

As Signora Bella, Jody Ellis juggles fire on a tightrope. She returns for this year's Centreville Day celebration.

Celebrate Centreville Day

SPECIAL SECTION, PAGE 7



FAIRFAX COUNTY FEDERATION OF TEACHERS

2015 FCPS SCHOOL BOARD ENDORSEMENTS

**Congratulations to these candidates,
as voted upon by our membership:**

AT-LARGE (ALL DISTRICTS) CANDIDATES:

Ryan McElveen
Ilryong Moon
Ted Velkoff

BRADDOCK DISTRICT CANDIDATE:

Megan McLaughlin

DRANESVILLE DISTRICT CANDIDATE:

Janie Strauss

HUNTER MILL DISTRICT CANDIDATE:

Pat Hynes

LEE DISTRICT CANDIDATE:

Tamara Derenak Kaufax

MASON DISTRICT CANDIDATE:

Sandy Evans

MT. VERNON DISTRICT CANDIDATE:

Karen Corbett Sanders

PROVIDENCE DISTRICT CANDIDATE:

Patty Reed

SPRINGFIELD DISTRICT CANDIDATE:

No endorsement

SULLY DISTRICT CANDIDATE:

Karen Keys-Gamarra



See more at:

fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

Paid Advertisement

Roundups

Fair Oaks Police Open House

The Fair Oaks District Police Station at 12300 Lee Jackson Memorial Hwy. will hold an open house this Saturday, Oct. 10, from 11 a.m.-4 p.m.

Learn about Hostage Negotiations

Hostage negotiations is the topic of the next meeting of the Sully District Police Station's Citizens Advisory Committee. It's set for Wednesday, Oct. 14, at 7:30 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Det. Doug Comfort will share firsthand examples of how police handle hostage incidents and how they're trained to respond.

Meet the Local Candidates

At Candidates Night, residents will have a chance to meet their local candidates for Sully District Supervisor and School Board, plus Fairfax County Supervisors Chairman, Commonwealth's Attorney, Sheriff and School Board members at-large. It's set for Wednesday, Oct. 28, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

The event is jointly sponsored by the Sully District Council of Citizens Associations, League of Woman Voters of the Fairfax Area, American Association of University Women of Virginia, Zeta Phi Beta Sorority Inc. and the Fairfax County Council of PTAs. All announced Sully District candidates running in Fairfax County have been invited to make brief statements and respond to questions.

The community is welcome to attend, as well as students and Scouts studying government or social science.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Oct. 15, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

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

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant.

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.

Learn about Police Department

Throughout the year, the Fairfax County Police Department will host a series of lectures as part of its 75th anniversary.

❖ Nov. 4 – Criminal Justice Academy, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/criminal-justice-academy-tickets-15374248792>

❖ Dec. 14 – Crisis Negotiations Team, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/fcpd-crisis-negotiations-team-tickets-15374274870>

News



Photos by Bonnie Hobbs/The Connection

Senior Court: (back row, from left) are Colin Meehan, Forrest Wagner, Zach Crenshaw, Peter Kim and Juan Patino, and (front row, from left) are Macy Parana, Emily Sciorra, Erica Wilder, Kelsey Irwin and Christie Xin.

Chantilly High's Homecoming Court

This is Chantilly High's Homecoming week, with various activities planned for each day. Monday, Oct. 5, when these Homecoming Court photos were taken, was Mismatched Clothes Day. This Thursday is the Homecoming Parade at 4:30 p.m. in Greenbriar. Friday is the big football game, followed by Saturday's "Glowcoming"-themed dance in the school gym.



Freshman Court: Erik Jilil and Lindsay Barnes.



Sophomore Court: Caleb Mitchell and Taylor Zampielo.



Junior Court: Zach Thurneysen and Katie Abt.

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hillary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Editorial

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be regis-

tered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Fairfax County School Board at Large (vote for 3); District School Board member; Soil and Water Conservation Board (vote for 3); School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required 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. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. 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 containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; Virginia Voter Photo ID Card obtained through any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

♦ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m.

Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

♦ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

♦ **Franconia Governmental Center** - 6121 Franconia Road, Community Room B, Alexandria, 22310

♦ **Mason Governmental Center** - 6507 Columbia Pike, Conference Room, Annandale, 22003

♦ **McLean Governmental Center** - 1437 Balls Hill Road, Community Room, McLean, 22101

♦ **Mount Vernon Governmental Center** - 2511 Parkers Lane, Conference Room A, Alexandria, 22306

♦ **North County Governmental Center** - 1801 Cameron Glen Drive, Community Rooms, Reston, 20190

♦ **Sully Governmental Center** - 4900 Stonecroft Blvd., Community Room, Chantilly, 20151

♦ **West Springfield Governmental Center** - 6140 Rolling Road, Community Room, Springfield, 22152

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.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

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

Letter to the Editor

Brings Understanding Of Schools

To the Editor:

Kathy Smith has been an advocate for children and families in Sully District for 20 years. First as a PTA president at Poplar Tree Elementary School, Rocky Run Middle School and Chantilly High School and then as the district's school board member, Kathy has always put children first. In getting to know so many people in our neighborhoods, she has listened and learned about their needs and wants. She has been able to find moderate and fair solutions through compromise and provided the leadership to keep

our schools strong, even while the school budget was decreased by half a billion dollars. While not all decisions were popular with everyone, Kathy always did what she felt was best for students.

Now Kathy is running for Sully District supervisor and I know she is the best candidate for the job. Having someone with her School Board experience on the Board of Supervisors will help ensure the school budget is funded properly. Good schools correlate to increased home values and put our children in position to get into good colleges and compete for great jobs in the future. Her knowledge of the community and her moderate views make her the most effective representative for Sully district.

Only 33 percent of people show

up to vote in non-presidential years. Local elections are as important, if not more important, as a national presidential election. After all, what happens on the local level affects our day-to-day lives more than what happens nationally. Let your voice be heard and

please show up at the polls on Nov. 3.

I will be proud to vote for my friend, Kathy Smith, for Sully supervisor on Nov. 3. I hope I can count on you to join me.

Terry Gross
Fairfax

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.

THROUGH FEB. 20
Deer Management Archery Program. Under the oversight

of the Fairfax County Police Department, in collaboration with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority, the archery program is conducted in parks and other locations throughout Fairfax County. Visit www.fairfaxcounty.gov/living/wildlife/archery/archery-program.htm.

See Bulletin, Page 15

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Blue Stars Are Better than Gold

Fairfax County's 146 Energy Star-certified schools make it the most energy-efficient district in the country.

