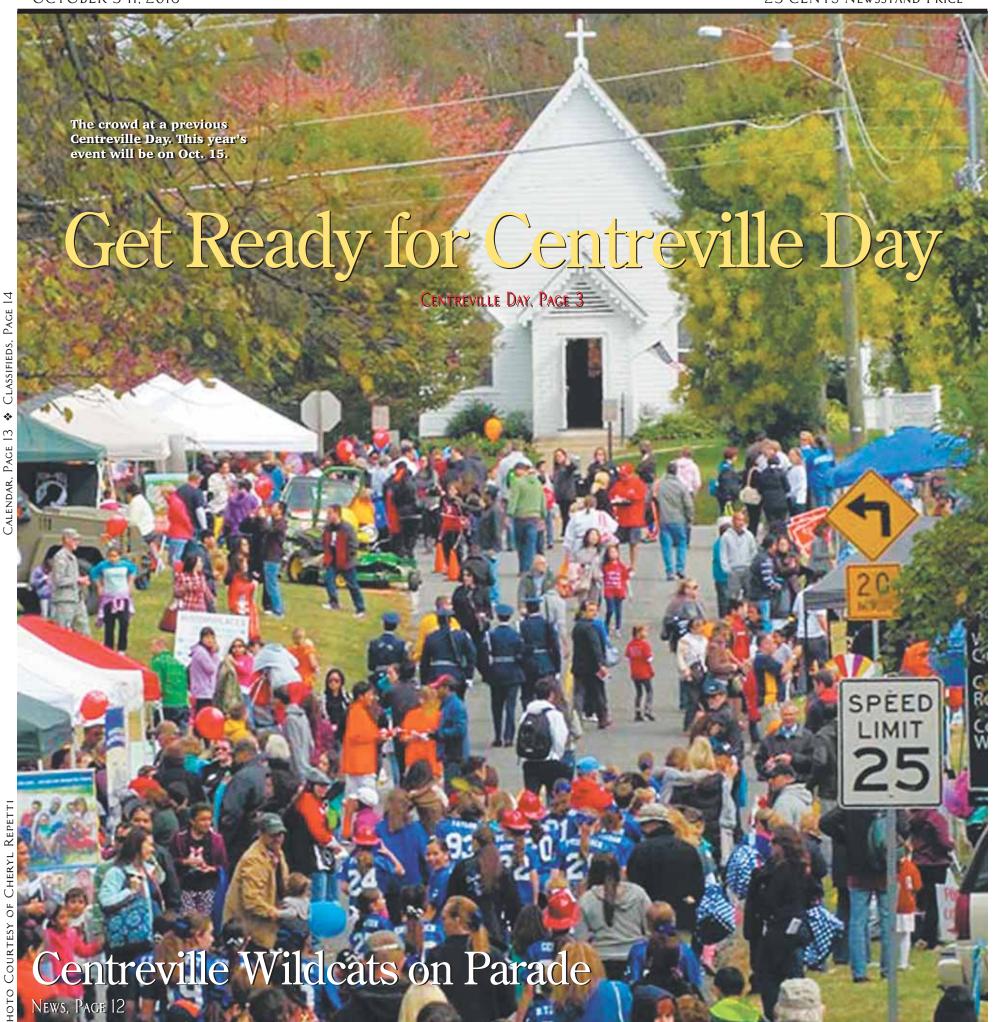


Senior Living

Page 8

OCTOBER 5-II, 2016 25 CENTS Newsstand Price





BARBARA COMSTOCK



A Plan to Protect Seniors



Barbara's parents live with her at her home in McLean.

The Washington Post Bipartisan Doc-fix passes the House

"As your Congresswoman, I am standing up for seniors. I will continue to vote to replace ObamaCare, restore Medicare, and protect Social Security."

Barbara Conspect

Barbara Comstock will stand up for seniors and protect Medicare.

- Passed a bipartisan bill to strengthen Medicare so seniors are able to keep their trusted doctors.
- Passed an amendment that stopped a planned increase in Medicare Part B premiums.
- > Voted for a bill to ensure the Social Security Administration protects seniors from identity theft.
- Co-Sponsored the 21st Centuries Cures Act which provides funding to the National Institutes of Health (NIH) for research to find cures for Alzheimer's disease, cancer and diabetes.
- Passed the Reauthorization of the Older Americans Act, which provides assistance to states and area agencies on aging and model programs.

ELECTION DAY VOTE NOVEMBER 8TH

ABSENTEE VOTING INFORMATION:

