

SEPTEMBER 20-26, 2017

25 CENTS NEWSSTAND PRICE

Wildcats on Parade

NEWS, PAGE 3

Senior Class
members ride in
Centreville High's
homecoming
parade last Friday.

Rope Swings, Pumpkins,
Hayrides, and More

NEWS, PAGE 6

Identifying Effective Teachers

A+, PAGE 7



PLEASE JOIN US FOR AN EDUCATIONAL EVENT.

Hear from an MS expert and learn about an oral treatment option for relapsing MS.

Date and Time:
09/28/2017 at 12:00 PM

Speaker:
Mark Landrio, MD
Neurologic Associates

Location:
Malones of Manassas
9329 Main Street
Manassas, VA 20110

Event Code: TR433457 (1415632)

PLEASE RSVP*:

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- 1-866-703-6293
- MSRSVP@ahmdirect.com

*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

Complimentary parking or valet available.
A light meal or snack may be provided.

NEWS



PHOTO COURTESY OF LEE KAISER

From left (back row): Josh Douds (Principal aka Ice Cream Man), Morgan Occhuizzo (Assistant Principal aka Book Bike Peddler), Lee Kaiser (School Counselor – aka Loud-speaker), Lindsey Kaiser and Andrew Blount (Assistant Principal aka Skateboarder). Front row: unidentified.

Bicycles, Books and Popsicles

On Wednesday, Sept. 13, Centreville Elementary staff members took the school's new book bike into the local neighborhood and offered students the opportunity to take or donate a book. In addition, another bike with a trailer offered popsicles. "It was

a blast, as students and families poured into the streets to read and eat," said school counselor Lee Kaiser. "In addition to our Summer Library Hours and Barbecue, New Family Orientation, Welcome Walk and Welcome Back Picnic, this was another great way we look to build community."

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Justin Simmons has accepted an assistant principal position at Westfield High School. Simmons started his career in education as a college advisor in Charlotte-Mecklenburg Schools. In FCPS, he was a middle school Counselor at Glasgow Middle School, Education Specialist for the College Partnership Program, and Program manager for the College Success Program. During the 2016-2017 school year, Simmons served as a staff development assistant principal at Westfield High School. Simmons earned both a B.A. in sociology and a M.Ed. in school counseling from The University of North Carolina at Chapel Hill. He completed his administrative endorsement through the University of Virginia Accelerated Certification Cohort (ACC XI).

Sonya Williams has accepted the Director of Student Services position at Westfield High School. She is replacing Harry Wolin who transferred to Centreville High School to serve as Director of Student Services.

Williams is an Edison High School graduate. She started her career in education as a probation counselor working with adolescents at the Fairfax County Juvenile Detention Center. Years later, Williams began her career in FCPS as a school counselor at Langley High School and later transferred to Herndon High School. In 2011, she returned to Langley High School as the Director of Student Services.

Williams earned a B.S. in Psychology and a B.S. in Criminal Justice from Virginia Commonwealth University. She received her M.S. in School Counseling Psychology from Marymount University.

Ellen Waymire, of Centreville, made the dean's list at University of Kentucky for the spring 2017 semester. Waymire is a senior majoring in merchandising, apparel and textiles.

Adam Waldmiller, of Centreville, who is studying computer engineering technology, made the dean's list for the 2017 spring semester at Rochester Institute of Technology (Rochester, N.Y.).

Megan Linton, of Clifton, graduated from University of Wisconsin-Madison's College of Engineering with a Bachelor of Science-Engineering Mechanics.

Meghan DiPippa, of Centreville, earned dean's list honors for the spring 2017 semester at Saint Joseph's University (Philadelphia, Pa.).

George Litman, of Centreville, earned dean's list honors for the spring 2017 semester at Saint Joseph's University (Philadelphia, Pa.).



Joe Harsh Centreville Horseshoe League
2017 Tournament Champions
Delano Hamrick and Greg Harsh

Supporting the Brain Foundation-

The Joe Harsh Centreville Horseshoe League's end of season extravaganza on Sept. 9 raised more than \$1,000 for the Brain Foundation, an all-volunteer non-profit organization which provides housing for the mentally ill of Fairfax County. The open horseshoe competition was won by the team of Delano Hamrick and Greg Harsh. "The Corvairs," a local band, played old favorites and new tunes and donated its fee to the Brain Foundation. Visit www.brainfoundation.org for more.



Centreville High's marching band.



The Class of 2021 float. The parade theme was "A Night in the Islands."

Wildcats' Homecoming Parade

Centreville High's homecoming parade was Friday, Sept. 15.



Centreville Elementary teacher AmyBeth Roy with the school's mascot.



Senior Court members pass out candy.



The class of 2020 float.



The Class of 2019's tropical float.

Freshman Court royalty



Young SYA cheerleaders on parade.



Wildcat Dance Team members



Administrative staff members enjoy themselves.

PHOTOS BY
BONNIE HOBBS
CENTRE VIEW

OPINION

Voting Every Year, But Always Critical

League of Women Voters provides forums to learn about the candidates.

Every year is Election Year in Virginia, and each year the election matters. This year, all the members of the Virginia House of Delegates are up for reelection, along with statewide races for Governor, Lieutenant Governor and Attorney General.

So many things are at stake. The deadline to register to vote in the General Election on Nov. 7, or update an existing registration, is Monday, Oct. 16.