By Tim Peterson
The Connection

In the last year and a half, Fairfax County Public Schools have been able to reduce the energy consumption in their buildings by 15 percent. That cut down resulted in savings of \$4.5 million, according to a release Sept. 25 by the school system.

February 2014 marked the beginning of a partnership between Fairfax County Public Schools and Cenergistic, an energy conservation program firm. Cenergistic analysts set out to evaluate county campuses and reduce operating costs by increasing efficiency.

According to Dr. Randy Hoff, chief executive officer of Cenergistic, the school system spends approximately \$34 million annually on utilities while operating its more than 200 campuses.

"It's a significant expense," Hoff said at the board's regular meeting on Sept. 24. He said the job is to "ensure we're eliminating waste and maintaining comfort in the buildings as well."

Hoff came before the board to announce not only the energy and money-saving accomplishments of the cooperative analysis, but that with 146 Energy Star-certified schools, Fairfax County had taken the lead as the most efficient district in the United States.

Los Angeles Unified School District was the previous leader with 142 schools Energy Star-certified.

"This is important to be first on," Superintendent Dr. Karen Garza said, "because it demonstrates to our community how serious we are about taking care of the precious taxpayer dollars that we're stewards of."

"Every dollar we save," Garza added, "can be directed back to classrooms, teacher salaries, is important to our school system."

Michael Katz, with the Energy Star program and the Environmental Protection Agency, said that on average, schools with the Star certification generate about 30 percent less greenhouse gas emissions than non-certified schools. He, as well as several board members, commented on the way this energy-conserving program can both impact climate change and

provide educational opportunities for students on being better stewards of the environment.

"The buildings in which we work, play and learn have a tremendous role to play in addressing this challenge," said Katz.

Katz and Hoff explained that 30 percent of energy used in school buildings is wasted, and the main power draw for utilities is heating and cooling.

So working with existing infrastructure, the Cenergistic analysts have been evaluating the schools' ventilation rates, occupancy times, humidity, transition to unoccupied buildings and circulation pumps. Hoff used the examples of snow days, summer vacation and after-school as opportunities for uses of the school to be consolidated in a way that requires less heating or cooling energy.

Hoff's next goal is reaching a 25 percent reduction in consumption, while continuing to ensure students and teachers are comfortable and in a hospitable learning environment.

"We have a lot of runway ahead of us to improve even more," Hoff said.

New Auditor General Appointed for FCPS

During the board's consent agenda, Goli Trump was appointed auditor general of the six-member Internal Audit Office, taking effect Sept. 28. Fairfax County Public Schools created the position to oversee both the programs and financial evaluation aspects of the audit process. According to a release from Fairfax County in August, Trump is tasked with "implementing a risk-based audit plan and directing audits of the school division's offices, departments, schools and programs to help manage strategic risks, improve or develop efficient and effective business processes and identify best practices." "She has a strong background in risk management and experience in numerous industries including education, employment services, technology, marketing and transportation," School Board chairman Pat Hynes said in a statement. "The addition of an auditor general is the latest step in the board's efforts to make the School Board audit function more robust and independent."

At-large board member Ryan McElveen added that he's "excited for her to oversee our board's ever-growing audit process."

Though there have previously been leaders on the programs and financial sides of the audit, McElveen said it's the first time the two components have been overseen in this manner. "She adds a unique perspective to that office," he said.

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Photo by Ed Knepley

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55+ Active Adult Community (20% between 50-54)

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- Enjoy the Dining Room Brunch (9:30–1:30) Cost: À la carte (Credit Card/Check Only) Reservations required by COB Wed., 10/14. Contact Joan 703-743-1325 (Limited Seating)
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Giant • Hallmark • Starbucks

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Located at St. Germaine Drive and Machen Road in Centreville.

23rd Annual!

Preserving the Past to Enrich the Future

Centreville Day

October 17, 2015 10am-5pm
in HISTORIC CENTREVILLE PARK

FREE CHILDREN'S RIDES by G&C TIRE & AUTO
SAFE & HEALTHY FAMILIES Mini Safety Fair!
ROTARY CLUB PET COSTUME SHOW
American Legion Parade at Noon!

Finish the day with Cub Run Rec Center ZUMBA & Hot Hula

On the Showmobile Stage with
DJ Myra Flemister:
The VaDeatles! Pirates for Sail
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Museum, Old Stone Church,
St John's Church
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CENTRE VIEW



Crime Report

The following incidents were reported by the Fair Oaks District Police Station.

BURGLARY: 4700 block of Harvest Woods Court, Oct. 2. A resident reported someone entered the residence and took property.

BURGLARY: 11700 block of Fair Oaks Shopping Center, Sept. 29 at about 10:45 a.m. A business owner reported that an unknown person entered the business and took property.

UNLAWFUL ENTRY, 12000 block of Lee Jackson Memorial Highway, Sept. 25 around 2:17 a.m. The victim awoke to a man entering his room. The suspect fled and was located by responding officers. A 23-year-old Fairfax man was charged with unlawful entry.

BURGLARY: 9400 block of Canonbury Square, Sept. 16 at about 8:06 p.m. A resident reported an unknown person entered the residence and took property.

BURGLARY: 3100 block of Welby Court, Sept. 16 at about 4:48 p.m. A resident reported that an unknown person entered the residence and rummaged through belongings, nothing was taken.

MALICIOUS WOUNDING/ DRUNK IN PUBLIC: 12700 block of Shoppes Lane, Sept. 14 at about 1:34 a.m. Officers were called to the Blue Iguana Restaurant for a report of an assault. Two adult victims were patrons at the restaurant. An argument between the victims and another patron escalated to a fight. The suspect produced a knife and assaulted the victims prior to fleeing the restaurant. Officers located the suspect and arrested him. A 21-year-old Fairfax man was charged with malicious wounding and drunk in public. The victim's sustained non-life-threatening injuries and one was transported to a local hospital.

ATTEMPTED ROBBERY, Lee Jackson Memorial Highway/Metrotech Drive, Sept. 12 at about 6:45 p.m. The two victims were walking in the wooded area and were approached by three men. The suspects assaulted the victims and attempted to take their shoes. The victims resisted and were able to flee. The victims incurred non-life-threatening injuries.

BURGLARY: 3100 block of Sutherland Hill Court, Sept. 9. A resident reported and unknown person entered the residence and took property.

BURGLARY, 4200 block of Hunt Club Circle, Sept. 8. A resident reported an unknown person entered the residence and took property.

BURGLARY, 11100 block of Garden Path Lane, Sept. 6. A resident reported an unknown person entered the residence and took property.