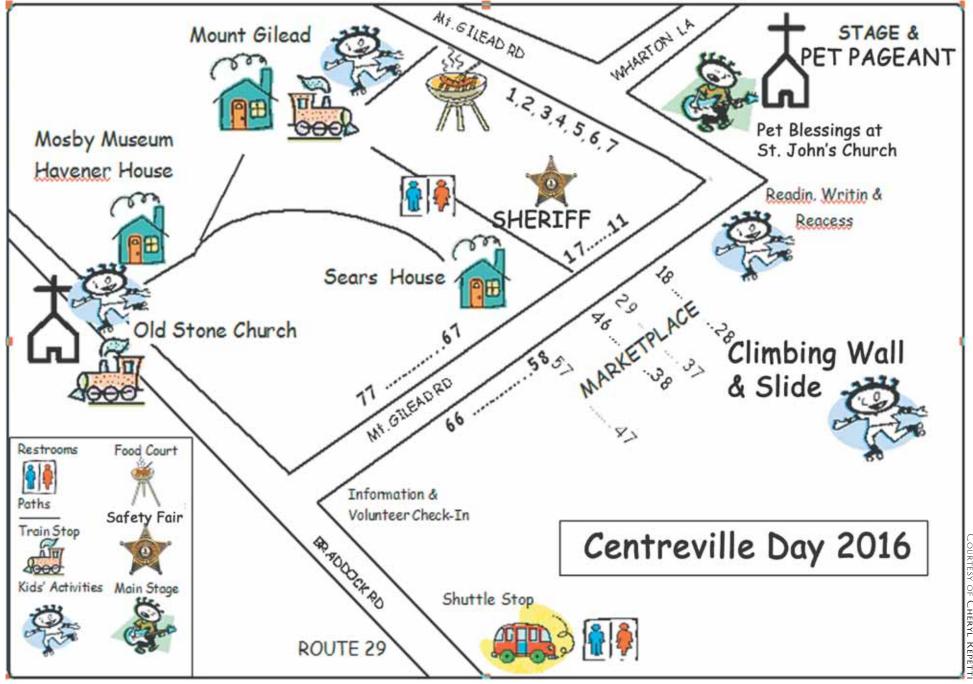
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CENTREVILLE DAY



Map of this year's Centreville Day attractions.

Parade, Pets, Music, Children's Games

24th annual Centreville Day is Saturday, Oct. 15.

By Bonnie Hobbs Centre View

t's time for sweaters, autumn leaves, pumpkin-spice lattes — and Centreville Day. This year's event, the 24th annual, will be Saturday, Oct. 15, from 10 a.m.-5 p.m., in Historic Centreville Park, 5714 Mount Gilead Road (off Braddock Road, across Route 29 from the IHOP)

With the theme, "Celebrating Centreville Community," it features everything from a parade to a pet pageant, music, dancing, children's activities, food and crafts. Admission is free, and free parking and shuttles will be available at The Trinity Centre, 5860

Trinity Parkway, off Route 29.

"With day-to-day life being so hectic for most people, it's often hard to step back and recognize what a great place Centreville is," said event organizer Cheryl Repetti, president of the Historic Centreville Society. "From its earliest settlement in the 1760s, to the dynamic and culturally diverse community we know today, Centreville has a long and interesting history celebrated each Centreville Day in the very places where that history happened."

The festivities begin at 10 a.m. with opening ceremonies at the main stage near St. John's Episcopal Church. Cub Run Elementary students will sing the National Anthem, and Supervisor Kathy Smith (D-Sully) will welcome the crowd and present the Centreville Day Citizen of the Year award.

Parade

The Centreville Day Parade is always col-



A rock-climbing wall will again be a Centreville Day

PHOTOS BY BONNE HORBS

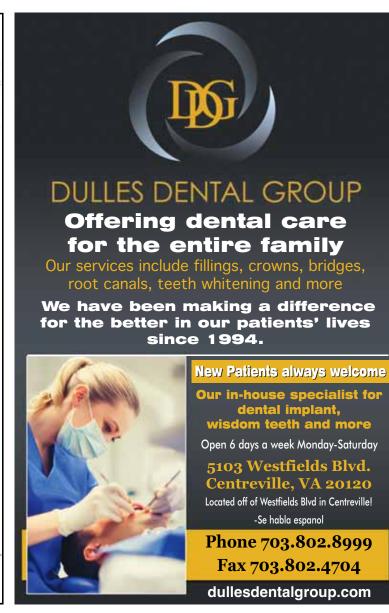
Swordmaster Charles Anderson shows muskets and swords to attendees at a past Centreville Day.

orful and exciting, and this year's event should be no exception. American Legion Post 1995 organizes it, and the participants will include fire engines from Station 17, Boy Scouts, Girl Scouts, members of the

Fairfax County Sheriff's Office and more. Anyone can join in the fun — even children with decorated bikes and scooters, and cos

SEE READY FOR PARADE, PAGE 4
CENTRE VIEW * OCTOBER 5-11, 2016 * 3





CENTREVILLE DAY

Ready for Parade

From Page 4

tumes are encouraged.

The parade will start assembling at the end of Wharton Lane near Wharton Park Court at 10:30 a.m. It'll kick off at Wharton Lane at 11 a.m., passing the stage shortly before noon and continuing along Mt. Gilead Road to Braddock Road. Residents living north of Wharton Lane will notice brief, rolling, road closures as the parade passes by.

Prizes of \$50 will be awarded to the Most Enthusiastic and Most Patriotic groups. Advance registration is appreciated for planning purposes or to be considered in the parade judging; go to www.CentrevilleDay.org. Any questions may be directed to parade coordinator Steve Hunter at geoshunter@gmail.com.

Sponsors

Almost all Centreville Day activities are free, thanks to the support of several vendors and sponsors, including the Korean Central Presbyterian Church, Apple Federal Union Bank, CPA Bryan Hunt, Historic Centreville Society, Centreville-Chantilly Rotary, American Disposal Services, Signarama of Centreville, Alpha Delta Kappa, Post 1995 of the American Legion, the Fairfax County Park Authority and the Friends of Historic Centreville.

Children's **Activities**

"Centreville Day is an amazing day for children," said Repetti. "Get your money's worth from your Halloween costumes. Children can go trick-or-treating through the community marketplace while their parents browse the booths of crafters, local businesses, churches and nonprofits."

