborschild.org. Or bring an item for a child on its list to Stone Middle School, this Saturday, Dec. 6, from 9 a.m.-noon, during the annual Panther Drop-Off to support ONC. Or select an ornament from the ONC Giving Trees at the Wal-Mart Fair Lakes or Wal-Mart Chantilly.

Our Neighbor's Child (ONC) is now in its 23rd year of bringing holiday joy to financially struggling local families. But it can't provide all the clothes, toys and cookies to all the people in need without the help and generosity of the community. It's an all-volunteer, nonprofit group founded by Executive Director Kelly Lavin of Centreville.



Chantilly SGA students helped unload gifts from churches, schools and businesses this week.

News



From left are Adam LeKang as Batman, Jason Saitta as Spider-Man and **Thatcher Furgerson** as The Red Power Ranger.

> Photo Courtesy of Shannon Khatcheressian

Festival To Entertain Children

hantilly High's Peer Helping class will be at 10 a.m. in the Chantilly theater. Admission is one, hosting a "Superheroes and Princess Frozen Festival" for children. The fun will happen on Saturday, Dec. 13, when the cafeteria is turned into a winter wonderland. There'll be super heroes and Disney princess, Santa, children's activities, games and food, plus music provided by the Rocky Run Middle School band and choir.

The games and activities will run from 8:30-10 a.m., followed by a showing of the movie, "Frozen,"

new, unwrapped toy per guest to be donated to Toys

Children will be able to meet their favorite cartoon and movie characters, including Spiderman, Superman, Batman, Power Rangers, Anna, Elsa, Snow White, Cinderella and Belle.

They may also have their photos taken with Santa. information, more www.toysfortotsmovieevent.com.









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OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

uring the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student's original ideas. Here

are some suggestions:

Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Short answers (50 to 100 words) to some of the following questions: If EDITORIAL you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

* News stories from school newspapers.

Photos and text about activities or events. We welcome contributions from public and private schools, individuals homeschoolers.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children's

editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

- MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Chantilly

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CYA Helps Santa Deliver Holiday Cheer

ant to help spread the holiday spirit? Chantilly Youth Association (CYA) is looking for wouldbe Elves and Santa's Helpers-intraining to help make the season brighter for children fighting can-

CYA is again helping DC Candlelighters Childhood Cancer Foundation provide gifts for the annual Pediatric Oncology Holiday Party. "Last year, CYA collected 325 gifts for the party," CYA President Mark Abbott said. "We hope to at least match that number this year."

Unwrapped gifts can be brought to the CYA Office, located next to Cassel's Sports and Awards at 13996 Park Center Rd, Herndon, by Dec. 8. If no one is in CYA office, donations can be dropped off at Cassel's.

Gifts valued at \$20 - \$25 are needed for children of all ages from infants to teens. "We set a limit on the value because we want all of the kids to get nice gifts, but nothing over-the-top that would make one child feel extra-special, while others might think Santa didn't like them as well," Abbott

"Many of the kids who come to this party are immune-compromised, so going to the mall to see Santa really isn't an option," said DC Candlelighters' Meg Lawless Crossett, who is organizing the annual event with Growing Hope, another group offering support to families affected by childhood cancer. "This party may be the only chance they get to sit on Santa's lap and have that keepsake photo



From left: Connie Connor, Mrs. Claus; Mike Buhr, dad; Santa (Scott Lock); Jeannie Buhr, mom; and Ava Buhr.

taken this year."

Gifts are provided for all of the cancer." children in a family, not just the child with cancer. "People don't always realize how hard it is for brothers and sisters," Crossett said. "They have to deal with a lot of uncertainty in their lives. This party gives everyone in the family

Elves and helpers are also needed to wrap the gifts on Saturday, Dec. 13 from 9 a.m. to noon, and to help deliver the gifts to Inova Fairfax Hospital the morning of Sunday, Dec. 14. Families who would like to volunteer to

a chance to relax and forget about help with wrapping and/or delivering gifts should send a note to Abbott ExecDirector@ChantillyYouth.org.

"This is an easy way to have a terrific impact on a child with cancer, and make the Holiday Season more meaningful for our own families, too," Abbott said.

