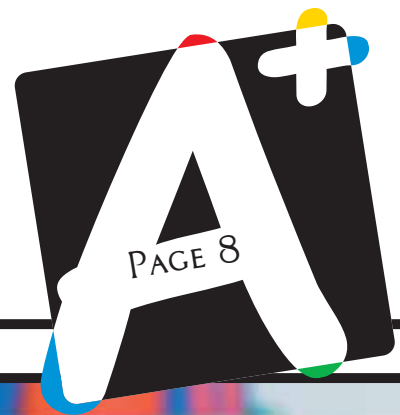


Centreville ♦ Little Rocky Run CENTRE VIEW

SEPTEMBER 21-27, 2016

25 CENTS NEWSSTAND PRICE



CALENDAR, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

Meghan Seeberger leads the Silver Line Builders at the Dulles Day Festival and Plane Pull on Saturday, Sept. 17. Members of the team work for the Dulles Corridor Metrorail Project.

One, Two, Three ... Pull

NEWS, PAGE 3

First Lady Campaigns At George Mason University

NEWS, PAGE 4

'A Great Place to Live for Everyone'

NEWS, PAGE 7

PHOTO BY TOM MANNING/CENTRE VIEW

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The world is as dangerous as any time since 9-11. Terrorism threatens us here and abroad and there are ISIS investigations in all 50 states – including our area. Barbara Comstock, a former senior official at the Justice Department post 9-11, understands and has worked with our defense and national security leaders and she knows our national security and defense must be increased and strengthened.



- › Supported the National Defense Authorization Act (NDAA) increasing defense spending by \$40 billion and stopping the devastating defense sequester cuts.
- › Voted for a pay increase for military personnel and voted to extend special pay and bonuses for active-duty and reserves.
- › Increased funds for training, readiness and modernization to keep our troops safe and prepared.
- › Voted for funding counter-terrorism operations against al-Qaeda, ISIS and other international terror threats.
- › Worked to increase cyber-security to protect our most vital national security assets.
- › Worked with our Joint Terrorism Task Force and law enforcement on addressing ISIS and terrorism threats.



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ROUNDUPS

Honoring Childhood Cancer Month

Centreville High School's Wildcats vs Cancer Club is holding a football game on Friday, Sept. 23 in honor of childhood cancer month. The pediatric cancer patients along with their families will join the CVHS football, dance, and cheer teams on the field. The theme is a blue out — wearing all blue — with gold accents, dedicated to the month September.

The game will be from 7-10 p.m. at the Centreville High School Stadium. Admission tickets will be \$5 per person.

Public Hearing on Land Exchange

The Fairfax County Park Authority will hold a public hearing on Wednesday, Sept. 28, to receive public comment on the exchange of property in the Sully District. The hearing on the Halifax Point District Park property will take place at 7:30 p.m. in the ninth floor Park Authority Board meeting room in the Herrity Building, located at 12055 Government Center Parkway, Fairfax.

The Fairfax County Park Authority proposes to exchange approximately 10 acres of property, which is a portion of the overall 169.5 acres in Halifax Point District Park for approximately 63.7 acres of property that is owned by Columbia Gas Transmission, LLC. Both properties are located on Bull Run Post Office Road in Centreville.

Written comments on the exchange of property will be accepted until Sept. 27, 2016. Written comments should be directed to David R. Bowden, Director of Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, VA 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 29, 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.

Learn about Trees

"Sully District Tree Forum: Everything You Wanted To Know About Trees But Were Afraid To Ask" will be held Thursday, Oct. 6, from 7:30-9 p.m. at the Fair Oaks District Police Department, 12300 Lee Jackson Memorial Highway, Fairfax.

Topics to be covered include the importance of a healthy urban forest; how to maintain healthy trees; who to replace damaged trees; and how to maintain common area.

This program is free and open to the public, however, space is limited, so RSVP to 703-324-1770 or TTY 711.

Metro SafeTrack Surge #9

Through Wednesday, Oct. 26, Metrorail's Orange Line trains will continuously single track between Vienna and West Falls Church Metrorail Stations during weekdays and complete station shut-downs will affect travelers during weekends.

Residents, visitors and others who travel via Metrorail and on any of the major corridors within Fairfax County including I-66, I-495, Dulles Toll Road, and I-95, will be impacted by the track work. To continue to reduce the potential for gridlock, Fairfax County is urging commuters to telework and use flexible work schedules whenever possible, and encouraging the use of alternate ways to commute that do not involve driving alone.

NEWS



The Special Olympics Virginia team poses for a group photo after having the honors of pulling first. They were led by Superman — Lukas Steele from Arlington.

One, Two, Three ... Pull

The Dulles Day Festival and Plane Pull at Washington Dulles International Airport attracted thousands of visitors for the airport's annual free open house on Saturday, Sept. 17. This year's event featured nearly 100 teams pulling two jet aircraft in a competition to support Special Olympics Virginia that originated at Dulles more than 20 years ago.

Chris Gray (front) and the rest of Chesapeake Sheriff's Office flex their muscles en route to another win. They edged out Prince William County Sheriff's Office to complete a decade of dominance.



Children try their hand at seeing how far they can pull a 123 Junk truck.

PHOTOS BY
TOM MANNING



A train takes children on a tour of the aircraft on display on the runway.

A 'Lifelong Record of Public Service'

First Lady campaigns for Hillary Clinton at GMU.

