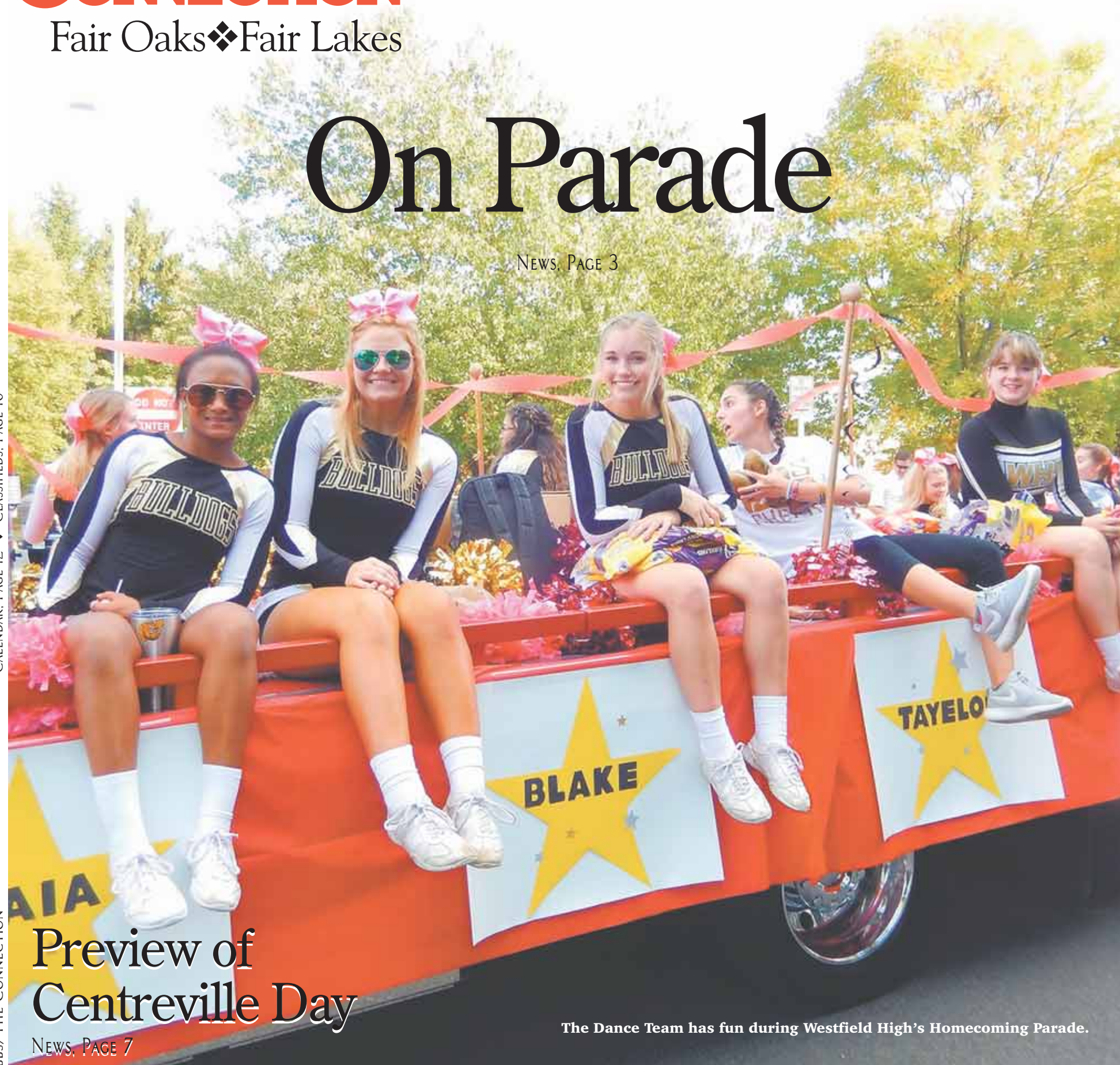


On Parade

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PHOTO BY BONNIE HOBBS/THE CONNECTION



Preview of Centreville Day

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Blood and Guts 5K Race

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The Dance Team has fun during Westfield High's Homecoming Parade.