Also planned are a slew of free activities, including a climbing wall, slide and History Train rides. And in the Readin,' Writin' and Recess area on Mt. Gilead Road,

SEE PETS, MUSIC, PAGE 5



Little Rocky Run HOA **COMMUNITY YARD SALE** SATURDAY, OCTOBER 8th

(Rain Date: October 22nd)

Beginning at 8:00 am



Detailed map of private home yard sale participants will be available at the HOA office after 5:00 PM on October 6th, to include homes on the following streets:

> Bridgeland Lane **Springstone Drive Shalestone Court** Stonefield Court Stonefield Drive **Union Village Drive**

Oak Stone Court **Rock Fall Court Laurel Rock Court** Maple Run Court Whetstone Manor Court

Marblestone Drive

White Stone Court **Springhouse Circle Bluffdale Court** Little Rocky Run Circle

Multiple participants will also be set up at the HOA office 6201 Sandstone Way, Clifton, VA

AND Rec Center #1 - 13775 Little Rocky Run Circle, Centreville, VA

CENTREVILLE DAY

Main Stage Schedule

Time	Name	Activity
10:00 – 10:45	Opening CeremonyNational Anthem – Cub Run Singers	Welcome; introductions; Citizen of the YearCub Run singers: Anthem to start Opening Ceremony; end Opening Ceremony with 2 songs
10:45 - 11:00	Pirates for Sail	Songs
11:00 - 12:00	Parade - Announcer	Parade
12:00 - 12:20	Va Deatles	Band
12:20 - 12:40	Parade - Announcer	Parade Winners
12:40 - 1:00	Va Deatles	
1:00 - 1:10	Village Fool	
1:10 - 1:30	Powerworx Dance	Dances
1:30 - 1:50	Fairfax Choral Society - Youth Choir	Songs
1:50 - 2:10	Tae Kwon Do Students	Martial arts
2:15 - 2:35	Senior Harmonica Players	Music
2:40 - 3:00	Cub Run Dancers	Dances
3:00 - 3:30	Rotary Pet Pageant	Parade and judging
3:30 – 4:00	Northern VA Wushu Academy Announce	
	Pet Pageant winners	Stage and road beside stage
4:00 - 4:20	Harmony Road Players	Instrumental
4:20 - 4:50	To Be Announced	

Pets, Music and Children's Games

From Page 4

the women of Alpha Delta Kappa will host face-painting, tug-of-war and sack races.

Children can also enjoy hands-on history at Mount Gilead, which was built as a tavern in 1785. It's one of the oldest, surviving buildings in Centreville, dating back to the original crossroads village of Newgate, and it'll be open for guided tours. Outside on the lawn, Sully Historic Site volunteers will help children dip candles, write with a quill pen and make simple toys to take home.

Also on the lawn will be the Swordsmen of the 18th Century. Long-time Centreville residents Charlie and John Anderson will demonstrate their swash-buckling skills and share their extensive knowledge with the crowd. Meanwhile, attendees may also find another group of living historians, Pirates for Sail, also camped on Mount Gilead's lawn. (Centreville was once home to a pirate; see sidebar on Mrs. Spindle and Captain Ralls.)

Entertainment

Master of Ceremonies is Westfield High theater student Nathan Marshak, who'll host mainly local talent at the main stage. At 10:45 a.m., Pirates for Sail — described by Repetti as "A group of hearty, singing privateers sailing out of Baltimore with a treasure of song" — will begin the day's entertainment. Following at noon will be a local favorite, the Va Deatles, comprised of teachers mostly from Stone

Middle School — Joanna Vadala, Liz Meyer, John Lorusso and Robert Zazzara — who'll cover songs of the Beatles and other rock bands.

The dancers of Powerworx from Chantilly will perform at 1:10 p.m., and the Fairfax Choral Society's Youth Choir will sing at 1:30 p.m. Next will come the power and precision of the Hallelujah Tae Kwon Do Demonstration Team at 1:50 p.m.

Then at 2:15 p.m., Korean Senior Center members will play tunes on their harmonicas, followed by Cub Run's Dance Team at 2:40 p.m. Displaying another form of martial arts, the Northern Virginia Wushu Academy entertains at 3:30 p.m. And at 4 p.m., the Harmony Road Players will perform instrumental selections.

The day's final acts haven't yet been announced, but check www.CentrevilleDay.org or Centreville Day's Facebook page.

Pet Parade, Blessing

"For the second year in a row, Centreville Day will go to the dogs — and the cats, birds, snakes, lizards, rabbits and mice," said Repetti. "The Centreville-Chantilly Rotary Club is sponsoring a fabulous and friendly Pet Pageant for pets of all kinds."

The pageant is set for 3 p.m. at the stage. There's no registration fee, but a registration form is available at the Centreville Day website. Families are welcome to bring more than one pet, and prizes will be

SEE PETS, MUSIC, PAGE 6



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

—John Wooden





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CENTREVILLE DAY

Who Is Mrs. Spindle, Anyway?

And why are pirates roaming around at Centreville Day?

BY JIM DANIELS AND CHERYL REPETTI SPECIAL TO CENTRE VIEW

rs. Spindle has become something of a Centreville Day mascot, but the Friends of Historic Centreville, who organize the event, have no idea who she really is. Her photograph was taken in March of 1862, days after the Confederate Army had left Centreville. The Union Army claimed the town. Travelling with them was photographer George Barnard who worked in Mathew Brady's studio.

He took many photographs of Centreville and its environs, particularly sites related to the Battle of Manassas which had occurred a few months ago. Among Barnard's photos is a picture of a Centreville family and their wagon piled high with household belongings.

Made into a carte de visite entitled "Departure from the Old Homestead, Centreville." On the back of the card were lines from a poem by Oliver Goldsmith: "And trembling, shrinking from the spoilers hand/Far, far away, thy children leave the land." In a later publication of the photograph the little family is described as Union sympathizers seeking sanctuary in the north.