BY BONNIE HOBBS
CENTRE VIEW

Excitement filled the air when First Lady Michelle Obama addressed an enthusiastic crowd, last Friday, Sept. 16, at GMU's Johnson Center. Speaking on behalf of Democratic presidential candidate Hillary Clinton, she urged everyone to vote and called Clinton the only qualified candidate in the race.

"This job is hard, and the issues that cross a president's desk are never easy or black and white," said Obama. "So we should demand a president who's going to take this job seriously, study and understand the issues and have superb judgment. We need someone who's steady and measured — because when you're making life-or-death, war-or-peace decisions, a president can't just pop off."

She said what's needed is a compassionate and unifying person who'll be a role model for children — "Someone who's not just in this for themselves, but for the good of this country. The presidency doesn't change who you are; it reveals who you are. And the same is true of a presidential campaign."

"If a candidate is erratic and threatening, traffics in prejudice, fears and lies on the trail, has no plans to implement their goals, if they disrespect their fellow citizens — including folks who've made extraordinary sacrifices for our country — that is who they are," said Obama. "That is the kind of presi-



First Lady Michelle Obama waves to the crowd at the Johnson Center, George Mason University on Friday, Sept. 16.

dent they will be."

"A candidate is not going to suddenly change once they get in office — and at that point, it's too late," she said. "They're the leader of the world's largest economy, the commander in chief of the most powerful, military force on earth. With every word they utter, they can start wars, crash markets, change the course of this planet."

In this race, said Obama, only Clinton can

be trusted with these responsibilities and has the qualifications and temperament for the job. "We've seen her character and commitment over the course of her entire life," said Obama. "After law school, she advocated for kids with disabilities, and for quality childcare as a senator; and she fought for children's health care as first lady."

She also said Clinton is one of the few people in the world and, "clearly, the only person in this race who has any idea what this job entails. And she believes she has an obligation to use her many talents to help as many people as possible. That is what dedication and love of country look like."

"Hillary has been a lawyer, a law professor, first lady of Arkansas, first lady of the United States, a U.S. senator and secretary of state," continued Obama. "I'm inspired by her persistence and consistency, by her heart and her guts, and by her lifelong record of public service. No one in our lifetime has ever had as much experience and exposure to the presidency — and, yes, she happens to be a woman."

At that point — as it did several times during her speech — the smartphone-wielding, photo-snapping crowd erupted into loud applause. But there was more. Obama said being president isn't anything like reality TV.

"It's about whether the candidate can handle the awesome responsibility of leading this country," she said. "Ask yourself which candidate has the experience, maturity and demeanor to handle the job. Which candidate's words and actions speak to the future we want for our country? And who has the values we share, like inclusion, opportunity, service and sacrifice for others?"

Obama also warned the crowd that elections aren't just about who votes, but who doesn't. "And that's especially true for young people like you," she said. "In 2012, voters under age 30 provided the margin of victory for [President] Barack [Obama] in four, key, battleground states, [including] Virginia. And without those votes, he would have lost the election."

She stressed, "Your vote does matter. In 2012, Barack won Virginia by about 150,000 votes —, a difference of only 31 votes per precinct. In Florida, the difference was 6 votes per precinct. So each of you could swing an entire precinct just by getting yourself, your friends and family out to vote."

But it'll take effort, said Obama. "It's not enough to come to a rally; you also have to register to vote and then come out and vote," she said. "Roll up your sleeves and get to work; knock on doors, make calls and get people out on Election Day."

She also told them to remember what's at stake. "The choice you make on Nov. 8 will determine whether you can afford college tuition and whether you can keep your health care when you graduate," said Obama. "You will decide whether we have a president who believes in science and will fight climate change, or not. You will decide whether we have a president who honors our proud history as a nation of immigrants, [and one] who thinks women deserve the right to make their own choices about their bodies and their health, or not."

"At a time when incomes are rising by thousands of dollars, when millions of people are being lifted out of poverty, is now the time to change direction?" she asked. "Americans are fundamentally good folks and want the same things. We [believe] you work hard for what you want in life and don't take shortcuts, and you treat people with respect, even if they look or think differently from you."

"When someone is struggling, you don't turn away or take advantage," continued Obama. "You do what you can to help, because that's what we do in America. We live in a country where a girl like me, whose great-great-grandfather was a slave, can go to some of the finest universities on earth — and where a biracial kid from Hawaii, named Barack Obama, the son of a single mother, can become president."

She said this nation deserves a president "who can see those truths in us, who believes each of us is part of the American story and [that] we're stronger together. We deserve a president who can bring out what's best in us — our kindness and decency, our courage and determination, so we can keep on passing down those blessings of liberty to our children."

"Hillary Clinton will be that president," she said. "So from now until November, I'm going to work as hard as I can to make sure Hillary and Tim Kaine win this election, [but] I need your help. Virginia will make the difference in this election. Are you ready, Virginia?"



From left: GMU students Sabiha Chowdhury, a freshman from Fairfax; Sabrina Hannan, a junior from Fairfax; Shezia Khan, a senior from Ashburn; and Saba Khan, a freshman from Ashburn, got in line at 9 a.m., well before the doors opened at 1 p.m., in order to secure a good spot near the stage to hear Michelle Obama speak.