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Blood and Guts 5K Race

BY STEVE HIBBARD

The sixth-annual Blood and Guts 5K Run will take place Saturday, Oct. 14, 2017, at Bull Run Regional Park in Centreville. About 1,500 people are expected to attend this wild zombie obstacle course race. Runners will trudge through 10 obstacles while a horde of zombies shoots at them with

“blood”-filled water guns. The low- to moderate-risk obstacle course race is designed for individuals of all ages and abilities and takes place four times, every half-hour starting at 9:30 a.m. to 11 a.m.

“The Blood and Guts Run is the wildest 5K Zombie Obstacle Race. It’s the perfect event to get in the Halloween mood,” said founder Max Bawarski, 34, of Manassas. “It’s a combination of all of the obstacle

1,500 expected for Zombie Obstacle Race at Bull Run Regional Park on Oct. 14.

courses and mud runs out there. When you run, you get sprayed by zombies with fake blood. We try to make it a fun event for everyone.”

What’s new this year is a 75-foot-long inflatable slide. Other highlights include a pumpkin guts pit, creepy cargo net, rugged rope wall, blood water slide, beams of fear, spider web, bizarre body bags, and foam slip-n-slide. In addition, there will be a blood and guts pit filled with spaghetti, a “blood”-filled foam machine, plus 100 or so zombies (volunteers in makeup).

Another highlight this year is Knockerball, for an additional \$5. It’s a game where players get inside a large inflatable sphere or plastic bubble and smash into other players. The balls have inner handles and adjustable shoulder straps on the inside. “It’s a fun, adrenaline-rushing game that anybody can play at any age,” said Bawarski, a physical education teacher (grades K-6) at Providence Elementary in Fairfax. He was an All-American runner and track star in 2002; and he graduated from Cortland State College in New York in 2005.

“If you’re a Halloween fanatic, this is a great event to come to. We try to turn Bull Run Park into a Halloween atmosphere. We encourage people to wear costumes. We have marines run the course as well as 5-year-olds. It’s neat to see all of the ages in costumes,” he added.

Prizes will be awarded for the wildest individual costume at 10:30-11 a.m. Last year, about half of the Blood and Guts participants ran in Halloween costumes. A portion of proceeds will benefit charity partner Susan G. Komen of Virginia for breast cancer research.

In addition, two deejays will play top hits throughout the day and a Zumba Fusion Dance Party will take place near the finish line. To feed the apocalypse, four food trucks will be parked outside, offering French fare, gourmet tater-tots, gourmet hotdogs, and Hawaiian ice.



PHOTO CONTRIBUTED

The Blood and Guts 5K wild zombie obstacle course will include a slide.

The cost to run the 5K race is \$30-\$35. Discounts are available at \$10 off to students, teachers, military personnel, police officers, firefighters, and nurses. If a child is 13 or younger, tickets are \$10 off. Tickets for a team of three runners are \$10 off. If registering four or more people on a team, email support@BloodandGutsRun.com for a discount. Check the website for the promo codes.

Runners who finish the race will receive custom-made medals. Volunteers, who receive free admission, are still needed to be zombies, makeup artists, security, and miscellaneous positions.

The Blood and Guts Race event will take place at the Bull Run Regional Park Special Events Center, 7700 Bull Run Drive, Centreville. Visit the website at www.BloodandGutsRun.com or on Facebook at www.facebook.com/bloodandgutsrun. To volunteer, contact Max@BloodandGutsRun.com or call 571-969-4887.



PHOTO CONTRIBUTED

Runners do the Army crawl under the spider web.

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—Chief Seattle (1788-1866)
Suquamish/Duwamish chief



Flute players lead the way for the Westfield High band.



Members of the Spanish Honor Society.

Westfield High's Homecoming Parade

Westfield High's Hollywood-themed Homecoming Parade was Friday, Oct. 6,

Girl Scout Troop 2563 on parade.



JV cheerleaders participate in the parade



Deer Park Elementary and its mascot



Some members of the Junior Class court.



Students waving from atop the Senior Class float.



Members of the Indian Student Association.



Black Student Union members having a good time.

Providing End-of-Life Care

Capital Caring offers hospice care and grief counseling.

BY GERALD A. FILL
THE CONNECTION

Most have considerable familiarity with day care for children; shelter for the homeless; disability help organizations, and other social service organizations serving the community. On the other hand, how many are aware of an organization dedicated to providing health care for dying or seriously ill patients? Or grief counseling for families and friends who have a seriously ill family member or friend, or who have lost a family member or friend?