Whether their sympathies were for the North or the South, for the Friends of Historic Centreville, the plain woman with a pipe clenched in her teeth and a determined look on her face represents the people of Centreville: working people who persevered in the face of sometimes overwhelming challenges, such as occupying armies. The buildings in the background resemble the Spindle house, located west of town, which was used by the Union Army as a hospital and photographed repeatedly by Barnard, hence the sobriquet "Mrs. Spindle."

The pirates are from an earlier period, when Centreville was known as Newgate. A crossroads town built on the trade of travelers, Newgate boasted no seas to sail but it did have a number of taverns, beginning with the Newgate Inn built in the 1760s, Mount Gilead in 1785 (then named House at the Sign of the Black Horse), and Wapping in 1789. Wapping was owned by George Ralls, whom historian Eugenia Smith believed was Captain George Ralls, master of a schooner in the Virginia Navy during the Revolutionary War.

He sailed as a "privateer," a kind of quasi-legal piracy where Ralls could attack British merchant ships and claim whatever cargo they carried to be divided among himself, his crew, and the Virginia Navy. Unfortunately for Ralls, he wasn't a very good pirate, and after being captured twice, he was invited to leave the Navy. He then moved to Newgate and opened Wapping, the name of an infamous slum on the London waterfront and perhaps a tip of the hat to Ralls' piratical past. He lived the remainder of his life here and helped to transform Newgate into the new town of Centreville.

Pets, Music and Children's Games

From Page 5

awarded in categories such as Most Unusual Pet and Most Creative Costume.

Prizes are donated by local pet stores and veterinarians. For more information, contact Cammy Gawlak at cgawlak@verizon.net.

The Rev. Carol Hancock will be blessing a variety of pets throughout the day at the Saint John's tent on the lawn of the historic church. Hot coffee will be available and the church and grounds will be open for tours. Discover the door in the ceiling or explore the old cemetery.

History

Just down the street from St. John's is the Spindle

Sears House. Purchased in 1933 from a Sears catalog and shipped here by train, this tiny house will be open for tours led by Ellanor C. Lawrence Park historian Allison Hartley.

Besides the guided tours of Mount Gilead, cookies and tea will be offered on the home's porch by the Irongate bakers in period garb. Mount Gilead is also one of the stops for the county Park Authority's History Train, driven from the Sully Historic Site by Matt McNeal.

Repetti advises visitors to get off the train at the Braddock Road stop and "stroll down the hill to explore the Old Stone Church — the Church of the Ascension — where you can tour the historic church

SEE HISTORY, PAGE 7



The Church of the Ascension

13941 Braddock Road Centreville, VA 20120 703-830-3176

www.ascension-acc.org

Our Parish participates on Centreville Day by inviting visitors to tour our beautiful building affectionately known as "The Old Stone Church." We also sponsor activities:

- Each year we offer our ever popular "Plowman's Lunch"
- We offer homemade baked goods in our famous bake sale
- For the children Gift bags and candy plus trick-or-treat bags to decorate
- In the Sanctuary A presentation of Civil War history at the Church

A vibrant and active congregation inhabits our 1850s façade. We always enjoy this celebration. Some of us dress in modified Civil War era garb. Come join us for the fun. You may just want to stay. Visit us on Sundays for Holy Communion at 10 a.m.

CENTREVILLE DAY

History

From Page 6

and meet living-history performer Dean Howarth. Dean will amaze and delight you with curiosities and demonstrations drawn from 18th-century science."

Also there will be more baked goods, plus a ploughman's lunch for sale. And the nearby Havener House and Stuart-Mosby Museum will be open for tours, too. The Stuart-Mosby Civil War Cavalry Museum on Braddock Road features items related to the lives of cavalrymen Gen. JEB Stuart and Col. John Mosby.

General Information

Centreville Day is organized by "Mrs. Spindle"

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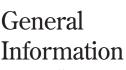
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Please join us! Sunday 9:30 AM - Holy Eucharist Sermon & music . Nursery available 10:50 AM - Christian Education classes for all ages Wednesday 6:00 PM - Holy Eucharist and Healing The Rev. Carol Hancock, Priest-in-Charge 5649 Mount Gilead Rd • Centreville, VA 20120-1906 703-803-7500 • www.StJohnsCentreville.org

St. John's Episcopal Church





and benefits the Friends of Historic Centreville, a nonprofit organization that puts on Centreville Day in partnership with the Park Authority to encourage residents to discover the Centreville's rich history. For more information, follow www.CentrevilleDay.org.

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Senior Living

From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

he Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Cen-



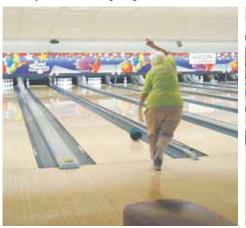
Judy Landolt-Korns from Clifton in the 60-69year-old age group practices throwing horseshoes

with Barbara Klementz from Annandale at the Fairfax Senior Center-Green Acres. Klementz is in the 80-89 year old age group. "She has already won gold in every event she entered this year, Landolt-Korns explains, "and she has basketball next." They decide they may try bocce next year. Landolt-Korns says, "we're always looking for something new to try.



shakes hands with his regular leagu bocce partner Henry Coletto after Coletto completes his bocce match in the 90-year old plus category in the Senior Olympics on Sept. 15. Garito says, "Henry turned 91 two weeks ago and instead of a cake I decided to celebrate with Oh Henry candy bars. I had to look all over to find them." Colette says he put his in the freezer for the future. After the match they watch the other players and reminisce about the wars - World War II for Colette and Korean War for

ter-Green Acres, field events at Stone Bridge two 100+ age group entries this year, Vera High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were



Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

- SHIRLEY RUHE



Eva Sorenson from Springfield (left) and Marge McNare from Fairfax (right) are two of 22 women to bowl in the Senior Olympics at Bowl America Shirley on Edsall Road on Sept. 12. They are bowling in the 90-94 year old age group. Sorenson says she has been bowling for 70 years or more since she was pregnant in 1944 with her son. "He came out an athlete." In her first game of three required games she bowled 133, ""my average score." She wins a gold medal with a score of 617 for three games. McNare is bowling on lane 10 wearing a Senior Olympics 1987 green shirt but says, "I started bowling the year before that but I lost that shirt." McNare says she used to bowl about 140 until she hurt her shoulder last month. Her first game this time was 124. "I'll take what I can get."



PHOTO BY TOM MANNING

Phil Doherty from Burke and his doubles partner Neil Lane from Reston won bronze medals in the men's doubles semifinals match in the 80-89 age group held on Sept. 15 at Wakefield District Park in Annandale. They lost their match 9-7 (8 game pro set) after battling back after a slow start.



PHOTO BY SHIRLEY RUHE Thomas Robinson from Herndon is listed bowling 220 with no handicap. This is his first year entered in the Senior Olympics competition, but he says he has been bowling for over 40 years since he was 10. Robinson says this was sort of an accident. He was signing up for the volleyball competition and just happened to notice bowling. He pulls out his favorite brown ball "that smells like root beer - no kidding" and wipes it off with a cloth to get some of the oil off the ball. Then he swings his long arm back and lets go — another strike. Robinson wins gold in the 50-54 year age group with a score of 726 for three games.



Photo by Tom Manning

Springfield resident Kathy Wilson sports a Bryce Harper jersey as she competes in the Softball Hit event in the 55-59 age group at Wakefield District Park in Annandale on Sept. 14. Wilson hit the softball 97' 10" to take home a



Photo by Tom Manning

Tom Tobias, 83, from Haymarket swims the 50 yard freestyle in the 80-84 age group on Sept. 16 at the Claude Moore Recreation



Photo by Tom Manning

Gail Johnson from Gainesville begins the final lap in the 50 yard backstroke for the 70-74 age group on Sept. 16 that was held at the Claude Moore Recreation Center in Sterling.

Senior Living



Bathroom includes bench and handheld shower.



PHOTOS BY BOB NAROD

An existing closet space or other small area can be retrofitted to accommodate an elevator.

Planning for Multigenerational Living

Making room for older family members.

By Josh Baker Bowa Builders

lanning for multigenerational living has been on the rise in recent years. With life expectancies increasing and early baby boomers entering their golden years, this trend is expected to continue. As with any remodeling project, there are a number of factors to consider when planning a renovation for a growing household.

A Space of Their Own

A self-contained guest house or in-law suite offers the most privacy for all generations. Including a full bathroom and kitchenette, as well as a separate entrance in this space, allows an older family member to retain their independence and privacy. Adding a small sitting area allows the occupant to entertain guests without feeling as if they're intruding. When planning, be sure to incorporate extra storage space, as it can be difficult for some folks to part with their belongings, particularly those that hold sentimental value. Finally, as interaction with the family is important, it's nice to ensure the home's main kitchen is sufficiently sized and a comfortable gathering area is accessible to include everyone for cherished family time.

Existing Space Strategies

If you don't have room for an addition, either on your lot or in your budget, reworking existing space and incorporating elements of universal design can help with the transition. One cost-effective solution to consider is a residential elevator. An existing closet space or other small area can be retrofitted to accommodate the elevator, or if existing space is at a premium a small addition just large enough for the elevator shaft can be built. This can give family members with mobility issues access to more areas of the

home. Recent empty nesters might repurpose their children's rooms on the upper level to accommodate the needs of aging parents, or a small suite might be planned in a finished lower-level. If an elevator isn't an option, a cozy second master suite might be created from a seldom used room on the first floor, such as an office or den.

Universal Design

Whether you're reconfiguring space that's already there or adding on, there are various ways to design a home with accessibility in mind. Widening hallways and doorways can help ease maneuverability issues for family members who use a wheelchair or walker. A spacious, roll-in shower with grab bars and a hand-held showerhead is ideal in the bathroom. Adding a comfort-height toilet, the height of the average chair, is helpful for those who have joint or balance concerns. Planning some sinks and countertops at lower heights in the bathroom or kitchen can offer seated individuals easier access and greater autonomy. Given the wide variety of fixtures, finishes, and accessories available, a little careful planning can help you to achieve a home that is both stylish and accessible. An added benefit of a wellplanned renovation to accommodate senior parents is the space is already access-friendly if one should decide to remain in the home and age-in-place them-

Even if you don't intend to have someone living with you full time, having a home that offers "visitability," a movement that has grown increasingly popular in the accessible design community, provides a safe and comfortable environment for all visitors and loved ones. If I can help to answer any questions you may have on creative design solutions for multigenerational living, please let me know.

Josh Baker is the founder and co-chairman of BOWA, ar award-winning design and construction company specializing in luxury renovations ranging from master suites and kitchens to whole-house and whole-condo remodels. BOWA has more than 28 years of experience and has earned nearly 200 awards for business, design and construction excellence, including being named National "Remodeler of the Year" by Professional Remodeler magazine. Visit www.bowa.com or call 703-734-9050.



