

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

All volunteers for Our Neighbor's Child, Westfield High grad Cody Grimes (center) helps Libby and Lance McCullough pack gift bags into their vehicle for delivery before Christmas.

WELLBEING

PAGE 9

Special Delivery

NEWS, PAGE 2

Targeting Drunken Drivers

NEWS, PAGE 3

Keeping Resolutions

WELLBEING, PAGE 9

Bulldog Bash

SPORTS, PAGE 10

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JANUARY 4-10, 2017



Franklin Middle eighth-grader Mary Donnelly made sure each recipient family received three rolls of wrapping paper for their gifts.



Handing out homemade cookies to go with each delivery – while being photobombed by an inflatable penguin – are (from left) Suzanne and Molly Donnelly, Mary Allison, Kevin Donnelly, Brandon Fiala and Katherine DeBell.



Virginia Run's Chris Zimmerman loads a bicycle into the back of his SUV.

PHOTOS BY BONNIE HOBBS

ONC Makes Deliveries for Christmas

Thanks to Our Neighbor's Child, more than 800 local families in need received new toys and clothes for the holidays. And with help from ONC volunteers and the community, on Sunday, Dec. 18, they delivered it all.



Westfield High students (from left) David "Neon" Caccivio and Tim Roessler prepare to carry gift bags out to the waiting cars.



Ready to carry bags of gifts from ONC's warehouse to cars for delivery are (from left) Frank Giancola, John DeBell and Justin Hill.



Conferring about the remaining deliveries are (from left) ONC founder Kelly Lavin with husband Chris and son Ross.



Rob Trimble loads bags of gifts into a vehicle for delivery.



Chantilly Highlands residents Steve and Joanne EHeureux are ready to deliver Christmas gifts, including a Big Wheel.



Loading bicycles into a vehicle are (from left) Westfield grads Ben Shirley and Kevin Deely.

Police Out To Catch Drunken Drivers

Grant funds new DWI Enforcement Squad for Fairfax County Police Department.

BY FALLON FORBUSH
THE CONNECTION

A new squad of police officers has started patrolling the county and they have only one mission: to combat impaired driving.

The new Fairfax County Police Department DWI Enforcement Squad began working on Dec. 1 and are averaging several DWI arrests per night.

You'll know who they are by their cruisers, which are specifically marked with "DWI Enforcement Squad," said 2nd Lt. Dana Ferreira, who runs the squad.

The nine officers who were chosen for the squad have a prowess for catching those who drive while drunk. The officers averaged a total of 241 DWI arrests during the past seven years.

The squad will work from 7 p.m. to 5 a.m. in four-day rotations throughout the county eight patrol districts. As a team, the squad will be deployed each night to focus on two districts per shift.

"Our crime analysts will pull problem areas for us," Ferreira said.

The department has wanted to create the team of specialized patrollers for several years, but were unable to find the budget to do so until a federal grant was awarded.

THE SQUAD is operating under the Traffic Division of the department's Operations Support Bureau. However, the equipment and salaries have been paid for by a \$984,785 grant from the National Highway Traffic Safety Administration.



Capt. Blakley started the squad's first roll call on Dec. 1, 2016.

Expenditures that are not covered by the federal grant are the squad's vehicle maintenance and fuel.

"Every year, we have to reauthorize and reapply for the grant if we decide to continue with this program," says Ferreira.

The department has a desire to keep it going, according to Lt. Eli Cory, who is the assistant commander of the FCPD's Traffic Division.

"However we can continue it, we're going to pursue that, whether it's grant or

other funds," says Cory.

Without the grant, the squad would be a large financial undertaking.

All the new positions in the new squad were filled by pulling existing officers out of their assigned communities where they patrolled the streets in the department's patrol bureaus or the bike team, according to Ferreira.

But the holes that the new positions left in the street will be filled by new officers, according to Lt. Eli Cory, who is the assistant commander of the FCPD's Traffic Division.

The desire for the squad came from a need in the community, says Cory.

Statistically speaking, DWIs have gone down in the county but the department has seen drug use increase.

Last year, there were 522 crashes caused by impaired driving in the county, according to Officer Megan Hawkins, a spokesperson for the department. There has been less this year, with 461 as of Dec. 13.

That's a 12 percent decrease.

"Although DWIs are down, we want to address the impaired driving while under the influence of drugs," Cory said.

"Whether it's marijuana, heroin, cocaine or anything that affects your ability to clearly operate a motor vehicle, it's something we need to address in the county," said Cory.