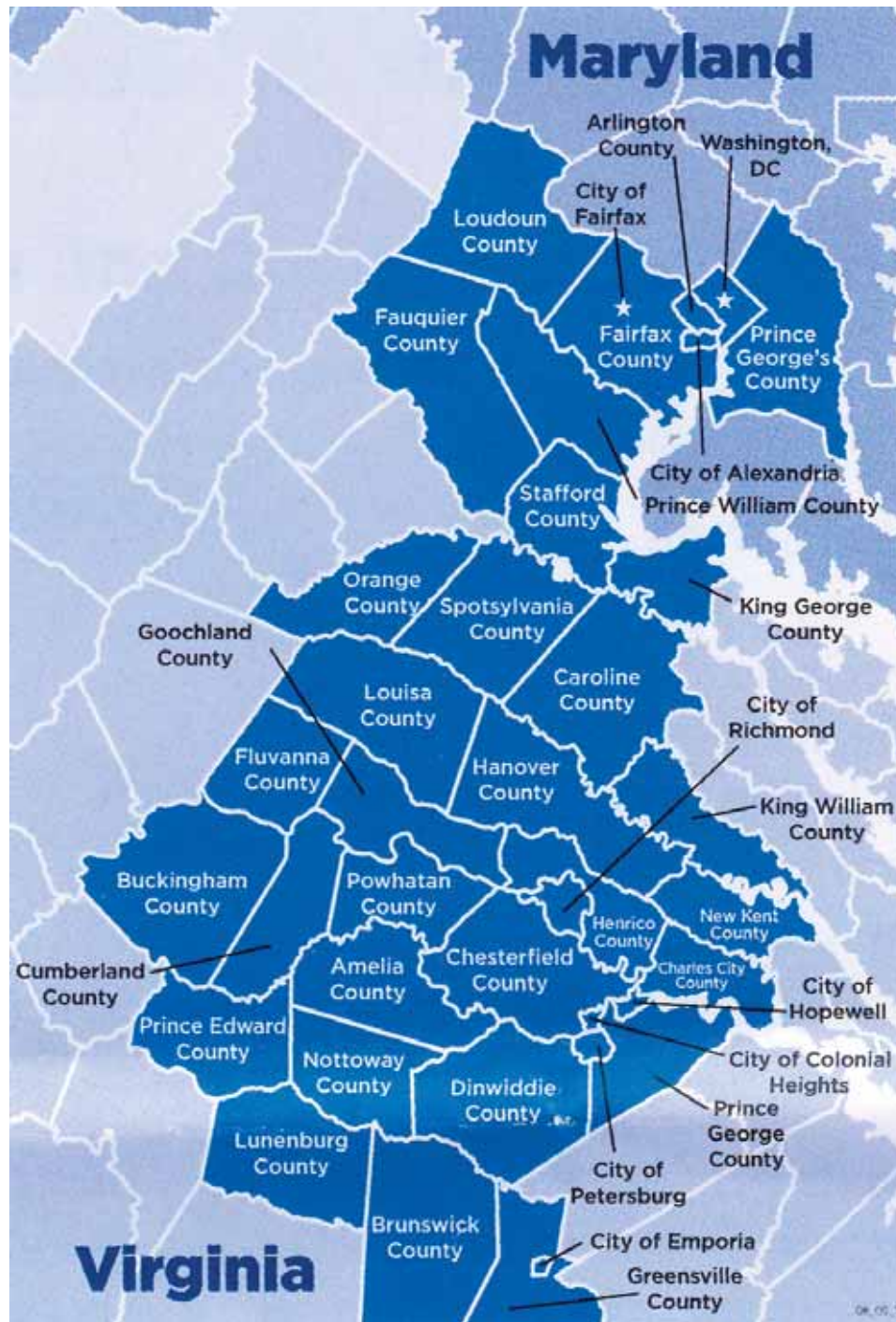
Capital Caring is a hospice care or end-of-life care nonprofit organization for a patient and counseling for family and friends of a dead or dying person.