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- **Carrots, Mixed Vegetables)** Box/bag of Rice (2 lb pkg)
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OPINION

Voting Never Mattered More

Consider voting absentee in person since more than 500,000 other voters are likely to turnout on Election Day.

ith more than 655,000 active voters in Fairfax County, and as many as 500,000 voters turning out on Election Day, it's a good time to consider voting early, and preparing for a longer-than-usual process if voting on Election Day.

While the Presidential election will take top billing, every seat in the U.S. Congress is on the ballot, with one hotly contested race in Northern Virginia.

In Fairfax County, voters will decide whether to enact a four percent meals tax.

The Town of Herndon will have its first November election, moving from May in past elections, with the office of Mayor and six Town Council seats on the ballot. http://herndon-va.gov/government/mayor-and-council/town-elections

Fairfax County voters will decide on three bond questions, including \$120 million in transportation bonds for Metro; \$107 million in bonds for parks; and \$85 million for building and renovating senior and community centers, and homeless shelters. More at http://www.fairfaxcounty.gov/bond/

Virginia Voter ID

Virginia has a significant voter identification requirement, plan to bring photo identification with you to vote, whether that is absentee or on Election Day. But you can get a voter ID card if you don't have one of the other acceptable identifications.

Among accepted ID: 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 issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; 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.

Any registered voter who does not have

one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

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

Provisional Ballot Process for Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot.

After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

Absentee Voting in Person in Fairfax County

Voting begins Sept. 23, and with record turnout possible, voting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day, which basically means anyone who commutes to a job. Check the Virginia Department of Elections list to see if you are eligible. http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

If you vote absentee in-person you will fill out the application when you arrive at the inperson absentee location.

Absentee Voting Begins Sept. 23

12000 Government Center Parkway, Fairfax, 22035

Weekday Schedule:

Sept. 23 to Oct. 14, Monday, Tuesday, Wednesday and Friday: 8 a.m. to 4:30 p.m.; Thursday: 8 a.m. to 7 p.m., Closed, Monday,

VOTE: Upcoming Dates

- ❖ To vote in November's election, you must be registered by Oct. 17: Voter Registration Deadline In-Person: 5 p.m., Online www.vote.virginia.go❖ 11:59 p.m. To determine whether you are eligible and registered to vote in this election, visit the Virginia Department of Elections website at http://elections.virginia.gov/ or call Fairfax Elections office at 703-222-0776.
- ❖ In-Person Absentee Voting began Sept. 23 and will continue until Nov. 5. http:// www.fairfaxcounty.gov/elections/ absentee.htm
- Nov. 1: Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5 p.m.
- ♦ Nov. 5: Final Day for In-Person Absentee Voting
- ♦ On Election Day, Tuesday, Nov. 8. Polls are open from 6 a.m. 7 p.m.
- are open from 6 a.m. 7 p.m.
 ❖ Nov. 8: Absentee Ballot Return Deadline: 7 p.m.

For more information on voting in Fairfax County:

Voter Registration: 703-222-0776, TTY 711 Absentee Fax: 703-324-3725 Email: voting@fairfaxcounty.gov Election Officer Info: 703-324-4735, TTY

ON THE BALLOT IN FAIRFAX COUNTY:

- President and Vice President
- ♦ U.S. House of Representatives, 8th, 10th, or 11th District
 - ❖ Meal Tax Referendum
- Three Proposed County Bond Questions
- ❖ Two Proposed Constitutional Amend-

See the Connection's community guide on how to vote and what's on the ballot at www.connectionnewspapers.com/news/ 2016/aug/25/how-vote-fairfax-county/

Oct. 10, Columbus Day.

- * Oct. 17 to Nov. 4, Monday Friday, 8 a.m.
- ❖ Saturday Schedule: Oct. 1, 8, 15, 22, 29 and November 5, 9 a.m. to 5 p.m. Nov. 5 is the last day to absentee vote in-person.

Absentee Voting at Satellite Locations Saturday Schedule: Oct. 1, 8, 15, 22, 29 and Nov. 5, 9 a.m. to 5 p.m.

Weekday Schedule: Oct. 17 to Nov. 4, Monday - Friday, 2 p.m. to 8 p.m.

Satellite Voting Locations:

- ❖ Providence Community Center 3001 Vaden Dr., Fairfax, 22031
- ❖ Franconia Governmental Center 6121 Franconia Rd., Alexandria, 22310
- ♦ McLean Governmental Center 1437 Balls Hill Rd., Community Room, McLean, 22101
- North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston, 20190
- ❖ West Springfield Governmental Center 6140 Rolling Rd., Springfield, 22152
- ❖ Mason Governmental Center 6507 Coumbia Pike, Annandale, 22003
- ♦ Mount Vernon Governmental Center 2511 Parkers Lane, Alexandria, 22306
- ❖ Sully Governmental Center 4900 Stonecroft Blvd., Chantilly, 20151
- ❖ Lorton Library 9520 Richmond Hwy., Lorton, 22079 SATURDAYS ONLY (Closed Weekdays)

CENTRE VIEW

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Little Rocky Run

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A Connection Newspaper

News

From left are **Miss Margaret** Anne Thompson, Miss **Carolyn Marie** Shabe, Miss Bradan Alexandra McBurney, Miss Josephine Rayann Bowen, and **Miss Darby** Rachelle Bouweiri.