PHOTOS BY TOM MANNING/CENTRE VIEW

NEWS

Planning OKs More Pumps

BY KEN MOORE
THE CONNECTION

MACS Retail LLC wants three more service pumps and a 3,520-square-foot quick service food store added to the Sully Shopping Center gas station at 5135 Westfields Boulevard in Centreville.

Currently, six pumps are available under the existing lighted canopy, according to Fairfax County Planning Commission documents.

The Planning Commission recommended unanimous approval (9-0) of the modifications at a public hearing Wednesday, Sept. 14.

The requested plans would remove a 530-square-foot retail kiosk and parking will be reduced at the station by 32 spaces. The applicant also requested a 390-square-foot storage building.

The gas station is located adjacent to a main entrance to the shopping center off Westfields Boulevard.

"Traffic in that area is incredible," testified one neighbor before the Planning Commission at the Fairfax County Government Center. "You're going to increase the traffic in that area? That's ridiculous."

"We're simply enhancing the existing use

for our customers. We hope it actually alleviates traffic in the area," said Sara V. Mariska, who represents MACS Retail.

"The additional fuel dispensers and expanded retail offerings are in response to market demand in the area," according to Mariska. The quick service food store within the shopping center "will allow customers to combine multiple errands in a single trip."

Sully District Planning Commissioner Karen Keys-Gamarra read one of the profers that states, "loading and fuel deliveries shall take place during off-peak hours, and shall not occur from 6-9 a.m. or from 4-9 p.m."

In 1984, 329 acres was rezoned to permit development of the Sully Station mixed use project. Proffered uses for the property were established in 1986. A zoning request in May 1990 established a gas station within the shopping center and in 2007 the Board of Supervisors approved plans to permit the drive-in bank and to add 12,600 square feet of retail space to the shopping center, according to Mariska's letter to the Fairfax County department of Planning and Zoning.

The Fairfax County Board of Supervisors is scheduled to hold a hearing on the application on Tuesday, Sept. 20.

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OPINION

Epidemic Is Here, Recovery Is Possible

Prescription opioid and heroin epidemic awareness week is Sept. 18-24.

BY TISHA DEEGHAN
EXECUTIVE DIRECTOR
FAIRFAX/FALLS CHURCH COMMUNITY
SERVICES BOARD

Opioid use disorder and addiction to heroin is a disease that is devastating families across the United States, and Fairfax County is not immune. Fairfax County police report that in 2015 there were 77 heroin overdoses in the county, 12 of which were fatal. As of May 2016, Fairfax County's Emergency Medical Services was reporting an average of 10.17 patient contacts per month that were suspected overdoses of heroin or other opioids.

In recognition of Prescription Opioid and Heroin Epidemic Awareness Week, and in collaboration with state and federal partners, the Fairfax-Falls Church Community Services Board (CSB) joins the community in recognizing and remembering those lost due to opioid use disorder and in encouraging strength and courage for those who are seeking help.

The CSB is here to help; resources are avail-

able to treat opioid addiction, and recovery is possible. See www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm

Many people, including drug users themselves, have mistaken beliefs about drug addiction and recovery. These ideas stem in part from notions that continued drug use is voluntary and that a person's inability to overcome addiction stems solely from character flaws or a lack of willpower.

Substance abuse treatment comes in a variety of forms. For people who seek help for opioid addiction, treatment should start with a thorough assessment of their history of opioid use, prior treatment history, if any, and existence of any co-occurring mental illness. The treatment plan would be based on this assessment and could include medication-assisted treatment along with other services designed to support their recovery, such as cognitive behavioral therapy, education about addiction, engagement of family and friends, and building a recovery-based support system.

If you or someone you love needs help to

overcome drug dependence, call the CSB at 703-383-8500. CSB staff will help you find appropriate treatment and recovery resources. Anyone seeking help can also come to the Merrifield Center for a walk-in screening, with or without an appointment, Monday through Friday from 9 a.m. until 5 p.m.

You can help, too. Enroll in CSB's REVIVE! program, a free course that teaches non-medical personnel to administer the life-saving opioid-reversal medication naloxone. CSB staff has trained more than 640 people so far this year and classes are scheduled throughout the fall. Participants report that the training has saved lives. www.fairfaxcounty.gov/csb/revive

Learn more about substance use prevention at these upcoming events, sponsored by CSB partners:

❖ Attend one of the Chris Atwood Foundation's presentations entitled "Addiction: The Taboo Subject," scheduled for Sept. 24, 9-11 a.m. and Oct. 3, 7-9 p.m. Hear personal stories of addiction and recovery and learn how to recognize and respond to substance misuse at Lord of Life Lutheran, 13421 Twin Lakes Drive, Clifton, VA 20124.

❖ Parents who want to be more involved in youth substance use prevention and education can attend Fairfax County's Unified Prevention Coalition's Sept. 26 "Taste of UPC" Fall Kick-Off event. See www.unifiedpreventioncoalition.org.

GUEST EDITORIAL

LETTERS TO THE EDITOR

Fairfax Raises \$521,509 for MDA

To the Editor:

For over 30 years, during Labor Day Weekend, the men and women of the Fairfax County Fire and Rescue Department, in conjunction with the Fairfax County Professional Firefighters and Paramedics - IAFF Local 2068 and the personnel in the Department of Public Safety Communications, have collected for the Greater Washington Muscular Dystrophy Association (MDA) during the Fill the Boot Campaign.

