

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

The crowd at a previous Centreville Day. This year's event will be on Oct. 15.

Senior Living
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Get Ready for Centreville Day

CENTREVILLE DAY, PAGE 3

Westfield Bulldogs on Parade

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PHOTO COURTESY OF CHERYL REPETTI

OCTOBER 5-11, 2016

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- Passed the Reauthorization of the Older Americans Act, which provides assistance to states and area agencies on aging and model programs.

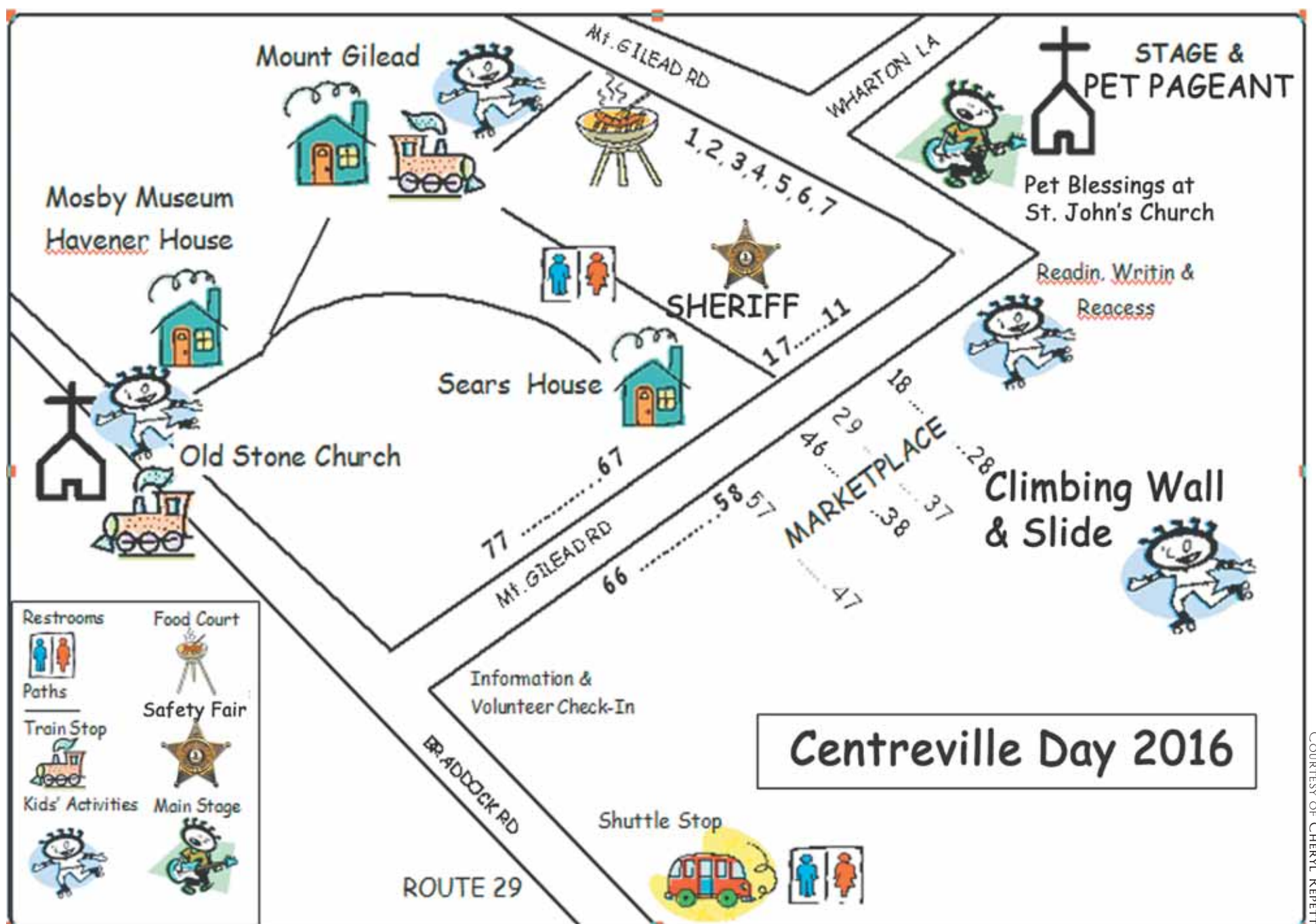
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CENTREVILLE DAY



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
THE CONNECTION

It'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 feature.