Despite its size — annually serving 12,000 hospice care patients and grief counseling for patients, family and friends — Capital Caring is not nearly as well known as other social service organizations within the Washington metro community. Last year Capital Caring served 7,000 hospice patients and completed 5,300 grief counseling sessions with family or friends, and 60 pediatric patients.

Capital Caring operates as a licensed hospice and grief counseling service for most of the Washington metro area, south to Richmond and to the North Carolina border. The organization has been providing compassionate professional, health care services for 40 years.

With a staff of 750, it includes critical care interdisciplinary teams made up of a doctor, nurse, social worker, rehab specialist, and volunteers. After the doctor certifies that the patient is eligible for hospice care, the team conducts an evaluation of what the patient needs and wants to make her or his life as comfortable as possible. This includes helping the patient navigate through what they would like to happen and how the Capital Caring team can make the patient's final days or weeks as comfortable as possible.

Capital Caring consists of 10 regional offices that ensure that the hospice care team is local and personal in nature. Its approach and philosophy is that hospice care should be administered in the home whenever possible, and involve the patient's family, friends, unless circumstances and the patient's condition do not permit it. In that



Map of Capital Caring's service area.

case Capital Caring has three in-patient hospital care units for those patients.

JOYCE MONTGOMERY, a Capital Caring counselor who has worked 13 years performing hospice care services, described what she does: "I help improve the care of someone suffering from a life threatening illness by helping the patient be where they want to be in their home surrounded if possible by their loved ones. I help the patient and family to make the most of their situation, whatever that may be."

She has a Master's degree in clinical social work and is licensed to perform clinical social work.

"My own personal experience with death inspired me to help others focus in their final stages of life, and to be present at a time to honor the patients' wishes in their final

days," Montgomery said. "Being a hospice caregiver allows you to be present at a sacred time of their life. I help a patient to deal with the reality of their final days of life in the best possible way. To help them prepare to die, and to find out what matters most to them and help them come up with their own solutions. What a privilege it is to help patients and their loved ones to be more at peace with themselves, and improve care and the quality of life during the time they have left."

Montgomery quoted the following passages from her resource literature which she uses when working with patients and families: "Life is a constant sunrise which death cannot interrupt, anymore than night can swallow up the sun" and "Nothing dies; death and birth are a threshold crossing; back and forth as it were through a veil."

Chesley Simpson, a grief and bereavement counselor for Capital Caring for 3 years, described her role: "To help clients discover their inner strengths. I do this by offering a safe space to talk about their loved one, help them work through their tangled web of emotions and incorporate successful coping strategies in their daily lives. Every grief journey is different and I am humbled to walk this path towards resiliency with my clients."

Simpson has a Masters degree in clinical social work and is licensed to perform clinical social work.

"Capital Caring provides dedicated grief and bereavement counselors in each of the local neighborhoods where we are present. In addition, Capital Caring offers a variety of bereavement services, individual counseling, group sessions as well as a variety of workshops. We realize that everyone grieves differently and therefore offer a host of programs," Simpson said.

CAPITAL CARING provides for end-of-life hospice care reimbursed by Medicare, or Medicaid. Capital Caring donates the cost of care through its private fundraising efforts where the patient or family has no insurance. Last year, Capital Caring raised \$8 million for those services not reimbursable.

This year Capital Caring is celebrating its 40th anniversary.

It will be hosting its annual fundraising gala: "Passion for Caring" on Nov. 11 at the MGM Grand National Harbor Resort in Maryland. Its website, www.Capitalcaring.org, will provide the background information about the gala.

In addition to the patient services it performs, Capital Caring conducts educational seminars and workshops.

Capital Caring began its existence in 1977, coinciding with the acceptance of the concept of hospice care in the U.S. Its leader and founding member was a physician, Dr. Josefina Magno, who wrote and published a book entitled "Hospice in America." Beginning in 1976 she promoted and cared for terminally ill patients and counseled families in Northern Virginia who were facing end-of-life issues before the concept of hospice care was widely accepted and approved for reimbursement by the federal government.

Her initial hospice planning meetings were a makeshift office operating out of the back of her car.

Details

Anyone who needs help can access Capital Caring's care navigation, palliative care (pain and symptom management) counseling, and hospice services, regardless of their ability to pay. Capital Caring helps patients and loved ones make the most of every moment together by offering coordinated care, comfort, and dignity to those living with serious illness.