Old Dominion Cotillion Marks 25 Years

he Old Dominion Cotillion marked its 25th anniversary on July 16 by celebrating the debut of five young women in the community. Since its inception, the Old Dominion Cotillion has focused on preparing young women for adulthood with grace, poise and a sense of social responsibility. The year-long program culminates with a ball held at Westfields Marriott in Chantilly.

The Board of Governors announced the debut of Miss Darby Rachelle Bouweiri, daughter of Ms. Kristina Bouweiri of Leesburg and Mr. William Bouweiri of Lovettsville; Miss Josephine Rayann Bowen, daughter of Ms. Mandy Bowen of Chantilly; Miss Bradan Alexandra McBurney, daughter of Mr. and Mrs. Shawn McBurney of Fairfax; Miss Carolyn Marie Shabe, daughter of Mr. and Mrs. Laurence Shabe of Oakton; and Miss Margaret Anne Thompson, daughter of Mr. and Mrs. John Thompson of Fairfax Station.

The Debutantes, dressed in white Cinderella-like ball gowns were escorted by Cadets from Fishburne Military School. After the formal presentation, the Debutantes, their escorts and guests danced to music by Rendezvous.

This year's Assembly included six Pages, five Future Debutantes, six Post Debutantes and three PostPost Debutantes, along with active alumnae from classes dating back to 1992.

In addition to learning social graces, the young women also participate in many philanthropic activities throughout the Social Season. The Old Dominion Cotillion's philanthropic mission is to provide experiences that encourage social awareness and compassion for the needs of the community. This year the membership contributed over 900 hours of service to their designated charity. The Ronald McDonald House in Falls Church and other organi-

The ODC program is open to all young women in grades seven through 12. Membership is now open for the 2016-2017 Social Season, which begins in October with the Invitational Tea and concludes with the 26th Anniversary Debutante Ball in July 2017. If interested in learning more about ODC or to be placed on the invitation list for the Invitational Tea to be held Oct. 23, contact the Mrs. Sherry Pressley, founder, or Mrs. Francine Gallagher at info@olddominioncotillion.org.

For more information, visit http:// www.olddominioncotillion.org_or the Old Dominion Cotillion Facebook page, www.facebook.com/ OldDominionCotillion.

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News



Centreville's marching band on parade.

Centreville Wildcats on Parade Centreville High's Home-coming Parade was Sept. 30 in Little Rocky Run.



The DECA Club looks forward to the holidays.



Theater **Director** Mike Hudson.



Cheerleaders show their spirit.

Photos by Bonnie Hobbs Centre View



Centreville Robotics members.



Junior Class Homecoming Court members Mondai Wyatt and Michael Yang



SGA board members.



The office staff having fun.

Entertainment

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.

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

Cox Farms Fall Festival. Through Oct. 31, 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

Fields of Fear. Through Nov. 5, 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 Havride and the Cornightmare. 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

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.

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-

 \boldsymbol{RESET} $\boldsymbol{Bookfair.}$ 1 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Welcome RESET (Raising Excitement for Science, Engineering & Technology) for the launch of Educator Appreciation Week. Generate excitement in the classroom by learning new experiments and hands on learning opportunities for students. Bookfair proceeds to benefit RESET school field trips, which are used to introduce students to the joys of math and science. Free. Call 793-278-0300 for more.

Book Talk: "Master of

Ceremonies." 5 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Educator Jonathan Harris has seen opportunities squandered. With a desire to help teens, Harris has set out to craft a roadmap to success. Tackling today's tough topics - how to improve selfesteem, embracing spirituality, crafting unbreakable bonds with loved ones and the practical matters of life such as job hunting, finances

and handling emergencies - Harris shares how to become the Master of Ceremonies of your life. Free. Call 793-278-0300 for more.

SATURDAY/OCT, 15

10th Annual K-9 Krawl 5K. 8:30

a.m. at Fairfax County Government Center - 12011 Government Center Parkway, Fairfax. This dog walk was created to raise awareness of the link between domestic violence and pet abuse. Pets are part of the family and oftentimes abusive partners use the bond between victims and their companions to control, manipulate, and isolate them. Registration is free. Visit www.fcpdnews.wordpress.com/ 2016/08/25/10th-annual-k-9-krawl-

Breakfast with Cat in the Hat. 10 a.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Breakfast specials, Cat appearances crafts and more. Free to attend. Call 793-278-0300 for more.

SATURDAY-SUNDAY/OCT. 15-16 Northern Virginia Fall BrewFest.

11 a.m.-7 p.m. at Bull Run Regional Park, 7700 Bull Run Drive. The twoday Northern Virginia Fall BrewFest will feature seasonal beers and ciders from more than 45 regional breweries, as well as educational programs, live music, a cornhole tournament, sports on the big screens, and other activities to keep the entire family entertained. Tickets are \$25-35. Visit www.novabrewfest.com for more.

SUNDAY/OCT. 16

N Gauge Model Train Show. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and children 4 and under. free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfaxstation.org or call 703-425-9225

SATURDAY/OCT. 22

VolunteerFest. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit www.volunteerfairfax.org/ individuals/volunteerfest.php.

Blood and Guts Run. 9:30 a.m. at Bull Regional Park, 7700 Bull Run Drive, Centreville. A zombie-themed 5K. Registration is \$35. Visit www.bloodandgutsrun.com for more.

Fall Festival and Trunk or Treat.

11 a.m.-2 p.m. at The Learning Experience, 4150 Pleasant Valley Road, Chantilly. Trunk or treat, bounce house, cake walk and basket raffle and more. Free. Call 703-378-7391.