UNLAWFUL ENTRY, 12300 block of Oak Creek Lane, Sept. 5. A resident reported an unknown person had entered the residence.

UNLAWFUL ENTRY, 11700 block of Flemish Mill Court, Sept. 7. An employee reported an unknown person entered the community pool and damaged property.

LARCENIES
11700 block of Fair Oaks Shopping Center, merchandise from business.

11700 block of Metrotech Drive, purse from business.

11700 block of Price Club, phone from business.

11900 block of Appling Valley Road, property from vehicle.

11100 block of La Messa Drive, phone from park.

13000 block of Lee Jackson Memorial Highway, merchandise from business.

11700 block of Fair Oaks Shopping Center, cash from business

13300 block of Franklin Farm Road, liquor from business.

11100 block of Lee Highway, merchandise from business.

4200 block of Ridge Top Road, items from vehicle.

11600 block of Monument Drive, property from business

11700 block of Fair Oaks Mall, property from business

2900 block of Chain Bridge Road, property from business.

2900 block of Chain Bridge Road, merchandise from business.

13000 block of Fair Lakes Shopping Center, merchandise from business.

13000 block of Lee Jackson Memorial Highway, merchandise from business.

13900 block of Metrotech Drive, cash from business.

3100 block of Miller Heights Road, cash from residence.

12100 block of Monument Drive, property from residence.

13100 block of Willow Edge Corut, property from vehicle.

2700 block of Cody Road, merchandise from business

2300 block of Dulles Station Boulevard, property from vehicle

11700 block of Fair Oaks Shopping Center, merchandise from business

13000 block of Fair Lakes Shopping Center, merchandise from business.

13000 block of Fair Lakes Shopping Center, property from business.

13000 block of Lee Jackson Memorial Highway, property from business.

12500 block of Fair Lakes Circle, merchandise from business.

11200 block of James Swart Circle, property from business.

13600 block of Salk Street, property from residence.

4600 block of West Ox Road, laptop computer from business.

2900 block of Chain Bridge Road, cash from vehicle.

4100 block of Chain Bridge Road, property from business.

13000 block of Fair Lakes Shopping Center, merchandise from business.

11200 block of James Swart Circle, property from business.

11600 block of Monument Drive, property from business.

4200 block of Fairfax Corner Avenue, merchandise from business.

12300 block of Lee Jackson Memorial Highway, wallet from vehicle.

12100 block of Lincoln Lake Way, property from residence.

13800 block of Metrotech Drive, merchandise from business.

12200 block of Fairfax Towne Center, purse from business.

12200 block of Fair Lakes Parkway, wallet from business.

11200 block of James Swart Circle, merchandise from business.

Crime Report

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

BURGLARY: 13600 block of Sweet Woodruff Lane, Sept. 29 at about 8:54 p.m. A resident reported that an unknown person had entered the residence and took property.

LARCENIES
4300 block of Chantilly Shopping Center, merchandise from business.

13600 block of Pennsboro Drive, license plates from vehicle.

14800 block of Rydell Road, purse from vehicle.

4900 block of Stonecroft Boulevard, purse and laptop computer from vehicle.

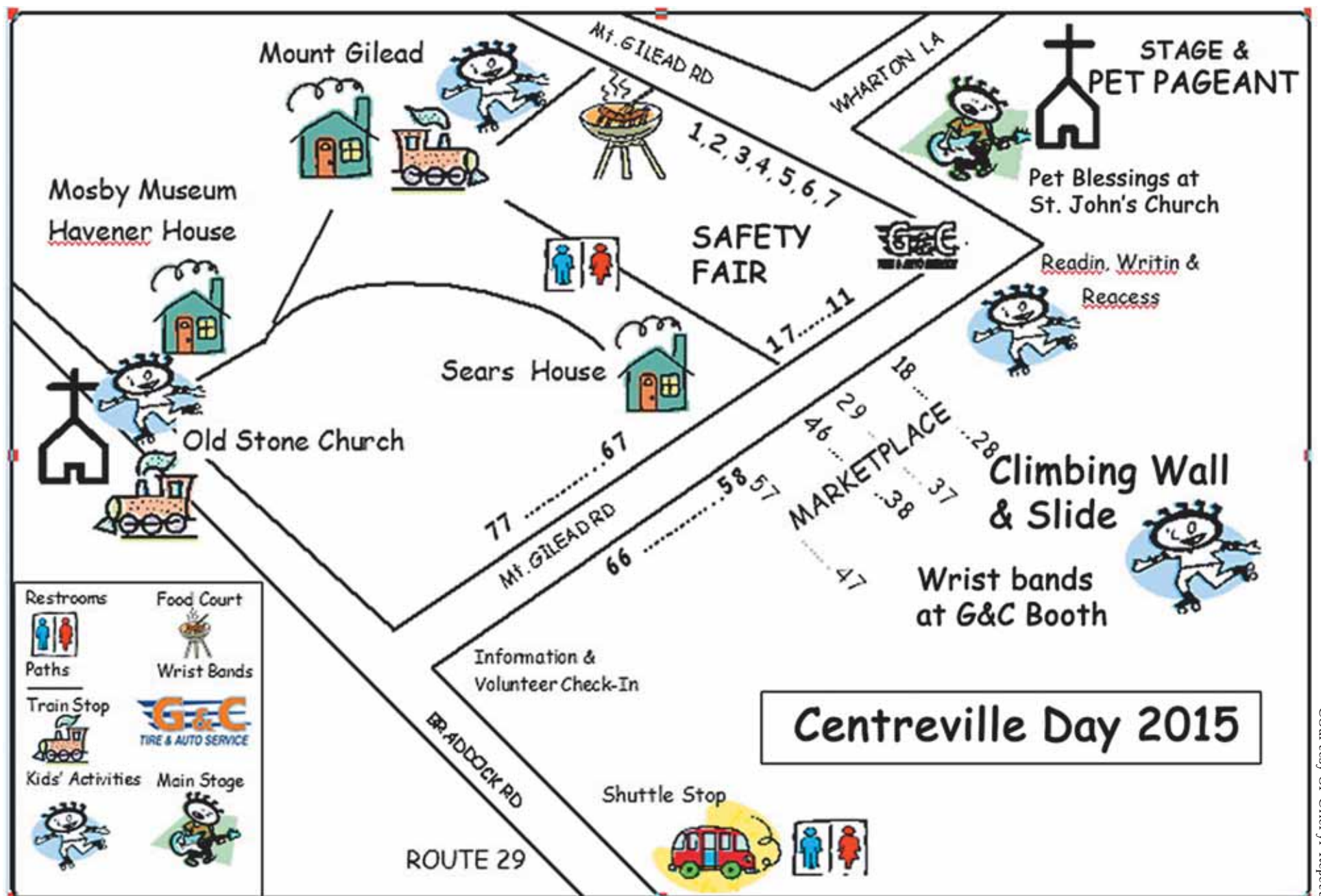
4900 block of Stonecroft Boulevard, wallet from business.