Of the 30 incumbents in the Virginia House of Delegates who are running unopposed, 11 are in Northern Virginia: Mark Keam (D-35); Ken Plum (D-36); David Bulova (D-37); Vivian Watts (D-39); Eileen Filler-Corn (D-41); Mark Sickles (D-43); Paul Krizek (D-44); Mark Levine (D-45); Charniele Herring (D-46); Patrick Hope (D-47); and Rip Sullivan (D-48).

Marcus Simon (D-53) faces no Republican challenger, but will face Mike Casey, an Independent.

In Northern Virginia, there is only one open seat, the 42nd, vacated by Dave Albo (R) who says he can't afford to continue dedicate so much time to the legislature at the expense of his law practice. Kathy Tran (D) faces Lolita Mancheno-Smoak (R).

Other contested races: Kathleen Murphy (D-34) faces Cheryl Buford (R). Kaye Kory (D-38) faces Paul Haring (R). Tim Hugo (R-40) faces

Donte Turner (D). Alfonso Lopez (D-49) faces Adam Roosevelt (R). Jim LeMunyon (R-67) faces Karrie Delaney (D). Jennifer Boysko (D-86) faces Linda Schulz (R).

The local Connection newspaper to each of these races has covered or will write about each contested race; you can find the stories on our website.

The League of Women Voters of the Fairfax Area (LWVFA) will hold both in-person and televised forums for the public to learn about the candidates who are running for election to the Virginia House of Delegates.

❖ Thursday, Sept. 28 at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax. Invited candidates: Mark L. Keam (D), David L. Bulova (D), Eileen Filler-Corn (D), Kathy K.L. Tran (D), Lolita I. Mancheno-Smoak (R), Marcus B. Simon (D), and Mike S. Casey (I).

❖ Thursday, Oct. 12 at 7 p.m. at Hayfield Secondary School, Lecture Hall: 7630 Telegraph Road, Alexandria. Invited candidates: L. Kaye Kory (D), Paul B. Haring (R), Vivian E. Watts (D), Mark D. Sickles (D), Paul E. Krizek (D), Mark H. Levine (D), Alfonso H. Lopez (D), and Adam Roosevelt (R).

❖ Wednesday, Oct. 25 at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly. Invited candidates: Kenneth R. "Ken" Plum (D), David L. Bulova (D), Donte T. Tanner (D), Timothy D. "Tim" Hugo (R), Karrie K. Delaney (D), James M. "Jim" LeMunyon (R), Jennifer R. Boysko (D), and Linda C. Schulz

(R).

The remaining televised forum at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescooptv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on:

❖ Monday, Oct. 2 at 8 p.m.: Invited candidates: Kathleen J. Murphy (D), Cheryl A. Buford (R), Kenneth R. "Ken" Plum (D), Donte T. Tanner (D), Timothy D. "Tim" Hugo (R), R.C. "Rip" Sullivan, Jr. (D), Karrie K. Delaney (D), James M. "Jim" LeMunyon (R), Jennifer R. Boysko (D), and Linda C. Schulz (R).

Killing the Poor To Pay Millionaires, Current Attempt

Because the current effort in the Senate to vote on "repeal and replace" for the Affordable Care Act is, if anything, worse than the previous attempts in substance, I hope that you will read my previous editorial from June. <http://www.connectionnewspapers.com/news/2017/jun/27/opinion-editorial-killing-poor-pay-millionaires/>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

ROUNDUPS

Route 29 Widening Meeting

Find out about plans to add a third lane to northbound Route 29 (Lee Highway) in

Centreville from just before Pickwick Road to a quarter-mile beyond the traffic signal. VDOT will hold a design public hearing on this project next Thursday, Sept 21, from 6:30 p.m.-8:30 p.m. It'll be held in VDOT's Northern Virginia District Office, 4975 Alliance Drive in Fairfax

(off West Ox Road, across from Costco). In the Potomac Conference Room there, people may view displays and learn details about this spot-widening project. VDOT staff will be available to answer questions. Review information at www.virginiadot.org/projects, at the public hearing or during business hours at VDOT's Northern Virginia District Office. (Call ahead at 703-259-2907 to ensure appropriate personnel are available to answer questions).

Attendees may give written comments at the hearing; but anyone may submit them by Oct. 1 to Ms. Hong Ha, PE., Project Manager, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Reference "Route 29 Northbound Spot Widening" in the subject line.

Support Erin Peterson Fund

Register for the 10th Annual Erin Peterson Fund (EPF) Golf Tournament, to be held on Thursday, Sept 28, at Westfields Golf Club. To date, EPF has donated \$85,000 to support the Westfield High School Young Men's Leadership Group. The fund will also be supporting a young women's group at Westfield and Stone Middle. Register by going to www.erinpetersonfund.org click on Golf Registration. Pay by credit card or mail a check to: Erin Peterson Fund, P.O. Box 232170, Centreville, VA 20120.



PHOTO CONTRIBUTED

Inspiring through Music

Centreville High School Marching Band performs for Union Mill Elementary School students to inspire young musicians to join band.

CENTREVIEW

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A Connection Newspaper



Nicholas Garito of Fairfax.



Lynn Thompson of Fairfax.

Senior Olympics Rolls Along

Green Acres Senior Center hosts bocce competition.

BY SHIRLEY RUHE
CENTRE VIEW

Despite forecasts of post-Hurricane showers, things rolled along in bright sun at the Northern Virginia Senior Olympics bocce competition on Thursday, Sept. 14. Nineteen competitors in five age groups from 50-99 are signed up at Green Acres Senior Center in Fairfax. Competitors and onlookers sat at picnic tables munching donuts and drinking water to cool down as they waited for the competition to begin.