The squad will receive special training so they can handle drug-related incidents. Squad members will receive advanced training in DWI detection, drug recognition, and effective testimony to ensure successful prosecution.

"We chose officers for this assignment that not only are effective at enforcement, but also effective in prosecution and conviction," said Ferreira. "We're not only taking people off the street, but we're going to successfully convict them in court."

To ensure they stay that way, they will be regularly working with the Commonwealth's Attorney General's Office to receive trainings so that they are up-to-date on case law.

The team will be certified as Drug Recognition Experts through the Drug Evaluation and Classification Program.

The training requirements for certification have been established by the International Association of Chiefs of Police and the National Highway Traffic Safety Administration.

"In Virginia, the number of DRE certified officers is in the single digits," said Ferreira. "Our entire team will eventually receive that certification when training comes out."

The DRE training is designed to help officers determine if an individual is under the influence of drugs other than alcohol, or the combined influence of alcohol and other drugs, or suffering from some injury or illness that produces similar signs to alcohol and drug impairment.

While prosecution is paramount to the squad, voluntary compliance is the best way to combat impaired driving.

"Our ultimate goal is not making arrests, but is actually reducing the number of crashes in the county," said Ferreira. "If we had a year where we didn't make a single DWI arrest and didn't have a single impairment accident, I'd call that a success."

ONE OF THE MOST VISIBLE things the department does to deter drivers from disobeying DWI laws is through sobriety checkpoints.

"If you look at statistics from other states that don't employ DWI checkpoints, you can see that their DWI crash rates and fatality rates are much higher than Virginia and other states that utilize DWI checkpoints," Cory said.

Primarily, the squad will be on the street looking for traffic safety issues, including DWIs, speeding, reckless driving and distracted driving.

"I'd far rather call a family member and tell them that their loved one has been arrested than tell them that they've been injured or killed in an accident," Ferreira said. "If it takes me bringing someone to jail and taking their freedom even only temporarily to get them off of the roads so they don't harm themselves or someone else, it's entirely worth it to me."



PHOTOS COURTESY OF THE FAIRFAX COUNTY POLICE DEPARTMENT

"You'll know who they are by their cruisers, which are specifically marked with DWI Enforcement Squad," said 2nd Lt. Dana Ferreira, who runs the squad.

Making Spirits Brighter at Hanley Shelter

The Katherine Hanley Family Shelter serves homeless mothers and their young children. And on Dec. 19, for the fourth year in a row, Chantilly High photography students and police from the Fair Oaks District Station helped brighten their holidays. They brought gifts and wrapped the ones the moms selected for their children, and even Santa Claus made an appearance.



MPO Wayne Twombly, of the Fair Oaks District Station, carries a dollhouse into the shelter.



Chantilly High students pose for a group photo after arriving at the Katherine Hanley Family Shelter.

PHOTOS BY BONNIE HOBBS



Organizing toys by age group are (from left) seniors Chip Ponsart and Madi Barry, grad Autumn Tury, sophomore Zoe Tury and senior Jessica Satterthwaite.



Standing in front of the shelter's Christmas tree are (from left) Chantilly High freshmen Kimberly Nguyen, Emma Tilley and Megan Sweeney.



Surrounding Santa Claus (MPO Wayne Twombly) are Chantilly students (from left) Brittany Sharabi, Emma Gustafson and McKenzie Ahmadi.



Helping serve dinner to the shelter children are (from left) Chantilly freshmen Sabaa Al Nassar, Marium Farukh and Amari Reid, plus shelter cook Calvin Robertson.



Helping wrap up games and toys are (from left) sophomores Grace Guergai, Emma Rowson, Noah Dantinne, Kayla Lee and Kelsi Tomeldan.



Wrapping children's gifts are (from left) juniors Afera Banoo, Liabah Malik, Sohana Odari, Manahil Noor and Wajiha Malik.

NEWS



PHOTO CONTRIBUTED

State Department Conference

Samme Sheikh of Chantilly and Ellen Choi of Centreville were part of a delegation of Northern Virginia Community College students who recently attended the John C. Whitehead Conference on Diplomacy at the U.S. Department of State. The NOVA delegation also included students Allison Beltran of Hyattsville, Md., Furqan Bin Amjad of Bristow, Tiffany Fabian of Manassas, Thomas Horton of Haymarket, and Clair Nguyen of Aldie. They were accompanied by professors Linda Campos and Melissa Beaudoin. Most of the students are in NOVA's Honors Program that provides enrichment opportunities for motivated students.