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.

HOLIDAY GIVING

Families in Crisis Program Seeks Gift Cards. The Families in Crisis program at Westfield works with counselors to support current WHS families facing immediate financial hardships and is seeking donations of gift cards in any \$5 increment. Large donations should be split among multiple smaller denomination cards, as opposed to one large one. Send any donations to the main office or mail to: WHS-Families in Crisis, Attn: Meg Crossett, 4700 Stonecroft Boulevard, Chantilly.

SATURDAY/DEC. 6

Christmas VBS. 10 a.m. -2 p.m. at Pender United Methodist Church, 12401 Alder Woods Drive, Fairfax. Children will have wonderful time learning about the true meaning of Christmas while moving through different rotations of Christmas story, craft, music and recreation. Tickets are \$10 per child. Visit www.penderumc.org/christmasvbs.

SUNDAY/DEC. 7

Annual Fundraising Gala. 7 p.m. at Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. The evening program will feature international entertainer Daniel Cainer. Trustee Members celebrating five years of giving will be honored and the Eleanor Sue Finkelstein Award for Special Needs will be presented to

lost (adj): 1. unable to find

the way. 2. not appreciated or understood. 3. no longer

owned or known

Adopt

Donate

Volunteer

lostdogandcatrescue.org

Jerry Hulick, Tickets are \$218, Visit www.jccnv.org for more.

TUESDAY/DEC. 9

Club. 7:30 p.m. at 4212-C Technology Court · Chantilly. This is a "pot-luck" style book club that meets every other second Tuesday of the month. Open to all women. Bring a drink or appetizer to share.

Temple Beth Torah Ladies' Book

Discussing "The History of Love" by Nicole Krauss. Call Jennifer Harding 703-217-8938 or visit www.BethTorah.net.

Telephone Support Group. 7-8 p.m. on the second Tuesday of the month. For family caregivers of older adults. Discuss "The Good, the Bad and the Ugly-Caregiving with Family and Friends." Share experiences, gain support and get information without travel. Free. www.fairfaxcounty.gov/ dfs/olderadultservices/

WEDNESDAY/DEC. 10

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

MONDAY-TUESDAY/DEC. 15-16 Mental Health First Aid. 8:30 a.m.

1:30 p.m. at the Pennino Building, 12011 Government Center Parkway, Fairfax. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a twoday course, certified instructors help people learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscode/ ereg/Registration.aspx?groupID=47.

TUESDAY/MARCH 3

Listening Tour. 6:30 p.m. at Chantilly High School, 4201 Stringfellow Road. Fairfax County Public Schools Superintendent Karen K. Garza will hold a series of listening tours during the 2014-15 school year, and invites students, parents, employees and community members to participate in these upcoming sessions. Visit www.fcps.edu/news/listening-2014-15.shtml for more.

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 Hour years. Ornaments cost \$20 and proceeds benefit charity. Order by calling 703-378-6841 or 703-378-6216.





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www.VirginiaCremate.com

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SATURDAY, DECEMBER 13 - 8:30 AM CHANTILLY HIGH SCHOOL

FREE admission for each guest that donates at least one new, unwrapped toy or money for Toys for Tots!

Join us for a Superhero and Princess Frozen Festival!







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- Meet and Greet Marines
- Free Holiday Gifts and Prizes
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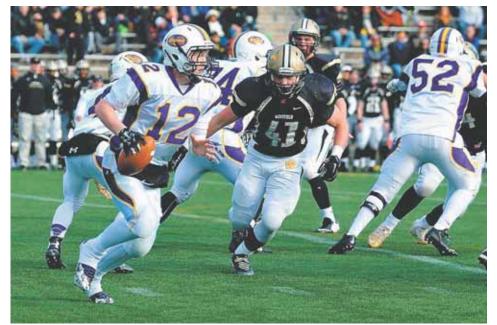
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We do MORE than sell great homes!



Sports



Westfield linebacker Jack Clancy (41) sets his sights on stopping Lake Braddock quarterback Kyle Edwards during the 6A North region semifinals on Nov. 29.



hotos by Louise Krafft/The Connection

Westfield quarterback Mason Scoville threw three touchdown passes against Lake Braddock in the region semifinals on Nov. 29.