The 2016 campaign was special in a number of ways, but, most notably the amount collected. Thanks to the generosity of the citizens, visitors and employees of Fairfax County, we were able to collect an astounding \$521,509.05. One hundred percent of that money goes to the Greater Washington MDA, who uses it to fund such things as neuromuscular research at Georgetown University and National Institutes of Health, a loaner closet of durable medical goods and the annual summer camp in southern Maryland where children affected with the 43 neuromuscular diseases that MDA serves can enjoy a week doing "normal" summer camp activities specially tailored to their particular disability and physical need — all at no cost to the families.

This year's campaign was also remarkable because, after the typical Labor Day Weekend street side campaign was complete, firefighters noted that we were only \$3,500 away from topping the Dallas, Texas Fire Department and claiming the crown for the highest raising Fill the Boot campaign in the United States and Canada for 2016. In a week-long social media campaign, members of Local 2068 not only erased that deficit, but collected an additional \$2,200 to secure Fairfax County as number one in North America.

Again, many thanks to the citizens, visitors and employees of Fairfax County.

Master Technician Joel Kobersteen
Fire Station 40, Fairfax Center, B-Shift

BULLETIN BOARD

Email announcements to centreview@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.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April 18, 2017. Visit www.aarp.org/taxaide.

FRIDAY/SEPT. 23

Flu Shot Express Clinics. 9 a.m.-1 p.m. at MinuteClinic (inside CVS Pharmacy), 24795 Pinebrook Road, Chantilly. MinuteClinic will hold Flu Shot Express Clinics at the Pinebrook Road location in Chantilly. Additional providers will be on hand to administer flu shots and to expedite the patient vaccination process. Flu vaccinations, including the standard season vaccine and the high-dose versions for seniors, are offered seven days a week, including evenings and weekends at MinuteClinic locations nationwide with no appointment needed. Available at no cost through most insurance plans.

Chantilly Homecoming Parade. 4-5:30 p.m. throughout the Greenbriar neighborhood. All families and all grades are invited to attend.

SATURDAY/SEPT. 24

Westfield Tag Day. Please open your doors to Westfield High School music students during their 15th annual Tag Day event, scheduled for the morning of Saturday, Sept. 24. Students from band, chorus, guitar and orchestra will be visiting their neighborhoods requesting donations to the award-winning WHS music program for the 2016-2017 school year. Donations will be used to cover costs related to instructors, instruments, uniforms and competitions not covered by Fairfax County.

SUNDAY/SEPT. 25

Anniversary Celebration. 10:30 a.m. at

Hylton Performing Arts Center, Manassas. Join in as Mount Pleasant Baptist Church in Herndon, Virginia celebrates their 150th Anniversary. Anniversary events will be held throughout the month of September. These events are free and open to the public community. Visit www.mtpleasantbaptist.org/150thanniversary for details.

WEDNESDAY/SEPT. 28

ESL & Citizenship Classes. 7 p.m. at Fairfax Church of Christ, 3901 Rugby Road, Fairfax. Adults may register for beginning to advanced level ESL classes, citizenship, and Bible study classes. Classes meet every Wednesday, 7-8:30 p.m. beginning Oct. 12. Childcare is provided. Student fee for materials is \$30. Call 703-631-2100.

FRIDAY/SEPT. 30

Flu Shot Express Clinics. 9 a.m.-1 p.m. at MinuteClinic (inside CVS Pharmacy), 24795 Pinebrook Road, Chantilly. MinuteClinic will hold Flu Shot Express Clinics at the Pinebrook Road location in Chantilly. Additional providers will be on hand to administer flu shots and to expedite the patient vaccination process. Flu vaccinations, including the standard season vaccine and the high-dose versions for seniors, are offered seven days a week, including evenings and weekends at MinuteClinic locations nationwide with no appointment needed. Available at no cost through most insurance plans.

SATURDAY/OCT. 1

Union Mill ES Anniversary. 9-11 a.m. at 13611 Springstone Drive, Clifton. Union Mill is celebrating its 30th anniversary this year. All former students, staff members, and families are encouraged to come by and see how the school has changed and grown since its opening in 1986. Call Ami Schroder at 703-322-8522 for more.

CENTREVIEW

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‘A Great Place to Live for Everyone’

Dulles Suburban Area Study Advisory Group begins work.