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Unsung Heroes of Police Reform

Personal involvement of Culosi, Beltrante key to success of police commission.

The call for reform and transparency in Fairfax County Police began long before the shooting death of John Geer in August 2013. Some members of the Fairfax County Police Practices Review Commission pressed for reform for nearly a decade before the formation of the commission. Their experience also should answer any question about whether reform was really needed.

Anita and Sal Culosi lost their son Dr. Salvatore “Sal” Culosi Jr. when he was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse by a SWAT team member executing a search warrant. Police knew Culosi was unarmed and did not consider him dangerous. The shooting was ruled an accident and the officer faced no charges.

“My son would still be alive today,” Culosi said at the first meeting of the commission in March 2015, “but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk.”

Culosi Sr. told members of the commission that David M. Rohrer told him that use of force policy changes had been made since his son’s shooting, but that Rohrer declined to give him copies of the changes or tell him exactly what changes were made. Rohrer, now deputy county executive for public safety was Fairfax County police chief when Culosi Jr. was killed.

As the commission began its work, Police Chief Edwin Roessler and Rohrer among others, embraced Sal Culosi Sr.’s involvement, and worked with him on many details of policy



PHOTO BY TIM PETERSON/THE CONNECTION

Sal Culosi (left), father of Dr. Salvatore “Sal” Culosi Jr., who was killed by a Fairfax County Police officer in 2006, and Nicholas Beltrante (right), executive director of the Virginia Citizens Coalition for Police Accountability.

changes ranging from how SWAT teams are deployed to “ready gun position.” New policies were developed with his input, are available to the public and mark significant improvements.

NICHOLAS R. BELTRANTE, a retired D.C. homicide detective and Mount Vernon resident, founded Virginia Citizens Coalition for Police Accountability in 2010 in response to the shooting death of unarmed David A. Masters who was shot and killed by a Fairfax County Police officer on Richmond Highway and Fort Hunt Road on Nov. 13, 2009. Masters, a former U.S. Army Green Beret, struggled with mental health issues.

Beltrante decried the secrecy surrounding the Masters and Culosi cases among others, and began advocating for the formation of a civilian review panel.

He wrote to the Connection in 2012: “During the years 2010-2011, the CCPA has directed a number of letters to Chief David M. Rohrer regarding these and other citizen alle-

gations of police abuse, misconduct, and negligence. These letters have gone unanswered. As a result the CCPA began in January 2012 mailing letters of complaint to Fairfax County Board of Supervisors Chairman Sharon Bulova with the understanding they would be forwarded to Supervisor Gerald W. Hyland, the board’s Public Safety Committee chairman, for appropriate action. In recent weeks the CCPA has written to Supervisor Hyland in an effort to determine what action, if any, he had taken. To-date, we have not heard from Supervisor Hyland.

“The apparent lack of accountability by various entities of the Fairfax County Government regarding these serious issues has caused many citizens grave concern and some have expressed their frustration by indicating their belief this may constitute a case of malfeasance.”

Beltrante noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases were closed.

The establishment of a civilian review panel and an independent police auditor, both approved last year by the Fairfax County Board of Supervisors, plus changes in policies about use of force, transparency and crisis intervention, among many others, are major accomplishments.

The Culosis and Beltrante began the call for such changes many years before the death of John Geer. Geer’s best friend, Jeff Stewart, also served on the Ad Hoc Commission. Stewart was present on the scene when his friend was shot dead. Stewart’s voice was also critical on the commission. The personal involvement of these families and individuals in the process, plus the new openness of leadership in the FCPD, made all the difference.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Support Appreciated

To the Editor:

The recent Presidential election has no doubt divided the American people, and with the outrageous remarks by Trump on various races and religions, there has been an increasing uproar for a replacement of a more tolerable president-elect. Signs of protests, riots, and arguments have broken out all across the country, mass crowds of different races marching through the streets, shouting “Not my President.” It’s obvious to say America is in a time of upheaval. However, multiple faiths and races have come together in hopes of restoring love and support that this country desperately needs.

Recently after the election, a popular interfaith service took place in L.A., where Archbishop

Jose H. Gomez talked about the importance of unity. He reassured that the church would continue supporting the migration of immigrants. Various faiths also joined him, such as Rabbi Sharon Brous and Salam Al-Marayati, president of the Muslim Public Affairs Council, calling justice for all.