Westfield Throttles Lake Braddock in Region Semifinals

Bulldogs will face Centreville in region final rematch.

By Jon Roetman
The Connection

acing third-and-11 on the third play from scrimmage, Lake Braddock quarterback Kyle Edwards retreated toward his own end zone, trying desperately to find a place to throw the football while eluding a pack of Westfield defenders.

As the Bulldogs closed in, Edwards attempted to get rid of the football, but Westfield defensive lineman Brandon Flores tipped the pass in the air. The ball dropped into the arms of linebacker Jack Clancy, who stepped into the end zone for a touchdown.

Edwards' interception placed Lake Braddock in a 7-0 hole less than 90 seconds into Saturday's 6A North region semifinal contest. It turned out to be the first in a long line of Bruin miscues.

Lake Braddock turned the ball over three times in the opening quarter, leading to a pair of Westfield touchdowns and the Bulldogs cruised to a 42-20 victory on Nov. 29 at Westfield High School. It was the second year in row Westfield beat Lake Braddock in the region semifinals.

The Bulldogs led 35-0 at halftime and 42-0 in the fourth quarter before the Bruins scored a trio of late touchdowns to make the score appear closer than it actually was.

Westfield's lone loss of the season was a 36-23 defeat against Lake Braddock on Sept. 19. On Saturday, the Bulldogs pounded the Bruins and earned a trip to their fourth consecutive region championship game. Westfield (12-1) will travel to face defending state champion Centreville (11-2) at 2 p.m. on Saturday, Dec. 6.

Things couldn't have started much worse

for Lake Braddock. After the Bruins' first drive ended with a pick-six, Lake Braddock's second drive reached the red zone, but Edwards was intercepted in the end zone by Westfield's Donteiro Moore.

After the Lake Braddock defense forced a three-and-out, a 68-yard Westfield punt pinned the Bruins back at their own 3-yard line. Edwards fumbled on the next play and the Bulldogs recovered, leading to a 2-yard touchdown run by Evan Gray and a 14-0 Westfield advantage.

"It was huge because their quarterback, as everybody knows, is one of the best in the state, honestly," Westfield linebacker Clancy said of the Bulldogs forcing three first-quarter turnovers. "I'm just proud of our defense."

Lake Braddock turned the ball over three times in its first 12 offensive plays.

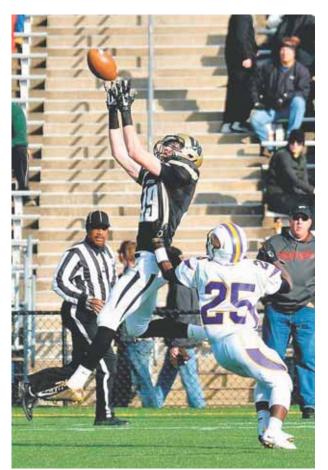
"We jumped on them really quick there at the beginning," Westfield head coach Kyle Simmons said. "That certainly gave us some momentum and I'm sure it made them, offensively, feel a little uneasy. That was a big start for us."

Facing third-and-20 at its own 10 during its ensuing possession, Lake Braddock elected to quick kick, giving Westfield the ball at its own 48. Five plays later, running back Terrell

Bethea scampered 36 yards for a touchdown a 21-0 lead.

On the second play of the second quarter, Westfield quarterback Mason Scoville connected with Hank Johnson for a 34-yard touchdown and a 28-0 advantage.

Scoville connected with Tyler Scanlon for a 2-yard touchdown with 4:17 left in the first half, increasing the Bulldogs' lead to 35-0. Westfield's final touchdown came with 10:27 remaining in the fourth quarter, when Scoville hit Scanlon with a 19-yard pass,



Westfield receiver Hank Johnson makes a leaping attempt for the ball during the Bulldogs' 42-20 victory over Lake Braddock on Nov. 29.

giving the Bulldogs a 42-0 lead.

Scoville completed 9 of 10 passes for 104 yards and three touchdowns.