Ninety-two-old Henry Coletto from Oakton, the oldest competitor, has no one in his age group for competition so he was paired with Sonny Caputo from Springfield in the 80-89 age group. Caputo says this is his first Senior Olympics although he is playing in the regular bocce league. Coletto's regular league partner, Nicholas Garito of Fairfax, is also competing. "Henry and I had a tough year. We came from last place to third place," Garito said, adding

he got the bocce program started 10 years ago and convinced the Lions Club to build the court five years ago.

Coletto says he lived in Massachusetts for 82 years and then four of his children who live around here "kidnapped me and brought me here." He had driven to the competition from Oakton. He said, "My children don't believe I should drive too much anymore."

Robena Reid of Lorton and Lynn Thompson of Fairfax started out with the women's 55-59 competition. Reid says she is kind of a novice, and Thompson says this is her first tournament, and she has practiced twice. Pink balls, blue balls, back and forth.

Charlie Perla, bocce ref, said, "Here we go measuring again. Blue is closer and touching. No, no, no it's red." He adds, "Get out the dollar bill." The test of touching is whether you can get a dollar bill between the balls. "I can't believe it: did they both get gold?" He measures again and the final result is Reid wins by one inch.

Herb Levitan of Arlington plays one of the later competitions. He says he is registered in 27 events this year but may not be able to do a couple of them on Saturday since he is also organizing a table tennis match at the same time.



Crowd cheers bocce competitors — and munches donuts.

PHOTOS BY
SHIRLEY RUHE
CENTRE VIEW



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PHOTOS COURTESY OF AARON COX-GALHOTRA

The hayride is always one of the more popular attractions.



The view from atop one of Cox Farms' giant slides.

Rope Swings, Pumpkins, Hayrides, Baby Animals

It's time for Cox Farms' 45th annual Fall Festival.

BY BONNIE HOBBS

The leaves are turning colors and autumn is here — and that means it's time for the 45th annual Fall Festival at Cox Farms in Centreville. Whether people go there for the hayrides, rope swings, giant slides, baby animals, pumpkin catapult, apple-cider doughnuts or space aliens in the cornfield, the festival offers something for everyone.

It's on 90 acres at 15621 Braddock Road, just off Pleasant Valley Road. The festival runs daily from Sept. 22-Oct. 31, from 10 a.m.-6 p.m., and Nov. 3-7, from 10 a.m.-5 p.m.

The scarier portion, Field of Fear, aimed at older teens and adults, comes alive Friday and Saturday nights, Sept. 22-Nov. 4, plus a bonus night on Sunday, Oct. 8, from 7:30-11 p.m. The pumpkin-smashing event, Pumpkin Madness, is slated for Saturday-Sunday, Nov. 4-5, from 10 a.m.-5 p.m.

The Fall Festival now offers four tiers of admission: Discount, Value, Regular and Peak. And this weekend, Sept. 23-24, public servants may receive a \$5 discount on up to four Fall Festival tickets. Government employees, educators, first responders, law enforcement, nurses and military personnel just have to present a valid badge or identification at the ticket booth. For more ticket information, see www.coxfarms.com.

The fall festival draws thousands of people each week from throughout the Washington Metropolitan area. For many families, it's a tradition passed down from one generation to another. All in all, said Lucas Cox-Galhotra, "co-farmer-in-chief" with his sibling, Aaron Cox-Leow, "It's a great way to spend a fall day with the family."

The many outdoor activities include live bands, a goat village, an enchanted barn, tunneling through a mountain of hay and a Cornundrum Cornfield Adventure — complete with funhouse mirrors and a pirate ship. And as always, each new festival season brings new additions to the fun.

This year marks the debut of Foamhenge — a full-sized replica of Stonehenge made entirely of Styrofoam. Originally created in 2004 by artist Mark Cline of Enchanted Castle Studio, it stood in Natural Bridge, Va., until 2016. Since then, it's undergone extensive renovations and is now ready for visitors at Cox Farms.

Besides that, tractor buffs will enjoy strolling through the new, "please touch" Tractor Museum featuring 16 tractors from 11 of the largest manufacturers over the past century. And along the Imaginature Trail, people will be able to walk through a forest filled with fairytale characters and fun surprises, such as the three bears' house, Rapunzel's tower and the Hobbit house.

HAYRIDE, MUSIC, MINING

The ever-popular, hayride lasts 20 minutes and travels by clever vignettes, including cartoon characters in the cornfield,

comical space aliens, a witches' house, superheroes, trolls, cowboys on horseback, a wild-west town and the Black Cauldron Café — the witches' coffee bar.

"And we added dinosaurs, this year," said Cox-Galhotra. "They're pretty fun." At the end, the hayride travels through a large, enchanted barn filled with music, flashing lights and scenes of wizards, witches and magical plants and creatures.

The free, weekend events also include entertainment on the music stage. Live bands perform, and Farmer Jack sings and tells stories while milking his cow, Bingo. Several bands — including The Page County Ramblers, Jimmy Cole All Stars, Tom Blood & Late as Usual, and the Patty Reese Band — will perform bluegrass, country and rock music.

Visitors may also enjoy the mining sluice. It's a tower that dumps water into a curvy trench where people can pan for fossils, gemstones and arrowheads.

FARM ANIMALS, KIDDIE ZONE

Bunnyville, inside the slide barn, hops into action once more. A slide comes out of the top of the barn, and the bottom part houses Bunnyville. There's a model of Wash-

ington, D.C., with the monuments and White House, and about a dozen bunnies jump around in them.