Although this famous gathering eased the tension of targeted victims, it doesn’t necessarily take a huge gathering of well-known people to assure their support. Members of the Ahmadiyya Muslim community were delightfully surprised when they found compassionate words in chalk written on the sidewalks of the Mosque, saying “We are your brothers and sisters.”

Things as little of this have encouraged the members to keep practicing their faith and that despite what repellent things Trump has said about the Muslim community, there are many people out

there that will fight and have the backs of minorities.

Sabiha Basit
Centreville

Don’t Let Attacks Divide

To the Editor:

An individual drove a truck into a Christmas Market in Germany, killing 12 and injuring another 56. The suspected attacker, of Tunisian descent, Anis Amri died in a shootout with police in Milan, Italy. The Islamic State

has taken responsibility. The 12 who died were from six different countries and the injured ones from 10 different countries.

As Ahmadi Muslims, we wholeheartedly condemn this latest attack by the so-called Islamic State and we pray for the victims and their families fervently. We wish to

point out that the Qur’an equates the killing of one innocent being to the murder of the entirety of mankind. (5:33)

Many in Germany and elsewhere are already pointing to further scrutiny against Muslim immigrants, arguing that such attacks would be preventable with stricter immigration policies. While we endorse adopting sensible security measures to prevent terrorist attacks, we would stress that giving in to an attitude of fear only plays into the hands of extremists.

Their goal is to further divide fringe Muslims from Western society. We must unite against such groups and not give in.

To find out more about the Ahmadiyya Muslim Community and to learn more about true Islam visit www.alislam.org.

Zahid Yousaf
Centreville

OPINION

Comstock Addresses Top Priority Issues

BY BARBARA COMSTOCK
U.S. REPRESENTATIVE (R-10)



COMMENTARY

As I finish my first term serving you in Congress and prepare for the next Congress, I wanted to share with you what I consider some of the key top priority legislation that we passed. A lot of these issues – like cracking down on human trafficking – are often underreported by the press but are important for our region and our communities. My staff and I have met with stakeholders, local elected officials, and advocacy groups and have had hundreds of meetings throughout our District with constituents to find critical solutions to problems that affect us all. In total, I visited over 600 local businesses, technology companies, schools, rotaries, charities, and many other different groups in Virginia's Tenth District over the course of the last two years.

❖ The House just cleared the American Innovation and Competitiveness Act, which included provisions from my Research and Development Efficiency Act. Our region is home to a significant amount of research professionals and this legislation will limit redundant regulations to allow these researchers to focus on their jobs without being impeded by inefficiencies.

❖ Congress passed the National Defense Authorization Act for Fiscal Year 2017, which notably gave our troops the largest pay raise they have seen in six years. A strong national defense is essential to the safety and freedom of our fellow citizens. This bipartisan legislation contained two of my amendments and will strengthen our national defense at a time when we must defend against the daily threat of terrorism.

❖ We have worked across the aisle to end human trafficking and a major step in the fight against this scourge was our passage of the Justice for Victims of Trafficking Act. This ongoing battle is one that must be fought at the local and state level as well as the federal level. We will continue to work against human traffickers who have a reckless disregard for the well-being of our children.

❖ A priority of mine has been to honor our veterans for their many sacrifices and

improve their daily lives. One such piece of legislation is H.R. 203, the Clay Hunt Suicide Prevention for American Veterans Act. It must be incumbent upon us to ensure our veterans are taken care of after they serve our nation and we worked in a bipartisan manner to pass this legislation, which was signed into law.

❖ Opioid addiction was recently declared a Public Health Emergency in our Commonwealth and we must utilize every resource available to fight against this disease. I have worked with my colleagues on both sides of the aisle as a member of the Bipartisan Taskforce to Combat the Heroin Epidemic and we came together to pass the Comprehensive Addiction and Recovery Act, landmark legislation that will considerably improve our treatment and prevention services and help those tragically addicted. I also joined with local elected officials and regional representatives in Loudoun and Fairfax Counties to form a Heroin Operations Team that employs a comprehensive approach to battling this epidemic that hits so close to home.

❖ I voted for over \$600 billion in tax relief to fuel our economy and our local businesses and to give our hardworking families the much-needed help they deserve. The House passed the PATH Act, which makes the Research and Development Tax Credit permanent and will help unleash innova-

tion and economic growth in the Commonwealth.