See www.Capitalcaring.org or call 1-800-869-2136.

Resources

- ❖ "Hospice in America," by Dr. Josefina Magno, Founder, Capital Caring
- ❖ "Good Mourning: A Resource for Healing," by Robin McMahon and Kathleen Persson
- ❖ "Option B: Facing Adversity, Building Resilience and Finding Joy," by Sheryl Sandberg and Adam Grant
- ❖ "The Sun Still Rises" by Shawn Doyle
- ❖ "When a Man Faces Grief: 12 Ideas for Helping Him Heal from Loss," by James E. Miller and Thomas R. Golden

ROUNDUPS

Combatting Drug Epidemic

The Citizen Advisory Council will present "Drug Detection in Fairfax County Public Schools" at its Wednesday, Oct. 11 meeting from 7:30-9 p.m. in the Sully District Police Station community room.

The program will include what local government and private entities are doing to combat the national epidemic of heroin in Fairfax County.

Listen to the latest numbers, hear from people who deal with this daily and watch a police canine demonstration who is on the front line.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Oct. 12, 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.

Open House At Fire Stations

In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House on Saturday, Oct. 14 from 10 a.m. to 4 p.m. Stop by to meet your firefighters, see the fire trucks, join in the activities and learn about fire safety.

Locations in Sully:

❖ Station 15 at 14005 Vernon Street, Chantilly

❖ Station 17 at 5856 Old Centreville Road, Centreville.

❖ Station 21 at 12300 Lee Jackson Memorial Highway, Fairfax.

❖ Station 38 at 6001 Oday Drive, Centreville.

WFCWC Presents 'Mindfulness Meditation'

The GFWC Western Fairfax County Woman's Club (WFCWC) will present Mark Thurston, who will talk on the benefits and practice of mindfulness meditation at the Cale Community Center on Monday, Oct. 16, at 7 p.m. Thurston is director of Educa-

tional Programs at George Mason University's Center for the Advancement of Well-Being, where he has worked for the last 9 years. He is the author of more than a dozen books about mindfulness, dream psychology, personal spirituality, and holistic living. He and his wife of 37 years are the co-founders of the Personal Transformation and Courage Institute, which offers small group course intensives about spirituality, resilience, and living one's purpose in life.

The presentation will focus on the benefits of mindfulness (health, anxiety relieving, relationships, etc.), different ways to do mindfulness, and mindfulness resources. He will lead the group through at least one session on mindfulness to demonstrate how it is done.

WFCWC usually meets at 7 p.m. on the third Monday of the month, September through May, at the Cale Community Center, 4615 Stringfellow Road. Guests are welcome and admission is free. For more information about WFCWC, visit www.wfcwc.org or call Mary Jane Hasselkus at 703-378-4250.

Training for Disaster

Community Emergency Response Team (CERT) is a training program administered through the auspices of the county fire and rescue department. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in

their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations.

At this time, the next available CERT Class is scheduled to begin on Monday, Nov. 6 at the Fairfax County Fire and Rescue Academy. There are two sessions each week on Mondays and Wednesdays, 7 p.m. - 11 p.m., that run until Dec. 6. The class is 28 hours in length, plus the final practical exercise.

CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or older, and either be a Fairfax County resident, or work in the county.

Visit fairfaxcounty.gov/fr/cert/cert.htm.

Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 a.m.

❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

See wfcma.org/how-you-can-help/volunteer-program/




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OPINION

Tips Benefit CIA Memorial Foundation

Scott and Cyndi Hoffman, owners of Ono Brewing Company, presented a check to the CIA Memorial Foundation in the amount of \$3142.36. The amount represents the total amount collected in tips during Ono Brewing Company's first month of business.

The Chantilly brewery is completely self-serve, with a self-serve beer wall with eight beers on tap, all brewed on the premises. Since customers are serving themselves, tipping is optional at Ono and not expected. Scott and Cyndi Hoffman have chosen to pay their employees a competitive wage so they don't need to rely on tips. If customers are compelled to tip for excellent service, tips are donated each month to a different local charity.

For its first month of business, September 2017, gratuities were donated to the CIA Memorial Foundation, which supports the

families of CIA officers who have died in active service of our nation. For the academic year 2016-2017, the Foundation awarded scholarships and other educational support for 48 family members of deceased CIA officers to colleges and universities around the country.