14000 block of Willard Road, tires from business.

5300 block of Sammie Kay Lane, property from vehicle.;

www.ConnectionNewsletters.com

Centreville Day



Map of this year's Centreville Day attractions.

Swordsmen, Parade, Music and Tightrope Walker

Centreville Day is Saturday, Oct. 17.



Photo by Bonnie Hobbs/The Connection

Swordmaster Charles Anderson shows muskets and swords to the crowd at a past Centreville Day.

www.ConnectionNewspapers.com

By Bonnie Hobbs
The Connection

The leaves are starting to change colors and the weather's turning cooler. That means it's time for the 23rd annual Centreville Day celebration. It's slated for Saturday, Oct. 17, from 10 a.m.-5 p.m., in Historic Centreville Park, 5714 Mount Gilead Road (off Braddock Road, across Route 29 from the IHOP).

The event features a parade, a pet pageant, singing and dancing to children's games, food and crafts. And if that's not enough, there'll also be swordsmen and a tightrope walker.

"Centreville Day is the perfect event for families," said organizer Cheryl Repetti, president of the Historic Centreville Society. "There are tons of free activities for children, including a slide and a rock-climbing wall and tug-of-war. There's also live

entertainment, a food court, a neat little museum and other historic buildings to explore. It's a really awesome day, every year — you've got to go."

Westfield High senior Sara Berrios will start off the festivities by singing the National Anthem at the 10:15 a.m. opening ceremonies on the Centreville Stage in front of St. John's Episcopal Church. Then Supervisor Michael R. Frey (R-Sully) will welcome everyone, and the Centreville Citizen of the Year and sponsors' awards will be presented.

"Centreville Day is a great place to take kids," said Repetti. "Follow the Trick-or-Treat Trail through the Marketplace where children can collect goodies and parents can meet crafters, local businesses, churches and nonprofit organizations. For the fifth consecutive year, gold sponsor G & C Tire & Auto Service will provide wrist bands for free children's rides. And, living out every

See From Parade, Page 8

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Centreville Day



Photo by Steve Hibbard/The Connection

Booths line the Historic District during Centreville Day 2014.

From Parade to Pet Pageant ...

From Page 7

child's dream, G & C owner Gregg Caldwell is also bringing his own fire engine."

In addition, the women of Alpha Delta Kappa will host several, fun and old-fashioned children's activities in their Readin', Writin' and Recess area on Mount Gilead Road, including face-painting, tug-of-war and sack races.

This year's Centreville Day theme, "Safe Homes and Families," ushers in a new safety fair featuring representatives from the Fairfax County Sheriff's Office and Poison Control Center. It'll be held on the lawn beside the Spindle Sears House, and information about firearms safety will be presented by KYS Training.

Stressing that Centreville Day has something for everyone, "from pets to pirates, from dipping candles to climbing walls," Repetti said it's also "gone to the dogs, cats, birds, snakes, lizards, rabbits and mice."

That's because the Centreville-Chantilly Rotary Club is sponsoring a pet pageant for pets of all kinds. It'll begin at 10:45 a.m. at the stage; registration is \$10 per family, and families are welcome to bring more than one pet. Prizes for Most Unusual Pet, Most Creative Costume and Best in Show have been donated by local merchants such as Pender Pet Retreat at Dulles Gateway, the Centreville Pet Supplies Plus, Groom 'n Glory and Michelle Thomas Studios.

The wife of U.S. Rep. Gerry Connolly (D-11) will be among the judges. Proceeds from the pet pageant will go to the Friends of Fairfax County Animal Shelter and to Rotary Foundation Scholarships. Registration forms are available at www.CentrevilleVA.org, or contact Adam Smith at asmith51@verizon.net or Cammy Gawlak at cgawlak@verizon.net.

Pets will also be welcomed and blessed at the tent on the lawn of historic St. John's church. The Rev. Carol Hancock will be blessing pets throughout the day while the church sells hot coffee. And some shelter animals in need of a home will greet visitors at the Friends of the Animal Shelter tent on the lawn beside the Sears House.

It wouldn't be Centreville Day without a parade organized by American Legion Post 1995. At noon, sheriff's motorcycles and fire engines will lead a parade of dancers, Scouts and people wearing inventive costumes. Those who just want to walk or bike along the route and wave to their neighbors are also welcome in the parade. Registration is free online via www.CentrevilleVA.org.

Parade participants will assemble at the end of Wharton Lane at 11:30 a.m. and pass by the review stand in front of St John's around noon. It will then travel through the heart of the Historic District along Mount Gilead and Braddock roads. Costumes either

See And Variety, Page 9

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Centreville Day



Photos by Steve Hibbard/The Connection

Members of the Centreville Dance Theatre perform during last year's Centreville Day Parade.

And Variety of Live Entertainment

From Page 8

historic or Halloween, are welcome. Prizes will be awarded. For more information, contact the American Legion's Steve Hunter at geoshunter@gmail.com.

Live entertainment is planned during Centreville Day, with a variety of local talent performing on stage. New this year will be sessions of Zumba and Hot Hula, led by Patricia Perlingeiro and Josefina Smith, respectively, plus a performance by the Fairfax Choral Society. The West Campus Lyric Choir and Centreville's brand-new South Campus Pilot Choir will also entertain. The children in these choirs range from ages 7-11 and are led by directors Miranda

Lansberry & Kristen Jorde.

Returning groups include The VaDeatles, who'll join deejay Myra Flemister at 11:30 a.m. Requested by fans throughout Northern Virginia and returning for the fourth time to the Centreville stage, the band features vocalists who are teachers at Stone Middle School. In addition, the senior members of the Korean Senior Center Chung-Choon Band, whose name mean "young" in Korean, will play familiar favorite tunes on their harmonicas.

Also returning to Centreville Day will be the ballads and sea chanties of Pirates for Sail, performances

See Swordsmen, Parade, Page 10



The folk music band, Pirates for Sail, returns to perform at this year's event.

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Centreville Day

Swordsmen, Parade, Music and Tightrope Walker

From Page 9
by the Centreville Dance Academy, Harmony Road Magic Hand Orchestra and the Creative Dance Center. And demonstrating martial arts will be the Northern Virginia Wushu Academy of Chantilly and the Hallelujah Tae Kwon Do Demonstration Team.