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

CHANTILLY CONNECTION ♦ OCTOBER 5-11, 2016 ♦ 3

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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.

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, the women of Alpha Delta Kappa

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.

SEE PETS, MUSIC, PAGE 5




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CENTREVILLE DAY

Pets, Music and Children's Games

FROM PAGE 4

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 swashbuckling 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.)



Chantilly High's Air Force Junior ROTC Color Guard.

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 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

SEE PETS, MUSIC, PAGE 6

Main Stage Schedule

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

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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 THE CONNECTION

Mrs. 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

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.

Reperti 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



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Children enjoy the trackless-train ride.

PHOTO COURTESY OF CHERYL REPETTI

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 cavalymen Gen. JEB Stuart and Col. John Mosby.

General Information

Centreville Day is organized by 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 "Mrs. Spindle" at 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.

The 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-

ter-Green Acres, field events at Stone Bridge 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

two 100+ age group entries this year, Vera 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



PHOTOS BY 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 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 SHIRLEY RUHE

Judy Landolt-Korns from Clifton in the 60-69-year-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."



PHOTO BY TOM MANNING

Phil Doherty from Burke and his doubles partner Neil Lane from Reston won bronze medals in the men's doubles semi-finals 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 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 silver medal.



PHOTO BY SHIRLEY RUHE

Nicholas Garito, Fairfax, shakes hands with his regular league 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 Garito.



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 Center in Sterling.



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.

Regaining Mobility

BY MARILYN CAMPBELL
THE CONNECTION

Tired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. The odds are that most patients will feel better, and feel better quickly. There are several ways patients and their doctors can improve their chances of success and speed their recovery time, however.

Addressing overall health issues like high blood pressure, diabetes and obesity can, for example, boost the chances that a joint replacement surgery will be successful, says

Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said. "The top things that lead to infection are obesity and uncontrolled diabetes. The extent that patients can have control over their weight and their medical conditions, in particular things like diabetes, the better their chances for success."

"The extent that patients can have control over their weight and their medical conditions, in particular things like diabetes, the better their chances for success."

— C. Anderson "Andy" Engh, M.D. orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon

In addition, while it may seem counterintuitive, patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. "We start out with patients using a walker and having someone assist

them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might attend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

Like Johnson's sister, the coach should be able to spend a significant amount of time with the patient during the early recovery period.

"That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

That person might also stop injuries by encouraging the patient to avoid complications during recovery. Patients should avoid

everyday tasks like lifting heavy bags of groceries, for example.

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to address issues such as determining how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should also plan ahead and safety-proof their homes. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Do a good assessment of the home. Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls."

Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "The question is 'How often do you get out of your house every week?' I think that the person who gets out, walks around, goes up and down the stairs, and is using their muscles and reflexes on a regular basis, they're in good condition no matter how old they are. Don't wait until you're home bound to have this surgery because they recovery will be quite long."

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."

Medicare Open Enrollment Nears

Medicare beneficiaries preparing for open enrollment this month may want to consider their current health needs and the many preventive services covered by Medicare.

Pam Smith, the Virginia Insurance Counseling and Assistance Program state director, has these tips for older Virginians looking to prepare for the enrollment period, Oct. 15 - Dec. 7. New insurance will not take effect until Jan. 1, 2017.

"Just as your health needs can change, so can the coverage and costs of health plans," Smith said. "Your health care provider and medications may be covered this year, but that does not necessarily mean they will be covered next year when your enrollment takes effect. Plans can change the list of

covered drugs, premiums may increase and providers may leave networks, making this annual evaluation critical."

Things to consider when evaluating a plan: Have health needs changed? Will the plan cover the services that are needed? Are the beneficiary's medications still covered? Is the health provider still in network? Are premiums or out of pocket costs increasing?

Update the list of medications, preferred pharmacies and health care providers, and then consider contacting trained counselors through the local Area Agency on Aging for free, confidential assistance in making the best decision for this enrollment period. These counselors can also help determine if the beneficiary is eligible for low-income

subsidies which may help pay some premiums and prescription costs.

Call your local AAA in advance to schedule an appointment as time slots fill quickly. A complete list of Virginia's AAAs and their contact information is online at www.vda.virginia.gov/aaalist.asp.

Medicare's benefits include a number of preventive and screening services designed to detect health problems early when they're easier to treat. Among them are diabetes screening, flu shots, prostate cancer screenings and the one-time "Welcome to Medicare" preventive visit to a health care professional.