"When he's comfortable and he's playing well," Simmons said of Scoville, "we're at our best."

Terrell Monticue led the Westfield ground attack with 72 yards on three carries. Bethea rushed seven times for 50 yards and Gray carried 11 times for 43 yards.

"Last week, we struggled a little [on offense], bit but we fought through it in the

second half," Scoville said. "This week, we were going pretty well."

Running back Dejoun Lee scored three touchdowns for Lake Braddock. Edwards completed 29 of 58 passes for 382 yards. He was sacked six times and limited to 10 yards on the ground on 16 carries.

The win sets up a region final rematch with Centreville, which beat the Bulldogs 35-14 last season on its way to a state title and an undefeated record. Westfield won the regular-season meeting between the teams this season, 42-41, in double overtime on Oct. 10.

Centreville is a talented team with multiple players committed to play at the Division I level. The Wildcats ended last season nationally ranked and opened this year with a nationally televised game against Gonzaga, a private school in Washington, D.C. Despite Centreville's credentials, Westfield safety James Gibson, who is committed to play for Army, said he's pleased to be facing the Wildcats.

"We beat them before, I think we can definitely do it again," Gibson said. "I'm just happy that it's Centreville. We know those guys and it's going to be fun. A lot of people think they're unstoppable. They had that game on ESPN. We know them. We know our strengths, we know we

can beat them. I'm not worried about any of their commits or anything like that. That's what a lot of people say: When you play a team like Centreville, you have to worry about [their commits]. We're just going to play."

Simmons views Westfield as the underdog.

"I don't think anybody gives us a shot at winning the football game," Simmons said, "but we think we can win it, so I figure we'll show up and play."

SCHOOLS



The Giving Tree

Poplar Tree Elementary School Assistant Principal Holly Walker and Principal Sharon Williams gather with SCA representatives and officers in front of the school's annual Giving Tree and Toy Drive.

SCHOOL NOTES

Email announcements to chantilly@ connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Chantilly SGA will be having a wrapping paper drive through Dec. 4 for Our Neighbors Child which is a nonprofit organization that provides resources such as holiday wrapping paper and gifts for underprivileged families in our local community around

the holidays. There is a drop off box in the front office. Students can receive NHS service hours for donating wrapping paper.

Student publications from five Fairfax County public schools won honors at the Journalism Education Association -National Scholastic Press Association's National High School Journalism Convention last week in Washington, D.C.

Chantilly High School's yearbook "Odyssey" won eighth place, Best of Show in the category Yearbook 325 or More Pages; Mary Kay Downes,

More than 6,200 students and teachers from around the country attended the convention to participate in educational workshops and contests. Pulitzer Prize winner and investigative reporter Bob Woodward delivered the keynote address.



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Fees/Admission: Complimentary

Since It Ain't Broken...

By KENNETH B. LOURIE

Apparently, at least in the near term, we're (meaning my oncologist) not going to fix it. And by fix it, I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-thanhoped-for creatinine levels, (which led to a one week's delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought - to quote my deceased father, "that the idea had merit." And it does have merit and my oncologist has always been concerned about the effect. In fact, per his orders, I had seen a nephrologist (a kidney specialist) a few years back. After examining me on multiple appointments, the doctor suggested there was no real need for a return appointment. Though my creatinine levels were abnormally high, her assessment was, considering my pre-cancer/pre-chemotherapy lab work history had been normal, it would likely go back down if we stopped chemotherapy; but since it's highly unlikely that we'll be stopping chemotherapy, given my diagnosis, there was nothing to be done other than watching and managing the levels as my oncologist has been doing. And that's what we've done and I've not been back to see her since.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme/point of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on/in as semi usual. And thus begins, according to my oncologist, my new normal: I will continue to be scheduled for infusion every three weeks with my prechemotherapy lab work completed the Wednesday before the Friday. If my creatinine levels are high, we'll delay, and reschedule the infusion for a week later as happened during this past interval. Now, we didn't discuss what schedule we'd follow if abnormal creatinine levels persist. As has been established during previous conversations between Team Lourie and my oncologist, scenario questions are not helpful and we rarely venture into any what-ifs/what-abouts until absolutely necessary.