BY BONNIE HOBBS
CENTRE VIEW

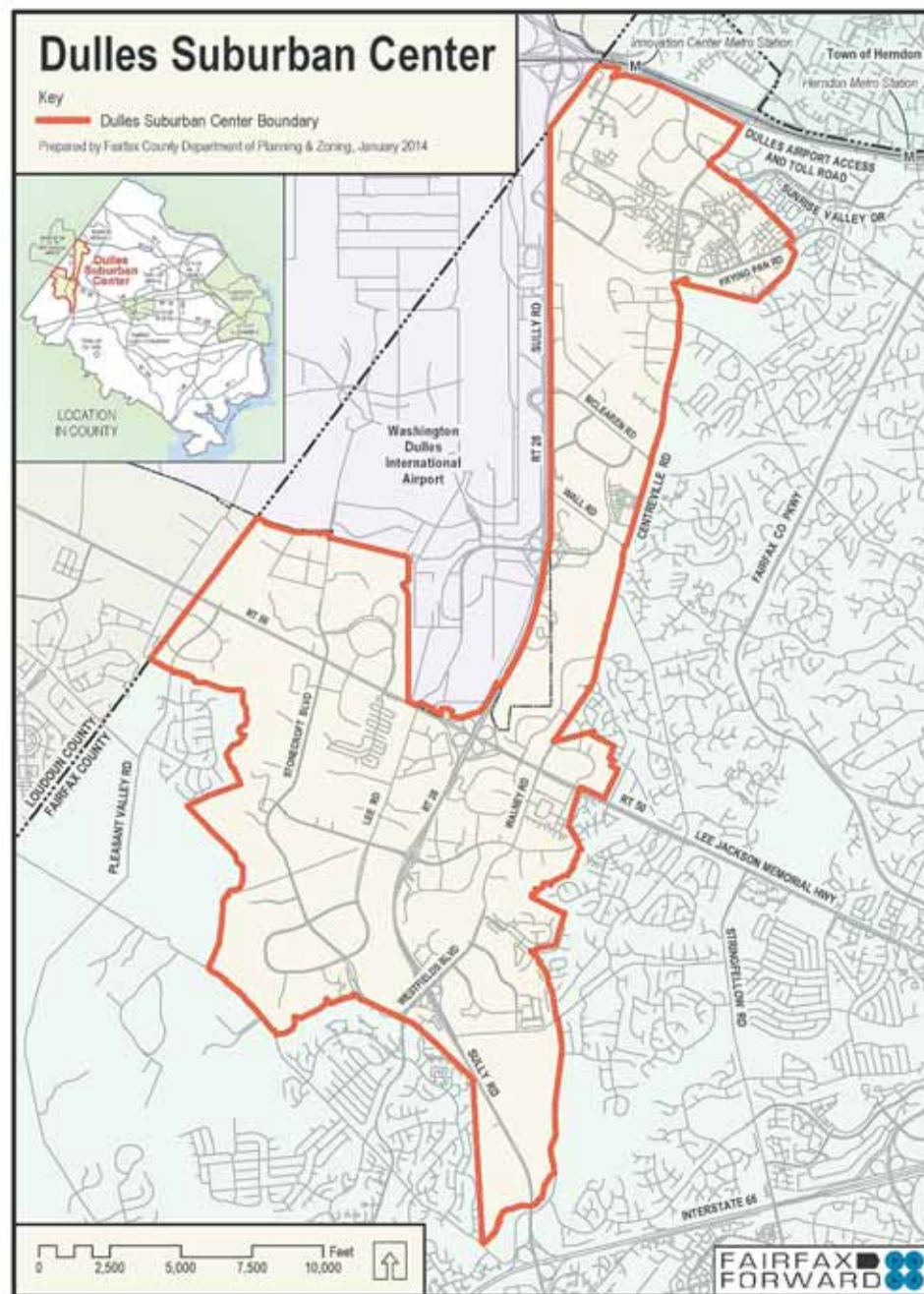
Planning the future of the Dulles Suburban Center is a daunting task; but the members of the group doing it are rolling up their sleeves and meeting the challenge head-on. And under the leadership of their chairman, former Sully District Supervisor Michael Frey, they’ll make recommendations that’ll go to both the Fairfax County Planning Commission and Board of Supervisors.

The Dulles Suburban Area Study Advisory Group will consider potential land-use changes and future development in some 6,300 acres along the western edge of Fairfax County. At the same time, it must also take into consideration transportation problems, environmental issues and noise from Dulles International Airport.

“Much of the Dulles Suburban Center is zoned industrial,” said Clara Johnson with the Planning Division of the county’s Department of Planning and Zoning (DPZ). “But we’re looking at a plan for someone who wants to offer alternatives.”

During the course of the study, she and her colleagues will provide guidance to the group on specific aspects of the county’s Comprehensive Plan and on particular amendments which have been proposed to it. And their technical expertise will come in handy because it’s been 23 years since the Dulles Suburban Center has received such intense scrutiny.

The area in question is next to Dulles International Airport along the Route 28 and Route 50 Corridors. To the north is Herndon, and to the east and south are residential uses. One of the county’s largest employment centers, the Dulles Suburban Center contains approximately 78,000 jobs and more than 31 million square feet of office/industrial space. There, too, are more



Map of the Dulles Suburban Center, along the western edge of Fairfax County.

than 50 million square feet of development, primarily office use, which comprises 40 percent of the area’s land use. It’s followed by industrial/industrial flex at 23 percent

and residential at 22 percent.

An estimated 65 million square feet may still be developed there, mostly south of Route 50, in and around the Westfields

Corporate Center. Combined with the more than 50 million square feet of already-developed land, that would be some 115 million square feet total. Yet in large portions of the Dulles Suburban Center, existing zoning districts call for industrial and office uses, while the Comprehensive Plan — the official blueprint for future development — promotes a mix of residential, office, retail and hotel uses.

Johnson provided all this information during the study group’s first meeting, Sept. 7, at Rocky Run Middle School. Also at that time, the members either told something about themselves or explained their hopes for the study.

Frey — who retired last December, after serving 37 years in Fairfax County government, including 24 years as Sully District supervisor — called himself “a recovering, elected official who still wants to give back to the community. I’ve been involved in land use in Western Fairfax [County] for nearly 40 years and worked with Bill Keech Sr. when he was developing the Westfields Corporate Center. And I want the pieces still left to be developed in the best interests of not just the landowners, but the community.”