❖ My legislation, the INSPIRE Women Act, passed the House earlier this year. We continue to focus on educating our next generation in the new, 21st century skillsets necessary to succeed as our economy increasingly relies on innovative new technologies to advance and grow. The INSPIRE Women Act will encourage young women to pursue skilled STEM careers as we build the next generation of technological entrepreneurship. Unfortunately, the Senate did not take up this bill, but we have high hopes it will be passed by both chambers and signed into law in the 115th Congress.

❖ During the past two summers, we held annual 10th Congressional District Young Women Leadership programs. Over 800 young women participated and learned from successful entrepreneurs, businesswomen, scientists, and other women in a wide range of fields.

In all, 17 of my legislative initiatives were signed into law during the 114th Congress—most of which originated with the meetings we took with constituents. During the next two years, I will continue to focus on direct interaction with constituents and businesses in Virginia's Tenth, as that is the best way to represent you in Congress.

It is a privilege to serve you in the Tenth District.

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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

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilairs.org for more.

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

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

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

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

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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

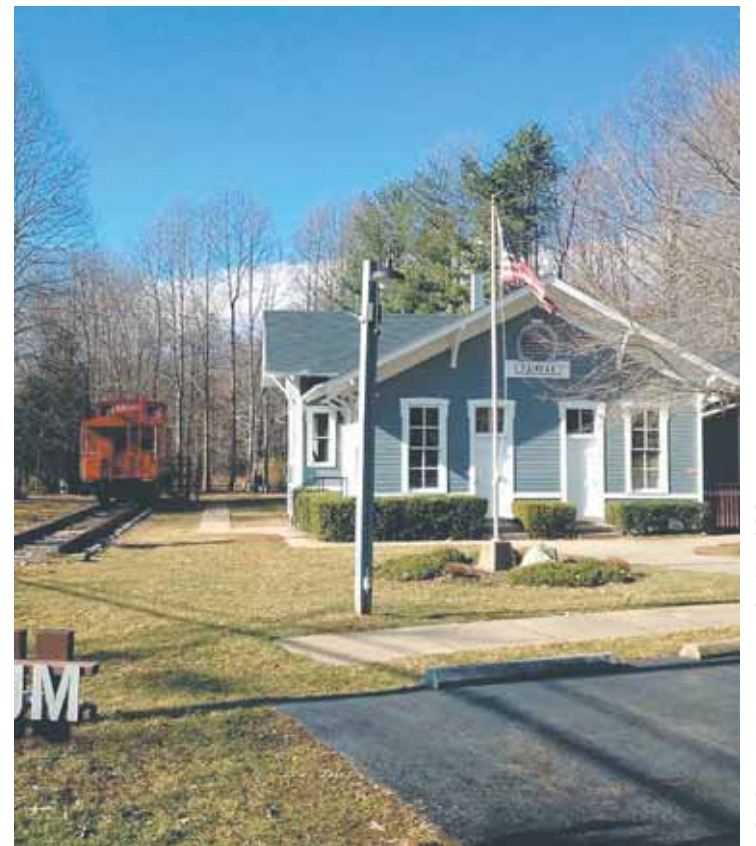
ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit



COURTESY OF FAIRFAX TRAIN MUSEUM

G-Scale Trains

On Sunday, Jan. 15, the G-Scale trains will be on the tracks at the Fairfax Station Railroad Museum. noon-4 p.m. at 11200 Fairfax Station Road. If looking for a train to run in the garden, this is the event to see these trains and speak with experienced people about this facet of the model railroading hobby. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. www.fairfax-station.org, 703-425-9225.

www.wineryatbullrun.com for a full schedule.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilairs.org for more.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

THROUGH JAN. 8

Bull Run Festival of Lights. Monday-Thursday 5:30-9:30 p.m.; Friday-Sunday and holidays 5:30 p.m.-10:00 p.m. at 7700 Bull Run Drive. Admission fees vary. Call 703-

631-0550 or email bull_run@nvrpa.org.

THROUGH JAN. 9

Recycle Christmas greens. Northern Virginia Electric Cooperative will accept evergreen Christmas trees, wreaths, and garland at its technical center at 5399 Wellington Branch Road, Gainesville, VA 20155, near I-66. 703-392-1580; pknight@novec.com

WEDNESDAY/JAN. 11

Free Singing Lessons. 7:30 p.m. at Lord of Life Church, 13421 Twin Lakes Drive. First of five, one-hour lessons, no commitment. World class instructor. Contact adwatts78@gmail.com. Sponsored by The Fairfax Jubil-Aires. www.fairfaxjubilairs.org

SUNDAY/JAN. 15

G-Scale trains at the Fairfax Station Railroad Museum. noon-4 p.m. at 11200 Fairfax Station Road. If looking for a train to run in the garden, this is the event to see these trains and speak with experienced people about this facet of the model railroading hobby. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. www.fairfax-station.org, 703-425-9225.