For October, Ono Brewing Company has chosen to support the Step Sisters, a non-profit organization whose mission is "Improving the quality of life for those impacted by breast cancer by funding needed support services in Northern Virginia." Donations to The Step Sisters go towards funding quality of life services, such as food delivery, transportation costs to and from treatment, childcare and house cleaning, for local breast cancer patients in Northern Virginia.

To learn more about Ono Brewing Company, check out at www.onobrewco.com or find them



From left are Scott Hoffman, Amanda Rodriguez, Margaret Mulderry, and Cyndi Hoffman

at www.facebook.com/onobrewco , and @onobrewco on Twitter and Instagram.

Boy Scouts Tee Up Annual Golf Classic

The Boy Scouts of America held its 20th Annual Sully District Golf Classic at the Chantilly National Golf and Country Club in Centreville. Supporting the charity golf tournament were the following sponsors: Pruitt Foundation; WiSC Enterprises; AOC Solutions; Eagle Home Mortgage (Chris "The Mortgage Guy" Downey); OMNI Systems; Seagate Technology; VSE Capital Realty, Inc.; TechTrend; William A. Hazel, Inc.; NOVEC; Dulles Golf Center and Sports Park; G&C Auto Service; Jersey Mike's Subs of Chantilly; McConn Construction; and Chick-Fil-A of Chantilly. Many local businesses that provided auction items and raffle gifts to support the event.

The honorary golf tournament

chairman this year was Chief Ed Roessler of the Fairfax Police Department and represented by Captain Dean Lay of Sully District.

The tournament was a scramble format and the winning team was Eagle Home Mortgage comprised of Chris Downey, Bill Casey, Todd Martin, and Steve Davis. Davis also won the "before tournament" putting contest.

During play, George Murdock won closest to the pin, John Adams won the men's longest drive, and Lisa Lachick won the women's longest drive.

At the end of the day there was a parent / child golf clinic provided by Kirby Struhar of Dulles Golf Center and Sports Park. An evening meal was held at the clubhouse where the awards were



PHOTO BY JUSTIN PALENSCAR

First Place Team members: Bill Casey and Chris Downey with Tournament Chairman Hondo Davids.

handed out and there was a raffle and silent auction.

The Boy Scouts golf committee included Robert Guers, Hondo

Davids, Aaron Bills, Doug Carlson, Michael Groover, Dan Palenscar, Bill Schoonmaker, Joe Swartz, and Carlos Vallejo.

BULLETIN BOARD

ORNAMENT SALE

GFWC Western Fairfax County Woman's Club is selling 2017 White House Christmas ornaments. 2017 ornaments cost \$21. Proceeds benefit charity. Call 703-378-6841 or 703-378-6216.

THURSDAY/OCT. 12

Short-Term Rental Community Meeting. 7 p.m. in Conference Rooms 9 and 10 the Fairfax County Government Center, 12000 Government Center Drive, Fairfax. The county scheduled another meeting to discuss proposed zoning rules for short-term rentals with the community. The public will be able to provide feedback, ask questions and learn about the results from the community survey. Go to www.fairfaxcounty.gov for more.

MONDAY/OCT. 16

Assistance League Meeting. 10 a.m.-noon at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Assistance League of Northern Virginia invites community members to their October meeting. Learn about programs, including opportunities for a few new members to tutor in the Reading Express program. Free. Contact Mary Gronlund at gronbiz@aol.com or visit www.northernvirginia.assistanceleague.org.
Mindfulness Meditation. 7 p.m. at the Cale Community Center, 4615 Stringfellow Road, Chantilly. The GFWC Western Fairfax County Woman's Club (WFCWC) will present Mark Thurston, who will talk on the benefits and practice of mindfulness meditation. Thurston is the author of more than a dozen books about mindfulness, dream psychology,

personal spirituality, and holistic living. All are welcome. For more information about WFCWC, visit www.wfcwc.org or call Mary Jane Hasselkus at 703-378-4250.