Other sources to consult include:

❖ Review "Medicare & You 2017," a handbook that is mailed to people with Medi-

care, or visit <http://1.usa.gov/1sCBzli>.

care, or visit <http://1.usa.gov/1sCBzli>.

❖ Visit <https://www.medicare.gov/find-a-plan/questions/home.aspx> to compare current coverage with options available in the area and enroll in a new plan if it makes sense to make a change.

❖ Call 800-MEDICARE at 800-633-4227 to find out more about coverage options. TTY users may call 877-486-2048.

❖ Those with limited income and resources may be able to get assistance through Social Security's "Extra Help" program to pay prescription drug coverage costs. Visit www.socialsecurity.gov/i1020 or call Social Security at 800-772-1213. TTY users may call (800) 325-0778.

For more information on where to find local assistance, contact the Virginia Insurance Counseling and Assistance Program at 800-552-3402 or 804-662-9333. TTY users may call 800-464-9950 to reach VICAP.

The Virginia Department for Aging and Rehabilitative Services, along with community partners, provides and advocates for resources and services to improve employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families. Visit www.vadars.org.

Park Authority Offers 50+ Web Portal

The Fairfax County Park Authority has launched a website specifically for residents age 50 or older. The 50+ Engage-Connect-Play portal provides one-stop shopping for information on Fitness & Wellness, Arts & Learning, Gardening & Adventure, Giving Back, and more that's geared toward Baby Boomers and active seniors.

The Park Authority is making it easier for older residents to find new ways to engage as family and work demands change. In Fairfax County, 23.2

percent of households include adults who are 65+, and this group represents 11.5 percent of the county's total population.

Go to www.fairfaxcounty.gov/parks/fifty-plus/ to see which of the thousands of Park Authority classes are most popular among Baby Boomers and the 70+ crowd. Find out about concerts, fairs, festivals and other park events that appeal to older residents. Book a tee time at a golf course, register for an art or gardening program, or find activities to entertain

the grandchildren. Visitors to the site can also explore ways to give back to their community through paid and volunteer opportunities in the parks.

This initiative is part of the larger, countywide effort aimed at addressing the needs of a rapidly aging population in Fairfax County. U.S. Census figures show that there is a net in-migration to Fairfax County of persons age 85+. Among Fairfax County residents age 80 or older, 47.5 percent have one or more of the following: serious difficulty with walking and/or climbing stairs, difficulty dressing and/or bathing, or a cognitive disability.

OPINION

Voting Never Mattered More

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

With 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://herndonva.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 in-person absentee location.

Absentee Voting Begins Sept. 23

Fairfax County Government Center, Conference Room 2/3,
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.gov ❖ 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.

❖ 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 711

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 Amendments

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. to 8 p.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 Columbia 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)

Chantilly
CONNECTION

www.ConnectionNewspapers.com

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A Connection Newspaper

Old Dominion Cotillion Marks 25 Years

The 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



PHOTO BY STONE PHOTOGRAPHY

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

Future Debutantes, six Post Debutantes and three Post-Post 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 organizations.

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.

You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



Consider Fostering

visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org



Western Fairfax Christian Ministries

Since 1987, WFCM has served our community of Western Fairfax with compassionate, life-essential services to reduce hunger and the risk of homelessness among the working poor and those in financial crisis, helping clients achieve financial self-sufficiency.

Most-Needed Items:

- Oil, Sugar, Flour (2 lb bag preferred)
- Canned Fruit
- Canned Pasta
- Pasta Sauce, Canned Tomatoes
- Canned Meat and Fish (Chicken, Ham, Spam, Tuna, and Salmon)
- Canned Vegetables (Greens, Carrots, Mixed Vegetables)
- Box/bag of Rice (2 lb pkg)
- Dried Beans, Peas, Lentils
- Hot and Cold Cereal
- Small Dish Soap; Laundry Soap
- Deodorant
- Toothpaste
- Feminine Hygiene Pads (Note: Toiletry items can't be purchased with food stamps)

Donation Hours: Monday – Friday, 9:00 a.m. – 1:30 p.m.

13888 Metrotech Drive, Chantilly, VA, 20151

www.WFCMVA.org • 703-988-9656

24th Annual!

CENTREVILLE DAY

CENTREVILLEDAY.ORG

Celebrating Centreville Community

OCTOBER 15, 10:00-5:00

Historic Centreville Park on Mt. Gilead Rd

AMERICAN LEGION PARADE at 11:00

PETS NEEDED! ROTARY CLUB PET PAGEANT

SAFE HOMES FAIR

& TONS of FREE FAMILY FUN



FEATURING ONSTAGE:

The VaDeatles!