Halloween Family Day: Air &

Scare. 11 a.m.-5 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Participate in creepy crafts, spooky science experiments, and other Halloween-themed activities. Arrive in costume to get into the Halloween spirit and enjoy safe indoor trick-ortreating. Free, \$15 parking. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy

Historic All Hallows Eve. 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with story telling, fortune telling, fall foods and family gatherings. Visit

www.fairfaxcounty.gov/parks/sully-

historic-site.

SUNDAY/OCT. 23

Fall Festival at Deepwood

Veterinary Clinic. 12-5 p.m. at Deepwood Veterinary Clinic, 7300 Ordway Road, Centreville. Find games, pet adoption and more. Free. Call 703-631-9133.

Lecture: "Learn to Pray and Heal." 2 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Find out how you can "Learn to Pray and Heal" at this talk sponsored by the Christian Science Church, Free, Visit www.thinkdifferentlyfairfax.com.

TUESDAY-WEDNESDAY/OCT. 25-26

Handbag and Luggage Sale. 8 a.m.-4 p.m. at INOVA Fair Oaks Hospital Auxiliary, 3600 Joseph Siewick Drive, Fairfax. Free. Visit www.inova.org.

SATURDAY/OCT. 29

Clifton Haunted Trail. 7-10 p.m. at Chapel Road, Clifton. This annual event winds through Clifton's 8 Acre Park. Admission is \$15 for adults and \$10 for children 12 and under. Visit cliftonhauntedtrail.com.

SUNDAY/OCT. 30

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit brigittawhite.com/ dancingwithmybaby for more.





A Site To Be Told

By KENNETH B. LOURIE

I have a web site: www.kennywithcancer.com. Original, I know. But now what do I do with it? I mean, other than feeding my ego (a little bit) and providing a more central/accessible location for my nearly 350 cancer columns (published every week since June '09) and the occasional non-cancer and/or sports-themed column, what is the point of

I can't really say it's to bring awareness to the cause of this non-celeb because I know very little, even now, nearly eight years post diagnosis. And reading what I write is hardly news or noteworthy. Oh sure, the columns are mildly amusing and moderately informative, but compared to what exactly? Nor do I provide resources for other cancer patients, families or interested parties to educate themselves about this dreaded disease. I offer few facts, few figures, few recommendations, but lots of feelings. I only know what I don't know which, given its rather ample supply, has enabled me to maintain this seven-plus years output of weekly columns, having never missed a deadline during the entirety of my treatment, even during the early days of heavy-duty chemotherapy when occasionally I was down, but not quite out.

I suppose my columns do chronicle a cancer-patient's journey, so to speak, in real time; hopefully not in a boring, selfindulgent tone that turned some of you readers off. Perhaps there was still some meat left on the bone that offered some observations and emotions that drew you in and better acquainted you with the trials, travails and tribulations of a characterized-as-"terminal" stage IV, nonsmall cell lung cancer "diagnossee."

Writing about that diagnosis and my life as a cancer patient has come naturally to me. It has enabled me to share, which in a way, has lessened the burden on me, almost as if we were all in this together (strength in numbers and all of that). And I suppose that's sort of true since I've involved you regular readers in so many intimate details. I've held nothing back: the good, the bad and the ugly; no, not the movie. As a result, I imagine, I have received correspondence encouraging and commending. I assure you, none of it has fallen on deaf ears. And to be honest, I've not written about my having cancer for the greater good; I've not written about it to make friends and influence people, nor have I written about it to affect any policy change. I've simply written about because it has made me happy to do so.

And what little anecdotal agreement exists in the cancerpatient/treatment world, it is that happiness, laughter, positivity, etc., helps patients in ways that medicine in and of itself seems not always capable of doing. Unfortunately it appears not to be something which can be prescribed — in pill or liquid form, but something nonetheless that needs to be discussed and behavior-modified to attain, especially if it seems not be happening by itself. I'm living proof of that. Rather, I hope my columns are living proof of that. In my posted-columns-to-be, if there is a joke or funny popular culture reference in my column, we will link it to the original, if availsee exactly what I'm saying. I want my site to be more than just for sore eyes, but a sight to see as well; living and breathing, iust like me.

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

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21 Announcements 21 Announcements

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Xceed Technologies, Inc., Attn: Human Resources, 43130 Amberwood Plaza, Suite #200, Chantilly, VA 20152. Must reference job title and job code (CSAT-VA).

21 Announcements 21 Announcements

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21 Announcements

ABC LICENSE Whitehall Farms, LLC trading as Whitehall Farm, 12523 Popes Head Road, Clifton, VA 20124. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine 8 Beer Off premises license to sell or manufacture alcoholic beverages, Jeffrey O. Waters

member/manager
NOTE: Objections to the suance of this license must be submitted to ABC no later than 30 days from the publish-ing date of the first of two required newspaper legal notices Objections should be www.abc.virginia.gov or 800-552-3200.

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21 Announcements 21 Announcements

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News



Westfield Students give candy out to parade watchers, while they appear to have the Oakton Cougars in a crate before the Homecoming Game wih Oakton.

Westfield Bulldogs on Parade



Members of **Westfields Marching** Band in the 2016 **Homecoming Parade.**

Members of the **Junior Court during** the 2016 Homecoming Parade offer smiles and wave to the spectators.





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Softball

Track and Field

Volleyball

Wrestling

Every year thousands of kids participate in SYA sports. With 13 sports, there's something for everyone. While the sports may be different, the kids share one thing...the moment.

The moment when a child does the extraordinary. It can happen on a field or in a gym. It's the moment that is captured in their eyes, their smile, their voice. It is the moment when the joy of sports is realized.

Join SYA and capture the moment.



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