SUNDAY/OCT. 22

Low Cost Rabies Clinic. Noon-2 p.m. at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly, McDonnell Room. Dogs, cats, and ferrets will be vaccinated at the clinic. Dogs MUST be on leashes. Cats and ferrets MUST be in carriers. Only rabies certificates will be issued (no tags). The cost of each vaccination is \$15; cash and check only. 2017 County Dog Licenses will be sold at each clinic at additional cost of \$10 each.

WEDNESDAY/OCT. 25

Candidate Forum. 7:30 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. The League of Women Voters of the Fairfax Area (LWVFA) will hold an in-person forum 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.

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NEWS DEPARTMENT:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Mike Salmon
Assistant Editor
msalmon@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Andrea Worker
Reporter
aworker@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Art/Design:

Laurence Foong, John Heinly,

Ali Khaligh

Production Manager:

Geovani Flores

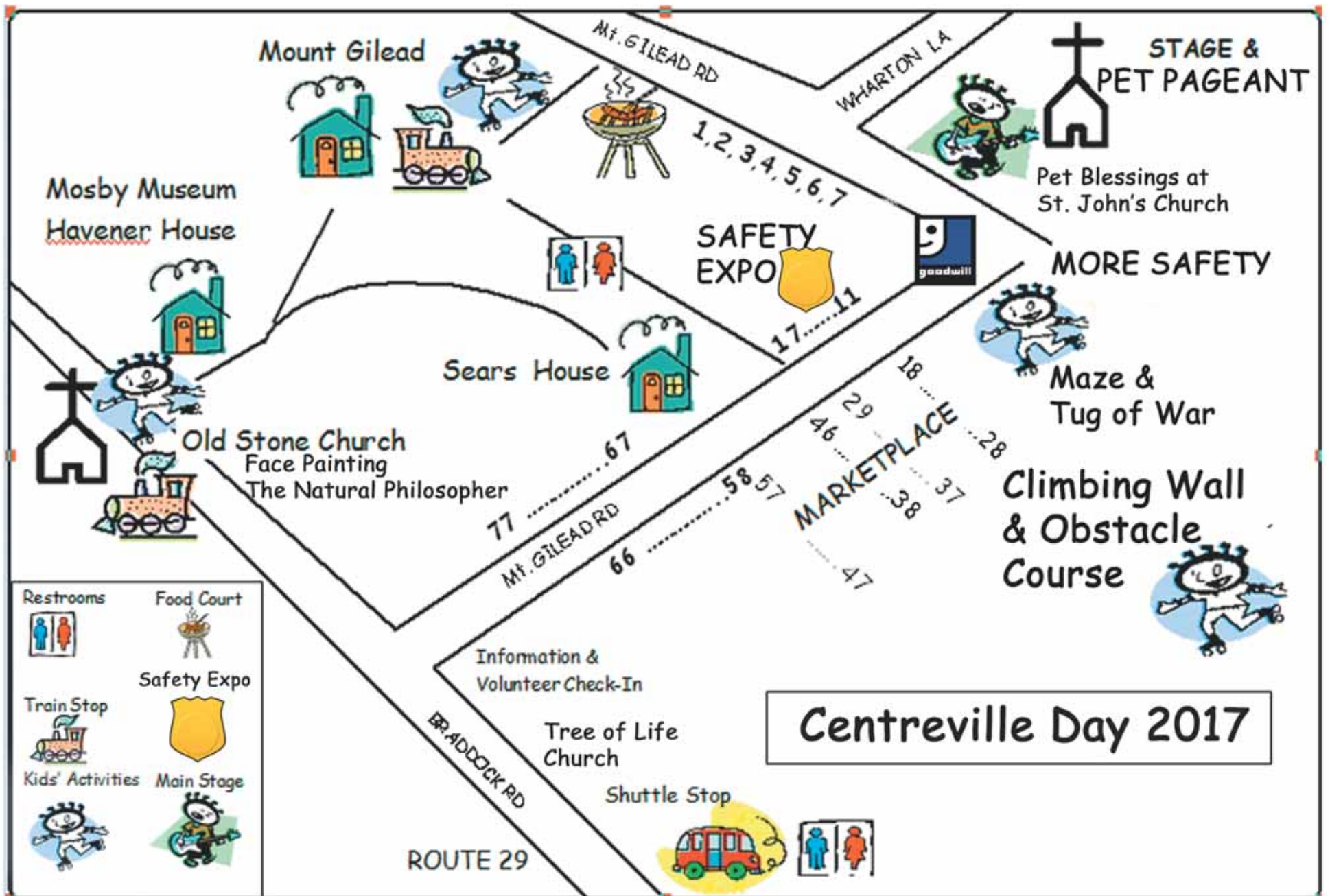
Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION

circulation@connectionnewspapers.com

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CENTREVILLE DAY 2017



Map of Centreville Day 2017 attractions and activities.