But they're not the only furry friends — Cox Farms has animals galore. Children may feed baby goats in their own Billy Goat Village. Sheep are on the mountain leading up to the dinosaur slide, with some alpacas close by and a couple peacocks roaming free. There are also baby chicks, ducks, hens and chickens, a llama named Chewie, turkeys, calves and milking cows, pigs and piglets — including one set born Sept. 13.

Geared for 2-6-year-olds, the farm-chores area features old-fashioned water pumps and troughs, a corn conveyor belt, chicken coop and a little garden where children may pump water into buckets and water the crops. They may also lift up straw bales by a rope and pulley.

The Kiddie Zone gives children 5 and under a calmer place to play. The fun includes smaller themed slides, rope swings, hay bales and a wooden train. Little ones may also play on the Three Little Pigs' house and slide and climb on a wooden Jeep in the front yard.

SEE COX FARM, PAGE 10



Cox Farms employee Greg Shelters talks to a newborn piglet.



Two of the baby goats to be found at Cox Farms.

New Year, New Teacher

How to identify effective teachers.

BY MARILYN CAMPBELL

As a new school year got underway this month, Sebla Tobin, a family therapist in Rockville, Md., noticed an uptick in the number of her patients who are parents, expressing concern about the teachers their children had been assigned.

"So many parents are leery of new teachers or teachers who are young," she said. "I encourage them to give the teacher a chance before passing judgment and marching into the principal's office to ask for a different teacher. Just because a teacher graduated from college last spring doesn't mean that they won't be effective. And a teacher who's been in the classroom for 20 years may be jaded and grumpy."

Teacher effectiveness is a concern among parents as the school year gets underway, says Tobin, and she points to research which shows how teachers can affect student achievement. A 2011 study from Harvard and Columbia universities showed a link between effective teachers and stu-

dents who were more likely to attend college, have lower teenage pregnancy rates and other positive outcomes. So what qualities constitute an effective teacher?

Effective teachers are knowledgeable of the subjects they are teaching, says Pamela Garner, Ph.D. professor of Childhood Studies at George Mason University. "Effective teachers are able to transfer that knowledge to students who have different comprehension levels," she said.

Creating a classroom environment that is safe for student learning is also important, adds Garner. "Overall, effective teachers work hard to create a positive classroom climate which is characterized by providing opportunities for student input in deci-

sion making and support for individual differences," she said.

Setting high expectations for all students, but realizing that students have a variety of abilities, is an important factor,

believes Jessica Lewis, Ed.D., professor of education at Marymount University. "For some students getting a C is like a medal of

"An effective teacher motivates students to want to learn."

— Jessica Lewis, Ed.D.,
Marymount University



PHOTO BY MARILYN CAMPBELL

A positive classroom helps welcome students back to school is an important factor in student learning, says Pamela Garner, Ph.D. of George Mason University.

honor and that's OK," said Lewis. "Students want to do well and be pushed, but pushed with support. Knowing that a teacher un-

derstands the student and their abilities sends a positive message that the teacher is on their side when it comes to learning."

A teacher who is able to demonstrate genuine concern for students is necessary to create an effective learning environment, adds Lewis. "Parents often say 'I want a teacher who knows their content,' but I always go back to 'does the teacher care?' If a teacher doesn't care, then they're not going to be effective. An effective teacher motivates students to want to learn."

An ability to form a strong relationship with students is another characteristic that Lewis believes is important. "The more rapidly the teachers can get to know the individual students and things they enjoy like their hobbies, the sports they like, the sooner that teacher can see that students are real little people behind those names," she said. "As a teacher you have to put the heart first and policy second. What factors are going on at home that can throw the student for a loop. If you have a caring adult to say, 'Hey do you want to talk about it?' that can make a big difference."

An effective teacher accepts students for and where they are, adds Lewis. "Students can learn more from a teacher when the teacher shows that they care," she said.

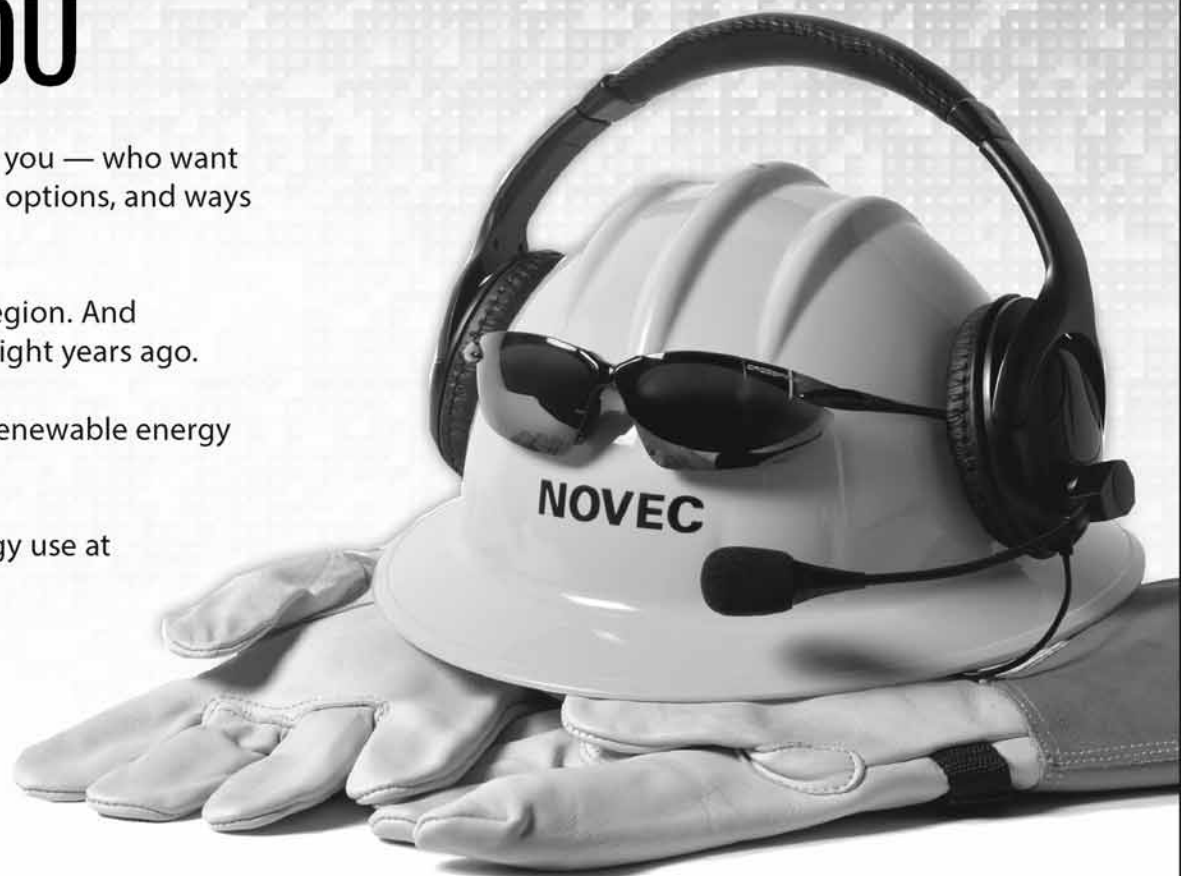
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Infant/Toddler Appreciation Luncheon