MONDAY/JAN. 16

Centreville Garden Club. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd. "5 Designer Secrets to Take Your Garden to the Next Level" by Carolyn Mullet, garden designer. 703-266-9233, centrevillegardenclub@gmail.com, centrevillegardenclub.blogspot.com.

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2/8/2017.....HomeLifeStyle
2/8/2017.....Valentine's Dining & Gifts II
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Keeping Resolutions

Realistic goals and specific plans among keys to success.

BY MARILYN CAMPBELL
THE CONNECTION

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

"Both of my parents died from heart attacks," says Ripke, 57 of Fairfax Station. "My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds."

Losing weight, getting organized, achieving physical fitness and improving one's finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the *Journal of Clinical Psychology*, only eight percent of people who make New Year's resolutions keep them and achieve success.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so," said Joel Bitman, a Bethesda-based psychotherapist. "Another reason is that people often set unrealistic goals or don't have a plan to achieve their goals."

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. "When you set a goal, say quitting smoking for example, ask yourself whether it's something that you really want to do or something that you think you should do," said Bitman. "If you're doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit."

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one's body by the end of the year, setting unrealistic expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

"Trying to lose 60 pounds in time for a beach vacation during spring break isn't going to happen," he said. "But losing 10 pounds by April is absolutely achievable for most people."

A key to that achievement is creating a set of concrete goals that are realistic, specific, measurable and include a timetable, says Bittman. "You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult," he said. "But if you are able to make small changes and reach small weekly, daily or even hourly goals, you're more likely

to gain confidence to keep going. It's easy to become discouraged and give up."

"If you want to become more fit, but you haven't exercised in years, you might begin by committing to walking 30 minutes a day, three days a week," said Brand. "That is much more realistic than signing up for a gym membership and planning to spend an hour there every day until you've whittled your body down to a size two."

Failing to recognize small accomplishments and rewarding oneself for reaching milestones is one reason that Bittman believes

many resolutions made in January fizzle into a pipedream by February. "If you commit to skipping morning coffee at your favorite coffee shop each day for a week, and saving the money that you would have spent, you can celebrate by allowing yourself to have a small latte on Sunday morning."

Avoiding high-risk environments that can sabotage even the best-laid plans is a suggestion that Brand gives to her clients. "It's like if you're an alcoholic you should stay out of bars," she said. "If you're trying to lose weight surround yourself with people who have healthy eating and fitness habits."



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so."

— Joel Bitman

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SPORTS



Kirah Johnson #4 controls the tip over Thomas Jefferson's Mallory Brodnik #55.



Elise Toliver #4 and teammate Rita Yoham #30 fight for ball with Lake Braddock's Kate Esper #30.

PHOTOS BY WILL PALENSCAR



Tory Martin rises to avoid Madison's Megan Miskell #24 and Sarah Conforti #25.

Eight Teams Compete in Bulldog Bash

BY WILL PALENSCAR
THE CONNECTION

The 15th annual Ourismann Chantilly Toyota 2016 Bulldog Bash was hosted by Westfield High School Dec. 27-29. Eight teams — seven from Northern Virginia and one from Potomac, Md., took to the hardwood: Holy Child, Centreville, Westfield, Lake Braddock, Forest Park, James Madison, West Springfield and Thomas Jefferson.

1st Round Games

James Madison defeated Centreville 46-41, Holy Child defeated West Springfield 71-44, Lake Braddock defeated Forest Park 54-22 and Westfield defeated Thomas Jefferson 50-45.

2nd Round Games

Centreville defeated West Springfield 61-24, Holy Child defeated James Madison 40-35, Thomas Jefferson defeated Forest Park 63-35 and Lake Braddock defeated

Westfield 48-24.

3rd Round Games

West Springfield defeated Forest Park 58-29, Thomas Jefferson defeated Centreville 45-42 James Madison defeated Westfield 44-39 and Holy Child defeated Lake Braddock 45-33.