Pirates for Sail

Fairfax Choral Society

NoVA Wushu Academy

and more!

*Mrs Spindle says
come to Shop & Eat!
Dress in costume and
Trick or Treat!*



CENTRE VIEW

CENTREVILLE DAY

On Parade: Westfield Bulldogs



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



Members of Westfield's Marching Band in the 2016 Homecoming Parade.



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



Two Girl Scouts share a bag of candy to give to spectators during the Westfield Homecoming Parade 2016



Members of the Freshmen Court give away candy during the parade



Members of the Sophomore Court in the 2016 Homecoming Parade.



Spectators along the parade route for the Westfield High School Homecoming Parade on Friday, Sept. 30.



The Westfield Athletic Boosters along with the "Bulldog."

ENTERTAINMENT

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

ONGOING

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.

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 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.

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 703-631-9133.

RESET 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 self-esteem, 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-5k.

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 two-day 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.fairfax-station.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-or-treating. 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.

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 brigitwhite.com/dancingwithmybaby for more.

THE CONNECTION

Newspapers & Online

SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

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
Thanksgiving is November 24

11/30/2016.....Holiday Gift Ideas

DECEMBER

12/7/2016.....Wellbeing; Holiday Entertainment & Gift Guide II
12/14/2016.....HomeLifeStyle; Home for the Holidays
12/21/2016.....A+ Camps & Schools; Holiday Entertainment & Gift Guide III
12/21/2016.....Connection Families: Safe for the Holidays

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• Burke Connection	• Great Falls Connection	• Reston Connection
• Centre View	• McLean Connection	• Springfield Connection
• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Dakota Connection

Halloween Trick-or-Treating

SOUTH RIDING MARKET SQUARE

Sunday October 30

2 - 4 pm Rain or Shine

Located at the intersection of Loudoun County Parkway and Route 50 in Chantilly, VA.

RAPPAPORT
rappaportco.com | 571.382.1200

southridingmarketsquare.com

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 it, really?

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, self-indulgent 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, non-small cell lung cancer "diagnosis."

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 cancer-patient/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 to 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 available in the public domain so visitors can see 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, just like me.

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

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News

Boy Scout Golf Classic

PHOTO BY WILL PALENSCAR/THE CONNECTION



Chantilly National Golf and Country Club hosted the 19th annual Sully District Boy Scout Golf Classic on Sept. 19. Fifteen teams made up of four players on each team participated. Local businesses sponsored each of the holes. Players competed for Special Hole Competitions including Closest to the pin

(Men/Women) Longest Drive (Men/Women). Additionally, a putting contest was held at the start of the golf tournament. The winner of that received a Lobster Dinner from Lobster Maine-ia. Lunches were provided by Jersey Mikes of Centreville. The tournament money goes to support the 2,000 plus scouts of the Sully District. Seagate Technology won the tournament with a 63. Above are Hondo Davids, Michael Frey and Dan Palenscar at the 2016 Sully District Boy Scout Golf Classic.

BULLETIN BOARD

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

DISPLACED ITT TECH STUDENTS

Northern Virginia Community College has been working to create a pathway for ITT Technical College students who were displaced when their college suddenly closed earlier this month. NOVA offers staggered course start dates, which may help ITT Tech students get back on track quickly. The next eight-week session begins Oct. 19, 2016 and the spring semester begins Jan. 9, 2017. For details on where to start, ITT Tech students should visit www.nvcc.edu/itttech/ where there are links and contact information available. Just follow the steps to transfer. Once students have researched the website, they can contact the NOVA campus nearest them by calling 703-323-3000.

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.

WEDNESDAY/OCT. 5

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.

THURSDAY/OCT. 6

Flatlick Branch Stream Restoration Projects. 6-7 p.m. at Rocky Run Middle School Cafeteria, 4400 Stringfellow Road, Chantilly. The Fairfax County Department of Public Works is holding a public meeting to discuss design and construction of the Flatlick Branch Phase II and III Stream Restoration Projects, answer questions and gather feedback. Visit www.fairfaxcounty.gov/dpwes/stormwater/projects/flatlick-branch-stream-restoration.htm.
Downsizing and Organization. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Learn from professional organizer and owner of The Wise Organizer, Janet Bloom, what to consider when you are downsizing your lifestyle. A suggested timeline will also be provided. Adults. Register now at <http://bit.ly/2doFudd>.