But what we did discuss at this last appointment was my future, a little bit. Considering the "shrinkage" written about in last week's column, my oncologist was very encouraged and characterized my treatment going forward as something we're going to be doing for awhile. But he said it so matter-offact, that we sort of took it for granted. He didn't really fuss about it and we didn't either. He said it. He didn't really emphasize it. But he meant it. It was all good, that's for

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired/been said. It was certainly news with which we could live and that's what we intend to do. I'm not about to look a gift oncologist in the mouth. Since nothing seems broken, I'm not looking to fix anything.

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

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Diffuse Holiday Tensions

Local experts offer ideas to handle family dynamics.

WELLBEING

BY MARILYN CAMPBELL THE CONNECTION

ast month, Linda and Tom Bullen traveled from Boston to Arlington, to celebrate Thanksgiving with their son Matt, daughter Rachel and her partner Grace Knight.

But Rachel Bullen, who spent weeks creating a menu and coordinating a table setting that would please even Martha Stewart, was deflated by one question from her

"Do you think you might be eating too many carbs?" Linda Bullen asked as her daughter scooped up a second helping of potatoes.

"What I eat is none of your business," Rachel Bullen responded. She spent the rest of meal fuming in silence and feeling humiliated in front of her partner and brother.

Family dynamics — and the drama that often ensues - are often unwelcome, but frequent guests at family gatherings during the holiday season. While spending time with family can be a source of comfort, it can also be fraught with anxiety. And the more people and dynamics involved, the more effort it takes to create or maintain harmony.

"During the holidays, people who live far apart and are not part of one another's daily lives often come together," said Stacie B. Isenberg, Psy.D. "As a result ... people cover lot of territory, catching up in a short amount of time, instead of gradually as things naturally happen throughout the year. People give opinions without understanding all of the details."

Being aware of the feelings and emotions of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that might say or decide not to say."

For example, Linda Bullen was concerned about her daughter's weight.

"Rachel recently lost about 25 pounds," she said. "As a teenager she'd been overweight and had self-esteem issues." She thought she was being a supportive and helpful mother.

"When family members are sensitive to each other's feelings, they think before they speak about how what they say might affect another person's feelings," Knapp said. "Even innocent comments or questions can damage a relationship when we speak from our own perspective and don't consider what another person might be feeling."

The pressure to create a perfect holiday can exacerbate pre-existing difficulties as

"People are often stressed during the holi-

days, especially those preparing meals, having out of town guests staying in their homes," said Isenberg. "Guests can be stressed too, as they are staying in someone else's home, don't have their own space, and are operating according to someone else's agenda. So tensions are already higher, and patience is shorter."

The ability to be flexible and recognize that even the most organized plans can fall apart, will reduce pressure as well, said Pamela Daniels, a licensed clinical social worker and psychotherapist based in Lorton. "Flexibility allows us to roll with the punches," she said. "Rigidity can be a recipe for disaster, especially during the holidays."

FAMILY MEMBERS can help ease tension by expressing their needs up front.

"Some people just have a need to feel appreciated," said Knapp. "Everyone has different needs, but others, including family members won't know those needs unless we tell them."

Rachel Bullen needed her mother to recognize and validate the effort that she'd put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept

"I've always seen my mother as thin, beautiful and the perfect hostess," said Rachel Bullen. "And she can always find something wrong with everything that I do, but she can find no wrong with my brother."

Recognizing that such old patterns and dynamics may be rekindled during big gatherings can help family members navigate difficult relationships.

"Even though there may be months or even years between visits, people's triggers and sensitivities are the same unless they've previously worked through them with their family members and reached an understanding about the best ways for them to interact," said Isenberg. "The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so."

Prior to spending time with family, she suggested, it's a good idea to think about the actions, words or situations that ignite tensions and decide how they can be

"Consider topics to discuss with certain family members and how you will politely steer away from topics you'd rather not discuss," Isenberg explained. "If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don't feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire."

Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. "Hopefully Christmas will be less tense," she said. "If not this Christmas, then

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ONGOING

Polar Bear Reading Club. Saturday, Dec. 6-Saturday, Jan. 31. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Read any five books between Dec. 6 and Jan. 31 and get a prize. Up to Grade 6. www.fairfaxcounty.gov/library/branches/ce/ or 703-830-2223.

Lights Festival. Thrugh Sunday, Jan. 4 at 7700 Bull Run Drive, Centreville. Almost two and a half miles of light displays and a Holiday Village to celebrate the season. Visit www.bullrunfestivaloflights.com.

Workbook on Display. 9 a.m.-5 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. The exhibit is open through January 2015, in the park's visitor center and admission is free. The highlight of the exhibit is an original workbook created by Lewis H. Machen who purchased Walney in 1843 and lived there until his death in 1863. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

Exhibit of Colorful Nutcrackers at Historic Sully. Through Jan. 31. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an array of nutcrackers, both old and new, in a colorful case exhibit. This holiday exhibit is included in a guided tour of the 1794 house. Sully, the home of Richard Bland Lee, northern Virginia's first congressman, will be decorated for the holiday season from Dec. 3-22. 703-437-1794 or

visit www.fairfaxcounty.gov/parks/

THURSDAY/DEC. 4

The End (Or Is It?) Book Group.

7:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Book discussion for 5th and 6th grade students. December's title is "Mockingbird" by Kathryn Erskine. www.fairfaxcounty.gov/library/branches/ch/ or 703-502-3883.

FRIDAY/DEC. 5

PJ Library Book Buddies

Storytime. 11:30 a.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Moms, dads, grandparents, caregivers and children who loves books are welcome to join for stories and fun that relate to the jewish culture, traditions and holidays. www.fairfaxcounty.gov/library/branches/ch/ or 703-502-3883

Ready for School Storytime. 2 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Early literacy program for children ready to be on their own without caregivers or siblings. Age 4-5. www.fairfaxcounty.gov/library/branches/ch/ or 703-502-3883.

FRIDAY-SUNDAY/DEC.5-7

Christmas Musical Drama. 7:30

p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Enjoy the musical drama, "The Gift" depicting the story of a soldier and family at the end of WW II. Call 703-383-1170 for more.

Holiday Performance. Friday, 7:30 p.m. and Saturday and Sunday, 3 p.m. at Mountain View High School,

5775 Spindle Court, Centreville. Enjoy "Twas the Night Before Christmas" by special arrangement with Samuel French, followed by Christmas caroling, and an opportunity to sit with and take your own pictures with Santa. Visit TheAllianceTheatre.org for more.

SATURDAY/DEC. 6

Champagne Holiday Breakfast. 8 a.m.-2 p.m. at Judy Ryan of Fairfax,

9565 Braddock Road, Fairfax. Kick off the season with Judy Ryan of Fairfax. Enjoy a continental breakfast, complete with champagne and mimosas and storewide savings. Judy's elves will wrap gifts. Call 703-425-1855.

Decorating with Fresh Greens and Flowers. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. See how to use fresh cut pine, holly, cedar, boxwood, magnolia and other plants to fill a home with the fragrance and beauty of the season. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

Holiday Craft and Vendor Fair. 11 a.m.-3 p.m. at Brookfield Elementary, 4200 Lees Corner Road, Chantilly. Enjoy pictures with Santa and local craft vendors offering potential gift ideas. Contact 703- 814-8700.

St. Nicholas Workshop. 1-4 p.m. at Saint Raphael Orthodox Church, 4429 Brookfield Corporate Drive, Suite 500, Chantilly. Children can make crafts and gifts. Free, registration required. 703-426-8719.

Holiday Art Show. 2-6 p.m. at Clifton Town Meeting Hall, 12641 Chapel Road. Enjoy shopping for quality, original art, made entirely by Clifton artists. Visit www.artguildof clifton.org for more. English Conversation Group. 3:30 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. English conversation practice opportunity for adults learning English. Volunteer led program. www.fairfaxcounty.gov/library/branches/ce/ or 703-830-2223.