Championship Game

Lake Braddock defeated Forest Park and Westfield to advance to the championship game with Holy Child who defeated West Springfield and James Madison. In the 1st quarter, Holy Child got off to a fast start taking a 20-4 advantage, including two 3's by Marley Burgess. In the 2nd quarter Holy Child again outscored the Lady Bruins 16-10 to take a 36-14 halftime advantage. In the 3rd quarter Lake Braddock would score 15 while holding the Holy Child offense to 2 points.

In the 4th , the two scored a combined 11 points and Holy Child pulled out the win 45-33 clinching the 2016 Bulldog Bash. Lake Braddock was led by Kathryn Esper's 12 points and Devin Sheridan's 9. Holy Child was led by Marley Burgess, who scored a game high 15 points including 5 three point baskets and Tori Yantsos added 9 points. Holy Child improves to (7-1) while Lake Braddock falls to (5-4), to claim the runner up.

The Erin Peterson MVP was awarded to Tori Yantsos. Yantsos averaged 8 points for the tournament.

The award is named after Erin Peterson who died in the shooting at Virginia Tech on April 16,2007. Erin's number 45 was retired at Westfield. Donations can be made to the Erin Peterson Fund at www.erinpetersonfund.org . Checks can also be made and sent to: The Erin Peterson Fund, 5309 Braddock Ridge Drive, Centreville, VA 20120.

Kate Esper received the Outstanding Player Award. Espers averaged 13.6 points per game in the tournament.

Westfield's Tory Martin averaged 13

points and was selected to the All Tournament Team. Joining Martin for the all Tournament team were Ruth Axton, Centreville High School; Jada Dapaa, Holy Child; Diana Miskell, James Madison High School; Sarah Conforti, James Madison High School; Sarah Dickson, Thomas Jefferson High School; Savannah Wilson, Thomas Jefferson High School; and Molly Sharman, West Springfield High School.



Tori Yantsos and Celeste Peterson embrace after Yantsos received the award named for Peterson's daughter Erin.

Top Players Named

The Washington Post and Conference 5 coaches selected their top offensive and defensive players.

Brian Delaney was named 1st team All Met for punter and kicker. Westfield QB Rehman Johnson, and WR Sean Eckert were honorable mention All Met selections. Centreville's Kobie Turner was also an All Met honorable mention for offensive line. Westfield's Nolan Cockrill was selected honorable mention and the lone defensive lineman selected.

Conference 5 coaches also selected their choices for the same recognition. Offense had seven players selected from Westfield; Rehman Johnson (QB), Ivory Frimpong (WR), Sean Eckert (WR), Edward Quitugua (OL), Brian Delaney (K),

Saadiq Hinton (KR) Nolan Cockrill (ATH). Chantilly's Corey Thomas was selected (TE). Centreville selections were Julian Garrett (RB), Isaiah Culver (WR), Kobie Turner (OL), Offensive player of the year Rehman Johnson (QB). Centreville led the conference for selections on defense with 6 players. Centreville selections were Kobie Turner (DL), Carter Egbers (DL), Lamar Horner (LB), Isaiah Culver (PR, DB), and Dylan Cooper (ATH). Westfield selections were Aaron Daise (DL), Zach Jewell (DL), Kevin Petrillo (LB), Joey Free (DB), and Brian Delaney (P). Chantilly's Hunters Streb (DB). Conference coach of the year went to Westfield head coach Kyle Simmons.

— WILL PALENSCAR

I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlikely as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs — and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition — or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety — and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No. I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies — and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate — which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the choco-holic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because — there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar — and with cancer, might actually be worse.

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

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ROUNDUPS

Free Carseat Inspections

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

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

In 2016, police inspected 418 carseats in 25 sessions at Sully District Police Station.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

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

Bring all items to WFCM'S food pantry's new location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays.

Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

CRIME

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

ROBBERY: 13900 block of Gunners Place, Dec. 25, around 8 p.m. A food-delivery man was bringing an order to this location when a man approached him, displayed a handgun and demanded money and the food. The victim gave the suspect what he had and the suspect ran off. The victim did not require medical attention. The suspect was described as black, about 30 years old, 6 feet tall, and 180 pounds, wearing a green sweater and had his face covered.

ROBBERY: 4100 block of Dawn Valley Court, Dec. 21, around 1:30 p.m. A 52-year-old woman was walking to her car when she was approached by a woman who assaulted her and took her purse. The suspect, who left in a blue Toyota, was described as black with a heavy build. The victim did not require medical attention.