History will also come alive during Centreville Day. Attendees venturing off the main road will discover the historic Mount Gilead house, open for tours. And performing on its lawn will be tightrope walkers, swordsmen and carpenters. "Signora Bella, an equilibrist, will amaze all with her skills on the slack rope," said Repetti. "And the volunteers of Sully Historic Site, dressed in period costume, will help children dip candles and make simple toys."

Charlie and John Anderson, billed as Swordsmen of the 18th Century, will teach the delicate art of parry and thrust while historic carpenters Ken Garlem and John Shafer from the Fairfax County Park Authority will show people how to safely use a draw knife.

Visitors will also meet volunteers dressed as historic figures, such as Cornelia Peake

MacDonald and the Irongate bakers. They may also board the History Train to the Old Stone Church where living-history perform-

ers Dean Howarth and students from McLean High will show off curiosities and demonstrations drawn from 18th-century

tory. Free parking and shuttles will be available at The Trinity Centre, 5860 Trinity Parkway, off Route 29.



Photo by Steve Hibbard/The Connection

Participating in last year's Centreville Day Dog Parade are (from left): Richard Opal with his dog Crystal, Ursula and Mike Stearns with their dog Gracie, and Stephanie Koeshall with her dog Stella.

science.

"Be sure to visit the Old Stone Church, which served as a hospital during the Civil War and is now serving baked goods and a simple ploughman's lunch," added Repetti. "Across the street, peek in at the Havener House and enjoy the Stuart-Mosby Museum collection of items related to cavalymen JEB Stuart and the Grey Ghost, John Mosby."

Historic tours will also be available at St. John's Episcopal Church. And an afternoon Ghost Tour will be offered for a nominal fee via the Park Authority. See www.FairfaxCounty.gov/parks/ecl.

When visitors have worked up an appetite, the food court will offer various items, including pulled pork from Smokes Barbecue and chicken sandwiches from Chick-fil-A.

The event benefits the Friends of Historic Centreville, a nonprofit that organizes Centreville Day in partnership with the Park Authority to encourage residents to discover the Centreville area's rich his-



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Photo by Greg E. Mathieson, Sr./MAI Photo News Agency, Inc.

A Colonial Pipeline gasoline pipe line break in Centreville during the week of Sept. 21 caused refined gasoline to dump into nearby streams and lakes.

Colonial Issues Cleanup Update

In an Oct. 5 update, Colonial Pipeline Company stated that it continues its work with the Fairfax County Fire Department and others in Centreville to ensure public safety and mitigate environmental and other impacts its work there may be causing.

In the coming days and weeks, residents should see a reduction in the equipment and activity, according to Colonial. However, there will be continued assessment of the

soils in the vicinity of Colonial's leak site from September. This will enable the company to better define the impact zone and determine the timeline for cleanup activities. For more information, call the Community Assistance Hotline at 1-866-601-5880 or visit www.colpipe.com and click to be redirected to the Centreville, Va. Incident Site on the right column or click <https://colonialresponse.jettyapp.com> for direct link.

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Candidates Meet on Fairfax Public Access

Clerk, Sheriff and Soil & Water incumbents and challengers answer questions.

By Tim Peterson
The Connection

Fairfax County Sheriff Stacey Kincaid wasted no time in bringing up the in-custody death of Natasha McKenna during her opening remarks. Kincaid said the loss of life, which occurred in February following an incident where a team of Sheriff's deputies was attempting to transport McKenna to Alexandria police and deployed a taser on her four times, continues to weigh heavily on her.

The Sheriff and Bryan Wolfe, who is challenging her for her job, answered questions Monday night Sept. 28 as part of a "meet the candidates" event organized by the Fairfax League of Women Voters. The event took place at the studios of Fairfax Public Access and was broadcast live.

Kincaid went on to highlight that she has since banned the use of tasers in the jail, increased the use of "telepsychiatry" in the jail for inmates to receive mental health services remotely, spearheaded a "diversion first" program and made mental health training mandatory for officers in her department.

Wolfe, who has previously run against Kincaid, immediately went on the offensive, calling the state of mental health services under the Sheriff a "critical area in need of repair."

He said the death of McKenna, who had mental illness, could have been prevented if there was more Crisis Intervention Team training in the office of the Sheriff. "I gave the Sheriff warning in 2013," Wolfe said. "She basically dismissed it."

MODERATOR and Fairfax League of Women Voters co-president Helen Kelly asked the candidates how they would im-

prove inmate access to services. Kincaid highlighted the first inmate resource fair held in 2014, which gave inmates the opportunity to meet with vendors offering help for becoming re-established members of society following release from the jail.

Wolfe criticized not being able to check success or failure rates of existing services at the jail because the Sheriff's Office's last completed and published audit was in 2013. Kincaid never directly responded to Wolfe's asking about a 2014 annual report.

When asked if, as Sheriff, they would be part of an ad hoc review commission similar to the one currently meeting to examine policies and practices of the Fairfax County Police Department, Kincaid com-

mented that her office is represented on the existing commission, as well as that group's subcommittees to discuss use of force and mental illness services. "We're always willing to be part of something," she said.

Wolfe responded that he would "welcome witnesses to watch what we do, welcome community involvement."

"There's nothing in the Sheriff's Office you'll have to FOIA [Freedom of Information Act] from me," Wolfe added.

The other candidates who participated in the event are vying for Clerk of the Court and Soil and Water District director. Commonwealth's Attorney Raymond F. Morrogh was invited but did not attend the program.

Bettina Lawton and incumbent John Frey

went first for Clerk, answering a variety of questions including what their top priorities would be if elected.

For Lawton, an attorney, reserve deputy sheriff and part of the Juvenile and Domestic Relations Court, she focused on reviewing existing practices and procedures in the Fairfax Court. "We have to look at, is there a better way to do things?" she said.

As part of his answer, Frey emphasized the importance of continuing to engage with many different users throughout the court to make decisions about multi-million dollar projects.

Scott Cameron, incumbent George Lamb IV and incumbent Jerry Peters, Jr discussed the role of Soil & Water Conservation District director.

Cameron said his top three priorities would be focusing on the watersheds that are in the worst condition, targeting invasive species and advocating at the General Assembly for policy and laws that work for Fairfax County as a suburban area. Lamb listed continued good governance, working

on the Chesapeake Bay by applying data with aggregate maps and finding ways to branch out and address climate change at a County level.