SUNDAY/DEC. 7

A Cathedral Brass Christmas. 4

p.m. Christ Presbyterian Church, 12410 Lee Jackson Memorial Highway, Fairfax. The concert features Christmas carols and other holiday favorites including Twas the Night Before Christmas, narrated by Alan Cole. Free, donations accepted. music@cpcfairfax.org or 703-346-3512.

MONDAY/DEC. 8

ESL Book Club. 7 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Adults learning English meet to discuss a book chosen by the group. www.fairfaxcounty.gov/library/ branches/ce/ or 703-830-2223.

TUESDAY/DEC. 9

LGBTQ Book Club. 4:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. A book discussion focusing on LGBTQ themes. Ask for title. Grades 9-12. www.fairfaxcounty.gov/library/

branches/ch/ or 703-502-3883.

Magic and Mayhem. 4:30 p.m.
Chantilly Regional Library, 4000
Stringfellow Road, Chantilly. A sci-fi/fantasy book discussion group for girls and boys. Discuss "Doll Bones" by Holly Black. For students in 6-8th

grade. www.fairfaxcounty.gov/

library/branches/ch/ or 703-502-3883.

WEDNESDAY/DEC. 10

A Novel Society. 7 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Holiday book exchange. www.fairfaxcounty.gov/ library/branches/ce/ or 703-830-2223

Holiday Beaded Jewelry Tutorial.
7 p.m. Chantilly Regional Library,
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www.fairfaxcounty.gov/library/
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Book Discussion. 7:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Adults. Ask for title. www.fairfaxcounty.gov/library/ branches/ch/ or 703-502-3883.

FRIDAY/DEC. 12

Holiday Book Sale. 10 a.m.-6 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Giftquality used book sale. All ages holiday book sale. www.fairfaxcounty.gov/library/

branches/ce/ or 703-830-2223.

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FRIDAY-SATURDAY/DEC. 12-13

Used Book Sale. 10 a.m.-6 p.m. at Centreville Regional Library, 14220 St. Germain Drive, Centreville. Books for all ages will be offered at bargain prices. The book sale is open to the public. Call 703-830-2223 for more.

FRIDAY-SUNDAY/ DEC. 12-14

Sugarloaf Crafts Festival. 10 a.m.-6p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. More than 250 of the nation's finest artisans will display and sell their handcrafted work. Visit www.sugarloafcrafts.com for more.

SATURDAY/DEC. 13

Holiday Book Sale. 10 a.m.-5 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Giftquality used book sale. All ages holiday book sale. www.fairfaxcounty.gov/library/ branches/ce/ or 703-830-2223.

Thriving Three to Fives. 10:30 a.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Stories and activities. Age 3-5 with adult. www.fairfaxcounty.gov/library/branches/ce/ or 703-830-2232

Kaleidoscope Storytime: An
Adaptive Storytime. 10:30 a.m.
Chantilly Regional Library, 4000
Stringfellow Road, Chantilly. Family
sensory storytime geared to children
on the autism spectrum and with
other developmental challenges.
Stories, songs and movement in a
welcoming atmosphere.
www.fairfaxcounty.gov/library/
branches/ch/ or 703-502-3883.

ESL Book Club. 11 a.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Adults learning English meet to discuss a book chosen by the group. Ask for title. www.fairfaxcounty.gov/library/ branches/ch/ or 703-502-3883.

Paws for Reading. 3 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Read aloud for a 15minute session with atherapy dogs. Bring own book or choose a book from the library. Age 5-12. www.fairfaxcounty.gov/library/ branches/ch/ or 703-502-3883.

CENTREVILLE

ity, call Karen at 703-917-6468

The Anglican Church of the Ascension



Traditional Anglican Services 1928 Book of Common Prayer 1940 Hymnal

Holy Communion 10 A.M. Sundays (with Church School and Nursery)

13941 Braddock Road, (north off Rte. 29) Centreville, VA 703-830-3176 • www.ascension-acc.org



many peoples, one body

We invite YOU to come connect with God this Sunday.

WORSHIP SERVICES Sundays at 9:15 am & 11:00 am

COMMUNITY GROUPS Sundays at 8:00, 9:15 & 11:00 am

15100 Lee Highway, Centreville, VA 20120 703-830-3333 www.cbcva.org



Centreville