34th Annual Infant Toddler Family Day Care Provider Appreciation Celebration honors childcare workers.

BY STEVE HIBBARD
CENTRE VIEW

Seventy-five people were honored at the 34th Annual Infant Toddler Family Day Care Provider Appreciation Celebration on Sunday, Sept. 17, at Dunya Banquet and Restaurant in Alexandria.

Infant Toddler Family Day Care is a non-profit organization that provides childcare resources and referral services to 320 families (serving 350 children) in Northern Virginia, including the counties of Fairfax, Arlington, Prince William, Loudoun, and the City of Alexandria.

It screens daycare providers by doing background checks, criminal history checks, reference checks and home evaluations, which is a safety inspection to find the best people to do the job of caring for children. It works with children ages 6 weeks to 14, or up to 18 with special needs. They recruit, screen, train, approve, and monitor the providers.

Thirty percent of the 120 early childcare educators have either the Infant Toddler Certificate from Northern Virginia Community College or the Child Development Associates credential. They come from 28 different countries and speak 15 languages. Many of them arrive in the U.S. as immigrants/refugees and have benefited from the Workforce Development program.

The organization is a network of professional childcare educators with a commitment to the principle that learning begins at birth. Since it started in 1983, it has supported the emotional, social, and intellectual development of infants, toddlers, preschoolers and school-age children in



The ITFDC management team with Phyllis Cassell, founder of ITFDC, Event planner Malia Anderson, Lisa Farinholt-O'Brien, the director of Workforce Development, and Wynne Busman, executive director.

safe, nurturing high-quality childcare environments.

The nonprofit has 12 people on its Governing Board of Directors and was co-founded by Phyllis Cassell and Ileene Hoffman in 1983. Cassell, 88, of Annandale, retired from the business 16 years ago. "I loved working with the children and teaching the adults, and I loved the training. We had eight classes. I wrote the manual at the time and was certified in CPR," she said.

In the early days, she taught 40-hour classes in professionalism, safety in the homes, social development, emotional de-

velopment, intellectual development, physical development, nutrition, first aid and CPR. "They had to pass in order to become a provider," she said.

Event planner Malia Anderson of Chantilly has been part of the Infant/Toddler management team for 30 years in various roles. "The purpose of the event is to show providers how much they are appreciated by having a luncheon in their honor and to emphasize to them the important part they play in making Infant/Toddler a successful program," she said. "It's a program that's very dear to my heart."

Lisa Farinholt-O'Brien, the director of Workforce Development, said Infant/Toddler screens and monitors providers as well as gives training and referrals. They work with immigrant families that are interested in starting their own childcare business.

"We have a licensing process they go through, taking them through home inspections for safety and training classes. Once they get approved, we assist them with marketing their childcare and we refer families to them," she said. "Once a person starts doing daycare, they have monthly visits. Staff members work with them to keep their homes safe and to provide an educational environment for the children. We do annual training with the providers and handle the billing and bookkeeping for them."

Provider Freida Steele of Springfield, who is originally from India, has been with Infant/Toddler for four and a half years. She says she loves working with the children. "It gives me an opportunity to teach and to learn from them. They give me the opportunity to learn from them so that I can provide better services to the little ones in my care."

Provider Shaista Laiq of Fairfax is originally from Pakistan and has been with Infant/Toddler for 18 years and in daycare for 26 years. "They provide all the training and all the paperwork. I feel like I'm working for a company. I am in this business because I love the kids," she said.

Provider Farzana Jabeen of Fairfax is originally from Pakistan and has been with Infant/Toddler for 10 years. She provides care to five children, ages 3 months to 3 years. "I took the classes and I learned how to take care of the kids; they give us good classes. I also teach sign language to infants; I use sign language for the kids. I enjoy it so much," she said.

To learn more, visit www.itfdc.com or on Facebook: www.facebook.com/InfantToddlerFamilyDayCare.