Carol Hawn, who’s on the Metropolitan Washington Airports Authority (MWAA) Advisory Committee, said she hopes the group will be able to “encourage responsible land use in Fairfax County, but that it doesn’t constrain Dulles Airport’s future growth.” Donald Park said he’s an attorney and the director of the Korean American Chamber of Commerce, and David Metcalf is a traffic engineer who runs a consulting firm.

Bill Keech Jr., president of the Westfield Business Owners Association and the Keech Co., said how excited he was to be part of the group. And as Small Business Commissioner for Fairfax County, Marvin Powell said he wants to make sure “small businesses continue to thrive.”

Mark McConn is president of the Sully District Council of Citizens Assns. and is on the West Fairfax County Citizens

SEE A GREAT PLACE, PAGE 12



Learn as if you
were to live
forever; live as if
you were going to
die tomorrow.

—John Wooden



SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

9/28/2016... Connection Families: Fall Fun, Food, Arts & Entertainment

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10/5/2016... Wellbeing Senior Living Pullout
10/12/2016... HomeLifeStyle
10/19/2016... A+ Camps & Schools
10/26/2016... Connection Families
10/26/2016... Election Preview

Halloween is October 31

NOVEMBER

11/2/2016... Wellbeing
11/9/2016... HomeLifeStyle
11/16/2016... A+ Camps & Schools
11/16/2016... Holiday Entertainment & Gift Guide I
11/23/2016... Connection Families: Celebrations & Gratitude
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Monday, October 3 9:00 AM–10:00 AM Children’s service including Tashlich (ages 5-8), Complimentary to families with children!

10:00 AM–1:00 PM Morning service, Tashlich service immediately following

Kol Nidre/Yom Kippur

Tuesday, October 11 8:00 PM–10:00 PM Kol Nidre service
Wednesday, Oct. 12 9:00 AM–10:00 AM Yom Kippur Children’s service (ages 5-8), Complimentary to families with children!

10:00 AM–1:00 PM Morning service followed by Yizkor service

4:00 PM–6:00 PM Afternoon service

6:00 PM–8:00 PM Break-the-Fast (For pre-registered members/guests)

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Homework Overload

Some educators say less can be more, stress balance when it comes to homework.

BY MARILYN CAMPBELL
CENTRE VIEW

Paula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in

their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, Md., says administrators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal

setting and time management," she said. "We're not using homework as busy work. Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis. "If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how

to entertain themselves rather than needing an adult to structure their time for them."

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an informed perspective," said Sean Aiken, head of school at BASIS Independent in McLean. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."

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ONGOING

Government Center Farmers Market. Thursdays through Oct. 27, 3-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov for more.

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

WEDNESDAY/SEPT. 21

History for Small Fries. 10 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Bring toddlers for a story and craft to discover how things were in the olden days. Children can see how different things smelled, looked or worked. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

THURSDAY/SEPT. 22

Erin Peterson Fund Golf Tournament. 7 a.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Raise funds for the scholarship fund founded in honor of Virginia Tech massacre victim Erin Peterson. Registration is \$200. Visit www.erinpetererson.org/golf for more.

FRIDAY/SEPT. 23

Childhood Cancer Month Football Game. 7-10 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. Centreville High School's Wildcats and Cancer Club are holding a football game in honor of childhood cancer month. The pediatric cancer patients along with their families will join our CVHS football, dance, and cheer teams on the field. Tickets are \$5. Email wildcatsvscancer@gmail.com for more.

FRIDAY-SUNDAY/SEPT. 23-25

Capital Home Show. 10 a.m.-9 p.m. Friday and Saturday, 10 a.m.-6 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. This event offers a one-stop shopping experience for the latest remodeling and decorating products and services. Tickets are \$10 for adults, \$3 for children, 6-12, and free for children 5 and under. Visit www.dullesexpo.com or call 703-378-0910.

SATURDAY/SEPT. 24

Hot Potatoes in the Kitchen. 10 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Aspiring chefs learn about cooking in the open hearth. Using sights, sounds, smells and touch they will learn very basic cooking skills to help launch their culinary career. Children will learn fire safety. Tickets are \$10 for Fairfax County residents, \$12 for non-residents. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

Barktoberfest. 10:30 a.m.-5:30 p.m. festival, 7-10:30 p.m. Glow DOG Glow walk and race, at Loudoun County Fairgrounds, 17558 Dry Mill Road, Leesburg. Listen to live music, play games (kids and dogs), shop from a variety of vendors, eat and drink some great food and beverages, watch canine demonstrations, participate in the Glow DOG Glow Walk and Race and more. Various ticket prices. Visit www.barktoberfest.org for more.

FRIDAY-SATURDAY/SEPT. 23-NOV. 5

Fields of Fear. 7:30-11 p.m. at Cox Farms, 16521 Braddock Road, Centreville. The friendly Imaginature Trail takes a dark turn for Fields of Fear, transforming into The Forest: Back 40. The Forest has doubled in length for 2016, and now consists of half a mile of fear. The Forest joins two other haunted attractions at Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, entertainment, tasty treats, and Fear Games, including the dark maze, Nyctophobia. Tickets are \$6-17. Visit www.coxfarms.com for more.