Sully District Tree Forum. 7:30-9 p.m. at Fair Oaks District Police Department, 12300 Lee Jackson Memorial Highway, Fairfax. "Afraid To Ask" will cover topics including: the importance of a healthy urban forest; how to maintain healthy trees; replacing damaged trees; and how to maintain common area. Free and open to the public. Space is limited, RSVP to 703-324-1770 or TTY 711.

FRIDAY/OCT. 7

Venture Into Volunteering Fair. 10 a.m.-noon at the Mott Community Center, 12111 Braddock Road, Fairfax. Boomers, retirees and older adults are invited to the Venture Into Volunteering Fair. Discuss volunteer opportunities with representatives from county and nonprofit organizations. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

TUESDAY/OCT. 11

Telephone Support Group. 7-8 p.m. Fairfax County's free Family Caregiver Telephone Support Group meets by phone. The discussion is The Elephant in the Room: Difficult Topics in Caregiving You Need to Talk About. Register beforehand at www.fairfaxcounty.gov/olderadults and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

THURSDAY/OCT. 13

Academic Stress and Mental Health. 6:30-9 p.m. at Luther Jackson Middle School Auditorium, 3020 Gallows Road, Falls Church. Movie and panel on "Academic Stress and Mental Health." Saddened by a number of teen suicides, the film short "Unmasked" (2015) was produced by a group of Palo Alto High School students who wanted to open community conversations about mental health, with an emphasis on hope, communication and moving forward. Youth-led panel to follow focusing on new initiatives locally to relieve teen stress and support youth wellness here in Fairfax County. Visit www.facebook.com/events/543682542485724/.

FRIDAY/OCT. 14

Annual Fellowship Dinner. 6 p.m. Attend WFCM's 9th Annual Neighbors Helping Neighbors Dinner as they celebrate our work together and give back. Doors will open with a reception and silent auction at 6 p.m., followed by dinner and a program at 7 p.m. All proceeds will help those in need in the community. To register, email registration@wfcmlva.org.

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

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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 & Beer Off premises license to sell or manufacture alcoholic beverages. Jeffrey O. Waters, member/manager
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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SPORTS

Westfield's Hunter Lydic's hit on Oakton QB Ahmad Shaw forces a fumble which led to a Nicholas DiVecchia defensive TD.



Eugene Asante carries the ball against Oakton.

PHOTOS BY
WILL PALENSCAR
THE CONNECTION

Bulldogs Track Down Cougars

The Oakton Cougars traveled to Chantilly to face conference rival #15 Westfield on Friday, Sept. 30. Oakton took a 3-0 lead in the first quarter when Matt Prosser kicked a 19-yard field goal.

Following a 39-yard TD pass from Westfield quarterback Rehman Johnson to Spencer Burns in the 2nd quarter, the Bulldogs took a 6-3 lead. Westfield's second touchdown of the quarter was a Matt Cirillo run from 3 yards out and put Westfield up 13-3. The Bulldogs welcomed Nathaniel Chung back to the lineup after an injury kept him out in last week's loss at Stone

Bridge. Chung would carry the ball 16 times for 127 yards and a TD, and Westfield's third touchdown of the quarter.

In the 3rd quarter Westfield continued its dominance, this time on defense, after Hunter Lydic's hit on Oakton QB Ahmad Shaw forced a fumble, and teammate Nicholas DiVecchia picked it up and ran in for 6 more. Later in the 3rd, with Westfield leading 26-3, Westfield QB Rehman Johnson scored on a QB keeper from 10 yards out. Westfield then faked a Brian Delaney extra point attempt and Taylor Moring, Delaney's holder, would sneak it in to give Westfield a 34-3 advantage.

Westfield would add one more touchdown in the 4th when QB Johnson hit Gaven Kiley for a 6-yard touchdown. Johnson completed 3 of his 9 passes, two of which were for touchdowns and 1 interception. Oakton QB Ahmad Shaw completed 10 of 16 passes for 90 yards.

With the win Westfield improves to (4-1) (1-0) and will travel to play their final regular season non-conference game with Briar Woods (2-4) from Loudoun County. Oakton falls to (2-4) (0-2) and will play at Centreville (4-1) on Friday.

— WILL PALENSCAR



Westfield's Spencer Burns #11 leaves two Oakton defenders in the turf on this 3 yard TD.

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