Fieri Fan Rings In 600 Diners, Drive-Ins, and Dives

BY HOPE NELSON
CENTRE VIEW

Bill Grella has seen a lot of the country — from the inside of restaurants out. From west to east, north to south, he's visited dozens of states and dined at literally hundreds of cafes and eateries — all featured on the Food Network show "Diners, Drive-Ins, and Dives," starring Guy Fieri.

"I've been from Maine to Florida to Hawaii, to places in between," Grella said.

And he's just getting warmed up.

On Saturday night, Grella — a Fairfax native and Leesburg resident — stuck relatively close to home while he marked his 600th visit to a restaurant featured on "Diners, Drive-ins, and Dives," venturing just across the Potomac River to Washington for a meal at The Carving Room.

That's right — 600. Six hundred visits to eateries featured by Fieri, ranging from

barbecue joints to food trucks to all manner of other cuisines.

Grella started his quest in 2008 with a visit to The Village Café in Richmond, near the campus of Virginia Commonwealth University, and before he knew it, the expeditions began to grow. Soon, he was delving deeper into researching potential spots to visit — and then making the trips happen.

"I just started going to more and more places — in fact, any time I would travel I'd look up first on the Food Network website — they used to keep a really good listing of all the places," Grella said. Now, he and like-minded foodie adventurers use third-party sites such as FlavortownUSA.com to catalogue all of Fieri's selections and plan trips accordingly.

And Grella is decidedly not alone in his adventures. Scope out any of the show's fan sites and you'll find quite a few Fieri followers, some with hundreds of restaurant visits under their belts. But no one Grella



Bill Grella celebrates his 600th visit on Saturday.

knows has hit his own personal records just yet, he says.

"It's sort of a fun thing," he said. "I've been able to meet a lot of great people."

And he's seen some great sights.

"I've been able to see a lot of the country that I probably wouldn't have had any inkling to go to (otherwise)," he said. "Just

last month, I went to Louisville — I'd never been to Louisville before — and went to the six places [Fieri has featured]."

In terms of the food, Grella says he's enjoyed quite a few memorable meals.

"My favorite meals have been up at the Maine Diner [in Wells, Maine] — lobster pie, which was unbelievable," he said. "There's a place down in Dallas which is called the Pecan Lodge — it had some of the best brisket I'd ever had."

Other favorites from the past 600 visits: Hillbilly Hot Dog in Huntington, W. Va. ("It looks like a really bad yard sale out front," Grella chuckled) as well as Sip & Bite just up the road in Baltimore ("Guy calls the owners The Lucy and Ricky of Flavortown").

After capping off his latest milestone last weekend, Grella says he has no plans to stop his foodie adventures.

"Every time I get to a milestone, I say I'll slow down, but something always pulls me back," he said.

SPORTS



Westfield Defeats Stonewall Jackson

Gavin Kiley caught three passes for 67 yards and a touchdown in Westfield's win over Stonewall Jackson in Manassas.



Westfield's defense shut out the Stonewall Jackson offense in its 21-0 win on Sept. 15.



Eugene Asante #8 averaged over 5 yards a carry on 20 carries against Stonewall Jackson.

PHOTOS BY
WILL PALENSCAR

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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News

Fall Festival at Cox Farms

FROM PAGE 6

SLIDES, FIRE ENGINE, FOOD

Festival visitors always enjoy the six giant slides. "Each slide is themed differently, so you'll fly out of castles, barns and volcanos, exploring everything from dinosaur digs to mining towns to giant beanstalks," said Cox-Galhotra.

The fun also includes straw tunnels, plus the Cornundrum Cornfield Adventure. The latter features funhouse mirrors, a hall of doors, giant vortex and a pirate ship. Also on hand is the Great Pyramid with hieroglyphics and some surprises inside.

Another hit with children is a red, 1961 fire engine, near the volcano slide. It has two slides coming out of the back so children may climb up, go across and slide down.

Food is available for purchase throughout the farm. The selection includes hot dogs, hamburgers, nachos, Dominion root beer and root-beer floats. Home-smoked, pulled-pork, barbecue sandwiches are also on the menu, as are chocolate-chip and sugar cookies.

Kettle corn is offered, too, plus homemade caramel apples and apple-cider doughnuts. Cox Farms also has a milk-and-cookies stand and, this year, it also features nitro, cold-brew coffee.

Fresh cider and apples are free. And if desired, visitors may bring their own lunches (no alcohol) for picnics on the grounds. They may also buy a wide variety of treats in the farm's market. The goodies include freshly baked apple pies, local apples, kettle corn, apple cider, dessert breads, jams, local honey, Indian corn, squash, gourds and fall decorations. Visitors even get to choose a free, patch pumpkin to take home.

FIELDS OF FEAR

Once night falls, scary creatures arise and roam free, so the 20-acre Fields of Fear isn't recommended for children under 12; and anyone under 14 must be accompanied by an adult, 18 or older.

Those brave enough to enter the Fields of Fear are led to the Cornnightmare to experience cornfield terrors in the dark. There, they walk through the Hall of Whispers, Bug Room and Claustrophobia, secluded in tall corn with creatures that aren't human. There are also crazed clowns, illusions and a secret finale.

The Dark Side Hayride is all new for 2017 and now boasts The Lost Circus. Abandoned in the early 1900s, it comes to life when the living approach. It includes Sideshow Alley and magicians. Said Cox-Galhotra: "We built a brand-new barn for it, and it ends with the scary Clown Chaos."

In the Fields of Fear, the normally friendly Imaginature Trail takes a dark turn, too, transforming into The Forest: Back 40 – a half-mile of fright. But not everything is scary at night. Foamhenge is also part of the after-dark fun, as are a big, six-lane slide and karaoke. People can hang out at giant bonfires, listen to music and roast marshmallows while watching live entertainment.