SEPT. 24-OCT. 31

Cox Farms Fall Festival. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

SUNDAY/SEPT. 25

Mount Pleasant Baptist Church 150th Anniversary. 10:30 a.m. at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Free. Visit www.mtpleasantbaptist.org/150thanniversary.

SUNDAY-FRIDAY/ SEPT. 25-30

Fall for the Book Festival at GMU. Times vary. Select locations throughout Northern Virginia, D.C., and Maryland. This week long regional celebration of literature and the arts, connects readers and authors at all levels. Offering bookworms the chance to meet their favorite writers. Free and open to the public. Visit www.fallforthebook.org for more.

WEDNESDAY/SEPT. 28

Book Talk: Fred Bowen. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Children's author Fred Bowen discusses picture-book biography of Ted Williams titled "No Easy Way: The story of Ted Williams." Free. Visit www.fallforthebook.org for more.

WEDNESDAY-THURSDAY/SEPT. 28-29

Uniform and Shoe Sale. 10 a.m.-6 p.m. Wednesday, 7 a.m.-2 p.m. Thursday at INOVA Fair Oaks Hospital Auxiliary, 3600 Joseph Siewick Drive, Fairfax. Free. Visit www.inova.org for more.

SATURDAY/OCT. 1

International Festival. 10 a.m.-4 p.m. at St. Timothy Catholic Church, 13807 Poplar Tree Road, Chantilly. The 4th Annual International Festival celebrates the multi-cultural spirit of St. Timothy parish. Free. Visit www.sttimothyfestival.org or www.sttimothyparish.org for more.

Book Talk: "The Boys of Dunbar." 2 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Alejandro Danois, author of "The Boys of Dunbar," discusses the story of a high school basketball team that overcame desperate circumstances in 1980's Baltimore to produce four NBA players and give hope to a neighborhood and a city. Free. Call 793-278-0300 for more.

Lego Star Wars Rogue One Build Event.

4 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Participants will build designs from the new film coming out later this year. Free. Call 793-278-0300 for more.

SATURDAY-SUNDAY/OCT. 1-2

Colonial District Rose Fest. 1-6 p.m. Saturday, 12-4 p.m. Sunday at Hyatt Regency, 12777 Fair Lakes Circle, Fairfax. View roses, designs and collections from rose growers in the area. Attend workshops and seminars on rose designs, hybridizing new rose introductions, photography, gardens of the world, and fragrance. Free. Call 703-371-9351 or visit www.eventbrite.com/d/va-fairfax-arlington-rose.