Peters highlighted continuing trusted partnerships, increasing the sense of personal environmental stewardship around the County and providing more useful information to the public.

AFTERWARDS, Kelly said she thought the program went "very well."

"I think it was beneficial and educational to the community," Kelly said. "That's what we're all about."

A recording of the session will soon be available to stream through the Fairfax Public Access website at www.fcac.org.



Sheriff Stacey Kincaid



Candidate for Sheriff Bryan Wolfe

Photos by Tim Peterson/The Connection

Park Board To Consider Adding New Athletic Field Names

The Fairfax County Park Authority Board's Park Operations Committee has recommended that four park facilities be named in honor of individuals who have made significant contributions to sports in Fairfax County. The full Park Board will vote on the proposals at its Oct. 14 meeting.

The committee recommended naming Soccer Field # 4 at Ellanor C. Lawrence Park in honor of Jeff Stein, a longtime advocate for youth sports, a member of the Fairfax County Athletic Council since 2001, and an officer and commissioner

for the Southwestern Youth Association (SYA). He created the Fairfax Over 50 Soccer League, coached youth soccer for over 20 years, and served as a soccer referee for more than a decade.

The committee also recommended naming Field #6 at Ellanor C. Lawrence Park in honor of Gary Flather, president of the Southwestern Youth Association, a post he has held for more than two decades. Flather was instrumental in the merging of SYA Little League and the Church League T-ball program.

He created and became commissioner of

SYA Travel Baseball in 2000 and still coaches Little League Baseball today.

The committee also recommended naming the Sand Volleyball Complex at Burke Lake Park in honor of David Lacey, the Sully District representative on the Fairfax County Athletic Council for nearly a quarter century, as well as a leader and active volunteer with the Southwestern Youth Association.

Lacey created Southwestern Youth Volleyball in 1997 and has been its commissioner on the SYA Board since that time. He was instrumental in the completion of this fa-

cility by Fairfax Adult Volleyball Council.

The committee also recommended that rectangular synthetic turf field #1 at Sully Highlands Park be named in honor of Ralph Wills, a community leader and advocate for youth athletics, a member of the Chantilly Youth Association since 1984, and its president since 1999. Over the years Wills has coached soccer and softball teams for youth and adult leagues, as well as playing on a variety of teams. He has served as a sports facility coordinator since the mid-1960s.

Sports



Chantilly running back Cush Eastman carries the ball against Robinson on Oct. 1.



Chantilly quarterback David Tammaro threw two touchdown passes against Robinson on Oct. 1.

Photos by Will Palenscar

Chantilly Football Falls to Robinson, 24-14

The Robinson Rams traveled to Chantilly to face the Chargers on Thursday night in a Conference 5 matchup.

The game was played Thursday due to inclement weather that was expected from Hurricane Joaquin in the Northern Virginia area on Friday.

Chantilly scored first with a David Tammaro-to-Marcus Trammell touchdown pass and Chantilly was up 7-0. Robinson wouldn't score until the second quarter. Senior running back Sean Foncha would score two of his three touchdowns in the second quarter.

Chantilly would tie it up at 14 in the

fourth with a pass from Tammaro to Garrett Snedeker, but Robinson would pull away from the Chargers with Foncha's third rushing touchdown and a field goal to close out the game 24-14.

Tammaro threw two touchdown passes. Robinson was led by Foncha, who scored three touchdowns and ran for 119 yards,

and teammate Da'Jon Lee, who ran for 115 yards.

Chantilly (3-2, 1-1 Conference 5), will face McLean (0-5) on Friday for their homecoming game. Robinson (3-2, 2-0 Conference 5) will play at Stone Bridge (3-2).

— Will Palenscar

Sports Briefs

Westfield Football Beats Oakton

The Westfield football team improved to 4-1 by winning its Conference 5 opener over Oakton 38-7 on Oct. 1.

The Bulldogs will host Briar Woods at 7 p.m. on Friday, Oct. 9 and return to conference play on Oct. 16 against Robinson.

Centreville Football Suffers Third Straight Loss

The Centreville football team lost to Lake Braddock 33-7 on Oct. 1, dropping the Wildcats' record to 2-3. It was Centreville's third consecutive loss.

Centreville running back Julian Garrett carried 35 times for 130 yards and a touchdown.

The Wildcats rushed for 258 yards as a team.

Centreville will travel to face Oakton at 7 p.m. on Friday, Oct. 9.

Westfield Field Hockey Wins Eighth Straight

The Westfield field hockey team defeated Oakton 3-1 on Sept. 30, improving the Bulldogs' record to 9-2 and extending their win streak to eight games.

Westfield faced Robinson on Tuesday, after The Connection's deadline. The Bulldogs will host Fairfax at 7:30 p.m. on Thursday, Oct. 8.

Centreville Field Hockey Beats Herndon

The Centreville field hockey



Photo by Craig Sterbutzel

Running back Taevon Chapman-Greene, seen earlier this season, and the Westfield football team improved to 4-1 with a win over Oakton on Oct. 1.

team defeated defending Conference 5 champion Herndon 1-0 on Sept. 30.

The victory improved the Wildcats' record to 9-4, including 1-1 in the conference.

Centreville will travel to face Thomas Jefferson at 7:30 p.m. on Thursday, Oct. 8.

"One Less Thing"

By KENNETH B. LOURIE



Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about – for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

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

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From Page 4

SATURDAY/OCT. 10

Fire Prevention Open House. 10 a.m.-4 p.m. at 14005 Vernon Street, Chantilly; 12645 Chapel Road, Clifton; and 6001 ODay Drive, Centreville. The theme for 2015 is: "Hear the Beep Where You Sleep; Every Bedroom Needs a Working Smoke Alarm." Firefighters will have displays and activities spotlighting fire and life safety, including preventing fires and fire injuries, especially in the home. Free. Visit www.firepreventionweek.org or www.ffxfirerescue.wordpress.com for more.

THURSDAY/OCT. 15

Liberty Republican Women's Club Anniversary. 6 p.m. social hour and 7 p.m. program at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. The club celebrates its fifth anniversary. Free and the public is welcome. Call 703-378-4190.

OCT. 15-NOV. 12

Fall Food Drive. Drop off food at Sheehy Infinity of Chantilly, 4145 Auto Park Circle, Chantilly. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Food Drive. Visit www.sheehy.com or call 410-760-3500

THURSDAY/OCT. 22

The Crossings at Chantilly Information Session. 10 a.m.-12 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Have questions answered about senior living options. Free. Visit www.thecrossingsatchantilly.com.