For Cox Farms, said Cox-Galhotra, "Hosting friends and families in Northern Virginia every fall is more than a tradition — it's a passion. The weather's beautiful, and there's nothing better to do with your time than to come and have fun on a farm."

His favorite part is the hayride. "We bill it as 'The world's best hayride,' and there's something for everybody," he said. "No matter how many times you take it, you'll always see something new. And that goes for me, too — and I helped set it up."

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ORNAMENT SALE

GFWC Western Fairfax County Woman's Club is selling 2017 White House Christmas ornaments. This year's ornament honors the 32nd President, Franklin D. Roosevelt. The two-sided ornament features a gilded eagle, flags and the Great Seal. 2017 ornaments cost \$21. Proceeds benefit charity. Order now by calling 703-378-6841 or 703-378-6216. It is possible to order previous

years' ornaments when you call.

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the

candidates' priorities and positions, visit www.vote411.org.

In-person forums:

❖ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax.

❖ **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescooptv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

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BULLETIN BOARD

FROM PAGE 10

SUNDAY/OCT. 1

Blessing of the Animals. 4 p.m. in the parking lot at in the King of Kings Lutheran Church, 4025 Kings Way, Fairfax, weather permitting. During the Blessing celebrate and give thanks for our pets and pray for their health and well-being. Call 703-378-7272 for more.

ELECTRONICS RECYCLING

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

DONATIONS

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

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

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

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

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

VOLUNTEERS NEEDED

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. Visit www.rsvpnova.org.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

Volunteers Needed as Bird Counters. Volunteers are needed in the field and as feeder watchers. The count circle includes Manassas National Battlefield, Bull Run Regional Park, undeveloped areas south of Dulles Airport, and many other locations. 703-438-6008 info@audubonva.org

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<p>An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.</p> <p>-Werner Heisenberg</p>			

Talking the Walk



By KENNETH B. LOURIE

Our long, local, overnight nightmare is almost over. By the date this column publishes: Sept. 20, 2017, I will, for the first time in nearly nine weeks, not had to have snaked down in the dark, our "turny-twisty" and narrow 150-year-old staircase to walk from the upstairs master bedroom to the downstairs and only usable commode. Though the renovation of this upstairs bathroom is not entirely complete nor ready for primetime (it is mostly usable as the water is now running and flushing), the demolition/renovation process apparently must go on/adhere to a schedule so, on Tuesday, Sept. 19 the downstairs bathroom, with all its fully functioning amenities will come under the sledge hammer – among other tools, and provide no further use until on or about Oct. 24.

This heretofore ("Good Will Hunting") logistical challenge has not presented too many difficulties for my wife, Dina. But given that I'm a male of a certain age, quite the opposite has been true for me. Once or twice and occasionally even more per overnight depending upon how late and how much I've had to eat or drink before bedtime, I'll need to visit the bathroom to attend to some very personal business. To be clear, the 'challenge' to which I refer is getting to the bathroom, not starting and/or finishing what I intended once I get there.

Moreover, when the task at hand has been completed, of course I need to retrace my steps – usually in the dark, and walk back upstairs. Though not nearly as difficult as walking downstairs; nevertheless, at the time I am going down and back up, in the middle of the night, my vision might not so readily acclimate and my balance is, let's just say: inconsistent, especially when trying to avoid the miscellaneous bathroom-remodeling boxes staged in the living room on the very route I must travel.

Needless to say, having this nightly nonsense come to an end is most definitely a column worth writing. Not necessarily to self-indulge anymore than usual but more so to amuse you regular readers and possibly even prepare you for your own in-home renovation. And considering that this renovation is our first – and we have minimal experience with these matters, I thought it useful to write it forward and perhaps share a less-than-obvious impact of taking the one-and-only-on-the-same-floor bathroom out of service. Sinks, mirrors and shower/tub issues notwithstanding, all of which can be withstood and endured with the reorientation to the downstairs bathroom, the commode issue, considering its unpredictability, naturally trumps all other real or imagined difficulties.

Though the upstairs bathroom is incomplete and lacking multiple finishing elements, its transformation so far is incredible – to our eyes. I'll spare you any details because that really would be self-indulgent and not at all the point of this column. But the two months or so it will have taken for the upstairs bathroom to become operational again and the nightly effect it's had on me appears to have been worth the wait.

As concerns the downstairs bathroom, we are now ready, willing and able to integrate its destruction into our routine. Given that it is more of a powder room than a master-type bathroom – though it will include a shower-only enclosure, no longer will it be my twice-nightly destination. In addition, I am looking forward to its transformation because the interim process will not prevent me from going anywhere I regularly go nor inconveniencing my wife, Dina, when she readies for work in the morning.

Monitoring its progress will be more of a curiosity than a calamity, since, in my mind, there will be no sense of urgency about the pace of this project as there had been with the upstairs bathroom because my bathroom access will not be affected in the least. And in the most, I am extraordinarily grateful – and relieved.

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

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

THURSDAY/SEPT. 21

Food for Kids Community Packing Event. 10-11:30 a.m. in Room 6 at Dominion Energy, 3072 Centreville Road, Herndon. Email LynnB517@verizon.net or visit northernvirginia.assistanceleague.org.

FRIDAY/SEPT. 22

Live Music with Wild the Waters. 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit wineryatbullrun.com.