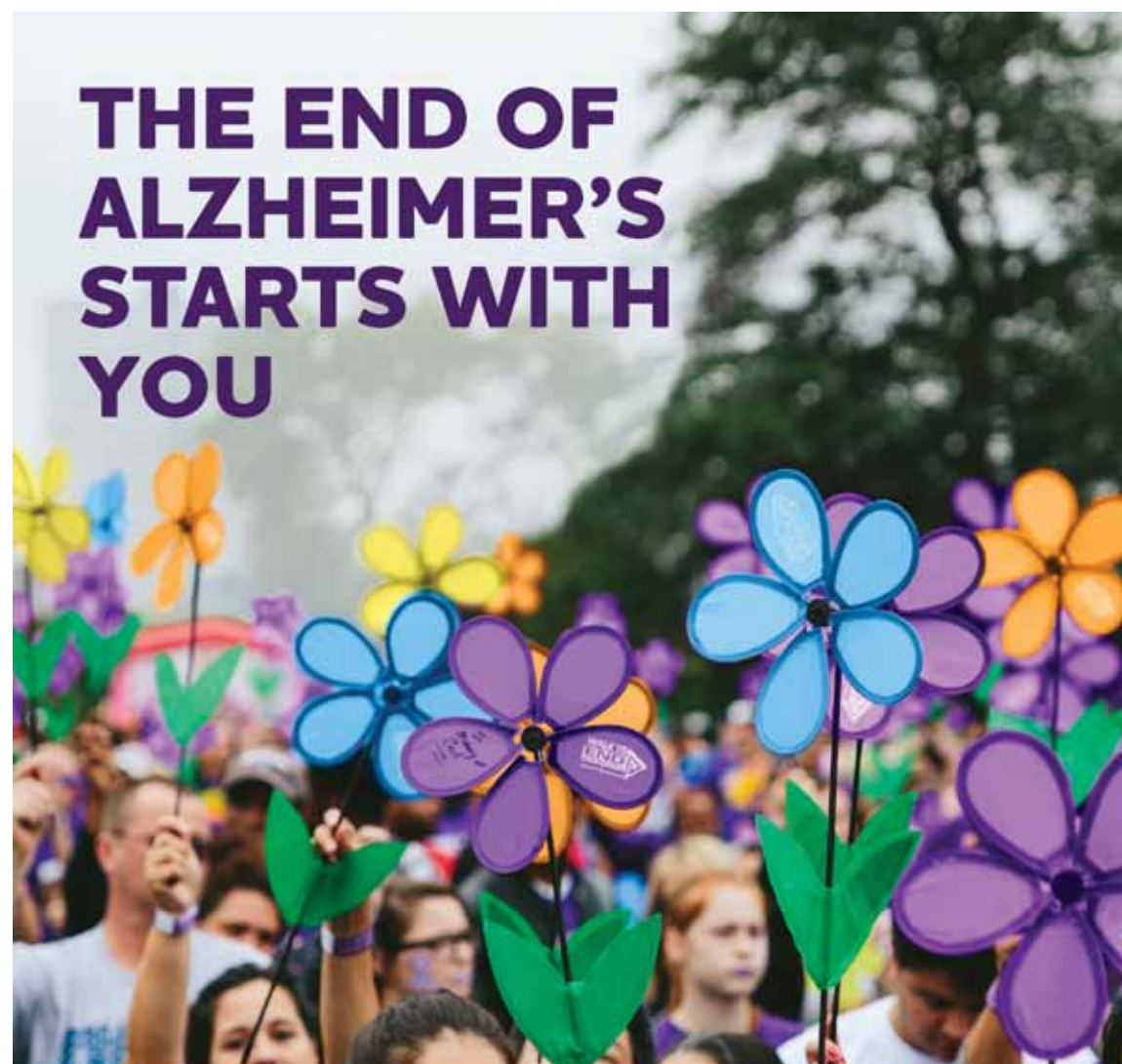
SUNDAY/OCT. 2

Book Talk: "The Founding of Notaviva Vineyards." 4 p.m. at

Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Stephen Mackey, along with wife Shannon, launched a winery on a whim. Now one of NOVA's favorite spots, Notaviva Vineyards is celebrating great success and telling its story. Free. Call 793-278-0300 for more.

SATURDAY/OCT. 8

Yard Sale. 8 a.m.-2 p.m. at Deepwood Veterinary Clinic, 7300 Ordway Road, Centreville. Find books, toys, household items, furniture and more. All yard sale proceeds go directly to medical care of abandoned and abused animals in need. Call 703-631-9133.



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Banking on the Envelopes

By KENNETH B. LOURIE



Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

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News



PHOTOS BY TOM MANNING

A runner poses his arms like airplane wings as he leads a pack of runners past a widebody United Airlines aircraft.

Running on the Runway

Dulles Day began with a “Run on the Runway” at 7:30 a.m. on Saturday, Sept. 17. About 2,500 runners gathered behind the Smithsonian Air and Space Museum’s Udvar-Hazy Center. The course took runners onto Dulles Runway 1-Right and past a widebody United Airlines aircraft.



Matthew Boote, his son Isaac, and wife Elizabeth, get set for the 5k/10k Runway Run.



The Kolla Family stand near the finish line before the races begin.



Anna Allen from Manassas gets help from her 2-year-old daughter Hannah to cross the finish line.



Michael Harms and his son Donald Harms make up Team Donald from Manassas. They came in 7th overall for the men with a 5k time of 19:18.

'A Great Place to Live for Everyone'

FROM PAGE 7

Association (WFCCA) Land-Use Committee. Franklin Farm resident Lewis Grimm is a transportation engineer, and Greg White is in commercial real estate and is a vice president with Corporate Office Properties Trust. Jehanne Arslan did city planning in New England and then moved to the private sector and land use.

Virginia Run's Frank Leser is the Sully District's appointee on the MWAA Advisory Committee and is a former regional transportation engineer with the Metropolitan Washington Council of Governments. And Karen Campblin, a certified planner and an advocate for transportation and equal access for all, wants "communities to be able to implement smart-growth tools."

Also at the meeting was Mike Vanatta, with the DPZ's Planning Division. He explained that the Comprehensive Plan is "a guide for decision-making about land use, transportation, environmental protection, etc. And he said it's implemented through the county's Zoning Ordinance, which contains the development regulations for each zoning district."

Grimm suggested looking at the census and at market projections for this part of



Clara Johnson discusses development in the Dulles Suburban Center.

the county regarding office use "so we have a better idea of where we want to be, as opposed to what the Comprehensive Plan says." Each member of the group then received binders detailing the various issues



Mike Vanatta talks about the county's Comprehensive Plan and Zoning Ordinance.

they'll be discussing and when. The goal is for the group's recommendations to be finalized by spring/summer 2017.

One of the meeting's attendees, Chantilly resident Rick Hutchison, said the group

"needs to look at how we can redevelop Chantilly and make it foot-friendly. We need to give property owners the chance to create a more urban environment with a blended, mixed use. Chantilly is the gateway to Fairfax County, coming from Loudoun [County], so there can be some urban centers within this suburban center."

Johnson replied that it's a question the group can consider. However, she added, "One of the challenges [in Chantilly redevelopment] is the airport noise impact area."

The group also met Sept. 20 and will meet again Oct. 3, at 7 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Other meetings will be held Nov. 7, 15 and 29 at the same place and time; the location for the Oct. 18 meeting has yet to be determined.

"This can be a really exciting process," said Supervisor Kathy Smith (D-Sully). "We've heard some great ideas. We want this to be a great place to live for everyone, and part of it is thinking about how we can best change this area for the future. Let people know we're doing this because, the more people involved and participating, the better the outcome we'll have."



Valón Salon & Spa has been selected for the **2016 Best of Centreville Award** in the

Hair Salons category by the Centreville Award Program. This is the salon's 9th year to earn this award.

This annual awards program honors the achievements and accomplishments of local businesses throughout the Centreville area.

Valón Salon & Spa was chosen for providing exceptional service to its customers and community.

Companies like Valón Salon & Spa make the Centreville area a great place to live, work and play.

We've Done It Again!



Valón Salon & Spa
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