SATURDAY/OCT. 24

VolunteerFest. 9 a.m.-9 p.m. at various locations. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Registration ends on Oct. 22. Visit www.volunteerfairfax.org/individuals/volunteerfest.php for more.

ELECTRONICS RECYCLING

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

DONATIONS

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

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson's Support Group for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

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The reward of a thing
well done, is to have done it.
- Ralph Waldo Emerson

21 Announcements

21 Announcements

LEGAL NOTICE

The medical office of Sarah Iannucci, DO, PA, Inc, located at 14631 Lee Highway, Suite 207, Centreville, VA, 20121, phone number 571-839-3628 will be closing for business permanently on October 30, 2015. To my current and former patients, I thank you sincerely for entrusting me with your care. It has been a pleasure working with you.

Your medical records can be transferred to another doctor or released to you or another person you designate upon written request and receipt of signed prior authorization for release of medical records. Until October 30, 2015, you may contact the office for this information at 571-839-3628. After this date, please contact Clary Document Management at 612-588-8554 to obtain your medical records if needed."

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ONGOING

GFWC Western Fairfax County Woman's Club is selling 2015 White House Christmas ornaments. This year's ornament honors 30th President, Calvin Coolidge. The ornament cost \$20. Call 703-378-6216 for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives. Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group. Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of

students and adults. Free. Call 703-502-3883 to reserve a space.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

THROUGH NOV. 3

Cox Farms Fall Festival. 10 a.m.-6 p.m. (5 p.m. in November) at Cox Family Farms, 15621 Braddock Road, Centreville. The Fall Festival features a new "Imaginature Trail," hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure and farm animals. Tickets are \$5-17. Visit www.coxfarms.com for more.

SATURDAY/OCT. 10

Community Irish Dancing. 7-10 p.m. at Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. Guests are invited to learn traditional Irish dance. Tickets are \$15 per person of \$35 per family. Visit www.ccepotomac.org for more.

SUNDAY/OCT. 11

Clifton Day. 9 a.m.-5 p.m. along Main Street, Chapel Street, and Chapel Road, Clifton. Entertainment will include performances by Boyle School Of Irish Dance, local students from Sophia Music School, Douglas Everton & The Wayward Street

Players, The Woodshedders, and Blueheart Revival. Guests will also find a market, and antiques for sale. Admission to the festival is free. Visit www.cliftonday.com for more.

T-TRAK Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top N gauge model trains will be on display and running. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

TUESDAY/OCT. 13

Wine Tasting. 6:30-8:30 p.m. at Total Wine & More, Greenbriar Town Center, 13055 Lee Jackson Memorial Highway, Fairfax. Learn about the General Federation of Women's Clubs Western Fairfax County Woman's Club's social and charitable activities, enjoy refreshments and door prizes, and learn about and sample French wines. Must be 21 or older to attend. Free, but reservations required. Call 703-815-8826 for more.

THURSDAY-SUNDAY/OCT. 15-18

Centreville Library Used Book Sale. 6-8 p.m. on Thursday (member preview sale), 10 a.m.-6 p.m. on Friday, 10 a.m.-5 p.m. on Saturday, 1-3 p.m. on Sunday at Centreville Regional Library, 14200 St. Germain Drive., Centreville. Free to attend. Call 703-830-2223 or visit www.friendsofcentrevillelibrary.blogspot.com for more.

FRIDAY-SUNDAY/OCT. 16-18

Craftmen's Classic Art & Craft Festival. 10 a.m.- 6 p.m. Friday-

Saturday; 10 a.m.-5 p.m. Sunday at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Watch craftspeople and artists from across America at work on original designs including pieces that cater to every style, taste and budget during demonstrations. Tickets are \$8 for adults, \$1 for children 6-12 years old, and free for children under 6 years old. Call 336-282-5550 or visit www.craftshow.com.

OCT. 16-25

"Julius Caesar." Various times at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Set in the Soviet Union during the August Coup of 1991, Prince William Little Theatre's version of Shakespeare's tragedy highlights the beginning of the end of the Cold War as Communist Party leaders attempt to overthrow the reformist Soviet leadership. Tickets are \$20 for adults, and \$17 for students, seniors, and groups of 10 or more. Visit www.pwlt.org.

SATURDAY/OCT. 17

K-9 Krawl 5K. 9 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway. This annual event is held in observance of National Domestic Violence Awareness Month to help increase awareness between domestic violence and the link to animal cruelty. Also find pet portraits, face painting, goodie bags and more. Free. Call 703-814-7009 for more.

Centreville Day. 9 a.m.-5 p.m. at Centreville Historic District, 5714 Mt. Gilead Road. Find historic reenactors, food, children's rides, a parade, and

more. Visit www.centrevilleday.com for more.

SATURDAY-SUNDAY/OCT. 17-18

NOVA Brewfest. 11 a.m.-7 p.m. at at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The fall brewfest will feature local breweries, food, entertainment, arts and crafts, and more. Tickets are \$25 in advance, and \$35 at the gate. Tickets for designated drivers are \$10 and admission for children is free. Visit www.novabrewfest.com/fall.

SUNDAY/OCT. 18

T-TRAK Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Tabletop N gauge model trains will be on display and running. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

Book Release Party. 2-4 p.m. at Historic Blenheim/Civil War Interpretive Center, 3610 Old Lee Hwy, Fairfax. Centreville resident and author PJ Devlin is celebrating release of a second novel, "Becoming Jonika." Free. Visit www.possibilitiespublishingcompany.com.

MONDAY/OCT. 19

Centreville Garden Club Meeting. 7 p.m. at Centreville Presbyterian Church, 15450 Lee Hwy, Centreville. Patrice Martin, member of the North American Truffle Growers Association will present "Treasure in Truffles: History, Cultivation & Discovery." Free. Visit www.centrevillegardenclub.blogspot.com.

WFCWC Host "Gentle Yoga." 7 p.m. at Cale Community Center, 4615 Stringfellow Road, Chantilly. Guest speaker Holly Ritland-Gaul is a registered Yoga teacher who has taught Gentle Yoga for four years at the Cub Run Recreation Center. She will lead attendees in a series of stretching, strengthening, energizing, and relaxation exercises. Attendees should wear comfortable, loose-fitting or stretchy clothing and non-slick shoes and bring a large towel or a yoga mat. Free. Visit www.wfcwc.org or call Mary Jane at 703-378-4250.

FRIDAY-SUNDAY/OCT. 23-25

Used Book Sale. 10 a.m. to 6 p.m. on Friday, 10 a.m.-5 p.m. on Saturday and 1-4 p.m. on Sunday at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Find a selection of gently used books (including large collection of Korean and other languages) for children and adults, plus DVDs, CDs and audiobooks. Call the library at 703-502-3883 or visit www.fairfaxcounty.gov/library/events.