Lullabye a Lamb. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

Around the Campfire. 7 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Interpreters dressed in period attire demonstrate cooking a peach cobbler using a Dutch oven. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SEPT. 22-31

Fall Festival. 10 a.m.-6 p.m. at Cox Farms, 15621 Braddock Road, Centreville. Featuring Foamhenge and more. Visit www.coxfarms.com.

SEPT. 22-24

Capital Home Show. 10 a.m.-9 p.m.

at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Featuring HGTV's "Masters Of Flip" stars Kortney and Dave Wilson, and Kevin O'Connor of the PBS series "This Old House." \$10. Visit www.capitalhomeshow.com.

SATURDAY/SEPT. 23

Lullabye a Lamb. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

SUNDAY/SEPT. 24

Building a Train Set. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Activities include making a sample train layout as well as involvement in demonstrations of railroad artifacts. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included in admission. Visit www.fairfax-station.org, or call 703-425-9225.

MONDAY/SEPT. 25

Tai Chi Easy. 2-3 p.m. at King of Kings Lutheran Church, 4025 Kingsway, Fairfax. Pauline Reid, teaches Tai Chi, a form of the Chinese self-care practices known as Qigong. This class is suitable for beginners through advanced practitioners. \$90 for Monday nights through Nov. 6. Email Pauline at reidpr@hotmail.com or

contact the church office 703-378-7272 at extension 221.

TUESDAY/SEPT. 26

Youth Choral Auditions. 5-7:30 p.m. at Centreville Presbyterian Church, 15450 Lee Hwy., Centreville. Visit www.fairfaxchoralsociety.org or contact the FCS office at 703-642-3277 or auditions@fairfaxchoralsociety.org.

WEDNESDAY/SEPT. 27

Uniform and Shoe Sale. 10 a.m.-6 p.m. at INOVA Fair Oaks Hospital, 3600 Joseph Siewick Drive, Fairfax. INOVA Fair Oaks Hospital Volunteer Auxiliary is hosting the sale in the Hospital Atrium. Visit INOVA.org or call 703-776-4001.

Meet the Civil War Author. 7:30-9:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Local historian, lecturer and author, Arthur Candanquist will look at a Confederate military railroad that ran between Centreville and Manassas Junction. Free, open to public. Visit www.fairfax-station.org or call 703-425-9225.

THURSDAY/SEPT. 28

Uniform and Shoe Sale. 7 a.m.-2 p.m. at INOVA Fair Oaks Hospital, 3600 Joseph Siewick Drive, Fairfax. INOVA Fair Oaks Hospital Volunteer Auxiliary is hosting the sale in the Hospital Atrium. Visit INOVA.org or call 703-776-4001.

Benefit Golf Tournament. Support the Erin Peterson Fund for young men and women at Westfield High School and Stone Middle School. Put together a team for the tournament. Visit www.erinpetersonfund.org.



PHOTO CONTRIBUTED

Fall Fest

Cox Farms Fall Fest, Sept. 16-17 and 22-31, 10 a.m.-6 p.m. at Cox Farms, 15621 Braddock Road, Centreville. Featuring Foamhenge and more. Visit www.coxfarms.com.

SEPT. 28-OCT. 1

Centreville Library Used Book Sale. Various times at Centreville Regional Library, 14200 St Germain Drive. Sale includes children's books, cookbooks, mysteries, romance, thrillers, lots of fiction paperbacks and hardcover books, literature, biographies, history, foreign language, and more, plus movie DVDs and music and book CDs. Proceeds benefit the library and its patrons. Call 703-830-2223 or visit www.friendsofcentrevillelibrary.org.

SEPT. 29-OCT. 1

ValeArts Fall Art Show. 10 a.m.-9 p.m. Friday; 10 a.m.-6 p.m. Saturday and Sunday at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. The nine artists of ValeArts will present "Transformations," an exhibit of more than 150 works of local art. Call 703-860-1888.

SATURDAY/SEPT. 30

International Festival. 9 a.m.-4 p.m. at St Timothy Church, 13807 Poplar Tree Road, Chantilly. Email tmiller@sttimothyparish.org or call 703-378-7646.

Walk for Poor. 10 a.m.-1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road, Chantilly. Event supports St. Vincent de Paul Society Food Pantry. Three-mile walk starts at St. Timothy's then proceeds through Ellanor Lawrence Park. Register or donate at www.fopwalk.org.

SUNDAY/OCT. 1

Rare Artifacts on Display. 11 a.m.-4 p.m. at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. Some of the rarely seen 19th century artifacts on display at Sully Historic Site now through Nov. 20. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site/.

MONDAY/OCT. 2

"Fore" the Kids Golf Tournament. 8:30 a.m. at the International Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. Benefiting The Boys & Girls Clubs of Fairfax County. Visit www.bgcgw.org.

SUNDAY/OCT. 8

Family Golf Festival. 1 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. An afternoon of free golf instruction, clinics, fun activities, interactive golf games, family programs, a chance to win a variety of prizes. After 5 p.m., families and children can play for free as part of Marriott Golf's Kids-Golf-4-Free program. Email westfieldsgolfclub@cybergolfcentral.com.

Table Top N Gauge Model Trains. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Children 4 and under and Museum members, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225.

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Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875



The Church of the Ascension
(703) 830-3176 www.ascension-acc.org

Centreville Baptist Church
(703) 830-3333 www.cbcva.org

Centreville United Methodist Church
(703) 830-2684 www.Centreville-UMC.org

CENTREVILLE BAPTIST CHURCH

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WORSHIP SERVICES
Sundays at 9:15 am & 10:45 am

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 10:45 am

15100 Lee Highway, Centreville, VA 20120
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