ROBBERY: 13800 block of Braddock Road, Dec. 19 around 11 p.m. A pizza delivery man was robbed. He got out of his car and two men approached him. One implied a weapon and demanded a pizza. The victim handed it over and walked away. The suspects left the area. One suspect was described as Hispanic, about 5 feet 9 inches tall, between 20 and 25 years old, with black hair, wearing baggy jeans and black jacket. The other was described as black, with a medium complexion and short hair. He was about 5 feet 10 inches tall and between 20 and 25 years old. The victim did not require medical attention.

**DEC. 30
STOLEN VEHICLES**
13900 block of New Braddock Road, 2005 Toyota Camry

**DEC. 28
LARCENIES**
4300 block of Hollowstone Court, camera from vehicle

**DEC. 27
LARCENIES**
13700 block of Astilbe Court, cash from vehicle

14500 block of Picket Oaks Road, cash from vehicle
6100 block of Sandstone Court, credit cards from residence

STOLEN VEHICLES
13900 block of Rockland Village Drive, 2008 Lexus ES350

**DEC. 22
LARCENIES**
6300 block of Multiplex Drive, documents from vehicle

14100 block of Saint Germain Drive, wallet from vehicle

**DEC. 21
LARCENIES**
15400 block of Kentwell Circle, property from vehicle.

15100 block of General Steven Court, package from residence.

6200 block of Astrid Cove, package from residence.

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

BURGLARY: 10300 block of Hickory Forest Drive, Dec. 29, 11 a.m. A resident reported someone entered the residence and took property.

BURGLARY: 3200 block of Sarah Joan Court, Dec. 29, 3:45 p.m. A resident reported someone entered the residence and took property.

ROBBERY: 13700 block of Lee Jackson Memorial Highway, Dec. 27, 10:32 p.m. A man came into the Shell Gas station, pointed a gun at an employee and

demanded money. The victim handed over an undisclosed amount of cash and was not injured. The suspect ran away. He was described as black, in his 20s, about 5 feet 6 inches tall, with a medium build.

BURGLARY WITH APPREHENSION: 12800 block of Rose Grove Drive, Dec. 27, 1:04 a.m. Police responded to a residential burglary alarm and found that someone had forced entry into the home. Officers stopped a suspicious car leaving the area and found property from inside the home, in the car. Four suspects were detained in the car and the investigation continues. Charges are pending.

VEHICLE TRESPASS/LARCENY/POSSESSION OF CONCEALED WEAPON/ARREST: Majestic Lane/Point Pleasant, Dec. 23, around 1:35 a.m. Officers responded to a call for four men who were looking into cars in a neighborhood. An investigation led them to identify and charge three suspects. An 18-year-old man from Falls Church was charged with receiving stolen goods and released. An 18-year-old man from Chantilly, and an 18-year-old man of no fixed address were taken to the Adult Detention Center. The first suspect was charged with vehicle trespass, credit card theft, petit larceny and possession of a concealed weapon. The second suspect was charged with petit larceny and vehicle trespass.

BURGLARY: 3400 block of Sweetberry Court, Dec. 26, 11:37 a.m. A house sitter reported that someone broke into the home while the owners were away on vacation. Several rooms had been ransacked but it is not yet known what, if anything, was taken.

ASSAULT ON LAW ENFORCEMENT/DISORDERLY CONDUCT/ARREST: 11700 block of Fair Oaks Mall, Dec. 23, around 8 p.m. Christmas Anti-Theft Team (CATT) officers saw a man cursing and making lewd gestures inside the mall. They attempted to remove him from the public area when he became combative and disorderly. The 18-year-old man from Fairfax, was arrested, taken to the Adult Detention Center and charged with attempted assault on law enforcement and disorderly conduct.

**DEC. 30
LARCENIES**
13700 block of Coppermine Road, cash from residence

11400 block of Fogarty Court, engagement ring from residence
13300 block of Franklin Farm Road, tablet from business

3600 block of Joseph Siewick Drive, cash from business
11900 block of Palace Way, cell phone from business

**DEC. 29
LARCENIES**
11700 block of Fair Oaks Shopping Center, merchandise from business

Fire Engine In Crash

On Dec. 17 at approximately 5:25 a.m., a Fairfax County Fire And Rescue Department fire engine was involved in a crash at Route 50 and I-66 East in the Fair Oaks section of Fairfax County.

The engine, from Fire Station 21, Fair Oaks, was responding to a call when the crash occurred. There were no reported injuries. Icy road conditions were a contributing factor in the crash. An additional unit was dispatched to the original call.

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