SATURDAY/OCT. 24

Blood and Guts Run. 9 a.m.-2 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The Blood and Guts Run is a 5K fun run for children and adults with zombie-themed obstacle. Runners will also have access to an after-party. Early bird tickets are \$25. Visit www.bloodandgutsrun.com.

"Walk Our Way" Family Fun Day. 11 a.m.-2 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Enjoy games, technology displays, vendor booths, receive vision and hearing screenings, walk a lap with visual simulators to raise awareness of vision impairments, and more. Free. Visit www.vdbvi.org for more.

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Senior Living

OCTOBER 2015



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Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Visitors."

"With the friendly visitors service, a volunteer goes over to someone's house to spend time with them," Sullivan said. "There was one instance where a volunteer went over to a member's house to watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village

concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liaison with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Herndon Village Network (HVN): www.herndonvillagenetwork.org
- Lake Barcroft Village: www.lakebarcroftvillage.org
- McLean Community: A Village for All Ages (MCVA): www.mcva.weebly.com
- Braddock District Council Aging in Place Program: wallbdc@gmail.com
- Mount Vernon at Home Village: www.mountvernonathome.org

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

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Senior Living

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Senior Living

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10–11:30 a.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.–5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.–12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.–5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Monday, Oct. 19, 2015, 10:30 a.m.–12 p.m., Lorton Senior Center - Main Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12–5 p.m., Vienna Presbyterian Church – Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 1-2:30 p.m., Braddock District Office, 9002 Burke Lake Road
Burke, VA 22015. Directions: 703-425-9300, TTY 711. (No registration necessary.)

MEDICARE 101

Wednesday, Oct. 21, 2015, 6–7:30 p.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 23, 2015, 10 a.m.–3 p.m., Lorton Senior Center - Computer Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.–2 p.m., Lewinsville Senior Center – Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call Michelle Ross at 703-442-9075, TTY 711.

MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road
Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.–1:30 p.m., WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Nov. 4, 2015, 11:30 a.m.–2 p.m., Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030. To register: Call Carrie Brill at 703-324-5456, TTY 711.

Volunteers Needed

Help urgently needed with the following interesting positions and tasks. Call 703-324-5406, TTY 711

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant**.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**.

The **Hollin Hall Senior Center** in **Alexandria** needs a volunteer to help with once a week **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**; dance class meets on Thursday afternoons.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** on Fridays at 2:00 p.m. and an **Art Therapy Assistant** once or twice a month.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Country Western Line Dance Instructor, Hula Hoop Class Leader, African Style Dance Instructor** and an instructor to teach a class in **Mosaic Art or Jewelry Making**.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. Meals are delivered midday on Monday, Wednesday and Friday.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults, for one hour, twice a week.

The **Herndon Senior Center** needs **Social Visitors** daily anytime from 10 a.m.–2 p.m. and a **Baked Goods Table Manager**, Monday, Wednesday and Friday, 8:30-11:30 a.m.

Korean Meals on Wheels needs drivers to deliver meals midday on Monday, Wednesday and Friday. (Speaking Korean not required.)

The **Wakefield Senior Center** in **Annandale** needs an **Art Instructor** and a certified **Pilates** Instructor. Volunteer instructor positions could lead to part-time employment.

The **Mount Vernon Adult Day Health Care Center** in **Alexandria** needs a **Bingo Caller/Assistants** on Thursdays from 2-3 p.m.; **Word Activity Assistants**, Mondays, Wednesdays and Fridays from 11 a.m.–12 p.m.; a **licensed beautician** twice a month; a **front desk volunteer** on Mondays from 11 a.m.–12 p.m. & 3:30-5 p.m. and Thursdays, 3:30-5 p.m.; **social companions** on Mondays, Wednesdays, and Fridays from 3-5 p.m. (English and Spanish-speaking social companions needed).

Vietnamese Meals on Wheels needs drivers in **Annandale** to deliver meals midday on Monday, Wednesday and Friday. (Speaking Vietnamese not required.)

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, or Kristin.Martin@fairfaxcounty.gov.

For these and other volunteer opportunities, call 703-324-5406, TTY 711

Adult Day Health Care and Senior Centers – Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

Caregiver Respite – Respite volunteers give family caregivers of older adults, who cannot be left alone, a well-earned break. Volunteers are matched with families in or near their own neighborhoods. Volunteers receive training and support.

Grocery Shopping – Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

Group Volunteer Opportunity – During the month of May in honor of Older Americans Month, Volunteer Solutions Helping Hands program links volunteers to older adults throughout the county to help them maintain their homes. Volunteers assist older clients with yard work and home projects including: deep cleaning, decluttering and organization. This opportunity is ideal for individuals, groups, college students, faith groups, youth groups, friends, and families.

Household Services – Unpack boxes, change light bulbs, paint small areas, straighten cupboards or closets, organize paperwork, write letters. Commitment: varies.

Insurance Counseling – The Virginia Insurance Counseling and Assistance Program helps older adults understand and resolve issues with Medicare, Medigap, Medicare HMO Plans, and Long-Term Insurance. Volunteers primarily work in the office. Some volunteers also go to homes of individuals who are unable to come into the office. A two-day training is required. Commitment time varies.

Meals on Wheels – Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment.

Nutritional Supplement Delivery – Pick up and deliver nutritional supplements to an older adult's home. Deliveries are made early in the month. Commitment: a six-month commitment is requested. Two to three hours per month.

Regional Volunteer Office Managers – Help Volunteer Solutions recruit and train volunteers, track status of new volunteers, collect and enter volunteer hours. Must be highly skilled with computers, data entry, records management, phone etiquette, communication (both oral and written). Must be able to volunteer in the office, use county database, and maintain confidentiality. Commitment: 10-15 hours per week.

Senior Centers – provide assistance to program managers or offer activity programming.

Social Visits – Visit older adults who need company. Commitment: once a week visits for one hour at a time. A one-year commitment is requested.

Transportation – Drive older adults to and from medical appointments, pharmacy, bank, library, grocery shopping etc.

Volunteer IT On-Call – This program delivers much needed computer assistance to residents age 60 and older. Computer savvy volunteers handle simple computer fixes and also teach clients how to use Skype, send emails, use social media, etc. The service is generally delivered at the client's home. This wonderful service provides flexible hours.



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Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

NVSO Gold Medalists

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89,

Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in 10 pin bowling were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were

held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis,

Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

For more results, see
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