COURTESY OF CHERYL REPETTI

Parade, Pets, Music, and Children's Games

25th annual Centreville Day is Saturday, Oct. 21.

BY BONNIE HOBBS

When the leaves change color and the weather gets cooler, it's time for Centreville Day. This year's celebration is the 25th annual, and it's set for Saturday, Oct. 21, from 10 a.m.-5 p.m., in Historic Centreville Park, 5714 Mount Gilead Road (off Braddock Road, across Route 29 from the IHOP).

The festivities include a parade, live music performers, martial arts, swordsmen, dancing, a pet pageant, children's activities, food and crafts. Admission is free, and free parking and shuttles will be available at The Trinity Centre, 5860 Trinity Parkway, off Route 29.

"Centreville Day is a fun event," said event organizer Cheryl Repetti, president of the Historic Centreville Society. "We aren't a huge festival, but we have heart. Centreville Day not only celebrates community, but helps create a sense of community in all who



GMU history professor Ted McCord in Mt. Gilead's 1785 dining room.

attend. It brings people together; and together, we all create a day that stands out from the others."

And, she continued, "We don't all represent a particular point of view or come from a specific group. Folks come from all over and have all sorts of reasons for being at

PHOTOS BY BONNIE HOBBS



Katherine Baker, in a late 1700s costume, stands beside a sword display.

Centreville Day. Some want to have fun outside with the kids without spending a small fortune, while others want to learn about Centreville's history, meet new clients, find a church, see live entertainment or buy that perfect gift for their loved ones."

The fun begins at 10 a.m. with opening

ceremonies at the main stage near St. John's Episcopal Church, also on Mount Gilead Road. Local Girl Scouts will lead the pledge of allegiance and Supervisor Kathy Smith (D-Sully) will welcome the crowd and

SEE CENTREVILLE DAY, PAGE 11

Home LifeStyle



PHOTO BY ANGIE SECKINGER

A collection of framed Hermes scarves line one of the walls in the lady's retreat by designer Marika Meyer.



PHOTO BY MARILYN CAMPBELL

Todd Martz and Susan Nelson use felt flowers made by women in Nepal to accessorize the family room.



PHOTO BY ANGIE SECKINGER

An abundance of seating make the pool space by Kim Asner of Country Casual Teak a tranquil oasis

Inside D.C. Design House

In its 10th year, showcase raises money for charity.

BY MARILYN CAMPBELL

DC Design House

Location: 9004 Congressional Court, Potomac, Md.

Tickets: \$35 at www.dcdesignhouse.com/copy-of-events

Open through Oct. 29: Saturday-Sunday 12-5 p.m.; Closed Mondays; Tuesday-Friday 10 a.m.-3 p.m., Sunday, Oct. 29: DC Design House, last day, 12-5 p.m.

For the 10th anniversary of the D.C. Design House, 23 designers transformed the Potomac, Md. home which includes nine bedrooms, nine full bathrooms, four half bathrooms, a cinema, two-story library, a pool and a pool house. Visitors will have the opportunity to walk through the 27,256 square-foot estate to view the latest in home design trends. Proceeds from the event benefit the Children's National Health System.

It was actress Grace Kelly and the movie "To Catch a Thief" that inspired

Designer Marika Meyer's creation of the lady's retreat. "I thought of her elegance and her scarf blowing in the wind," said Meyer.

A collection of framed Hermes scarves line one of the room's walls.

Much of the room's furniture, including two vintage, velvet chairs and a neutral sofa, surround a Lucite cocktail table, creating a balance between modern and traditional styles.

"When designing the room I thought, 'who would live in that room and what would she be like?'" said Meyer.

Meyer used custom-designed, hand-painted fabric from her own collection for the room's drapes, pillows, stools and other accessories. One of her biggest obstacles

was making the large room feel intimate. "I designed it to make it beautiful and functional, she said. "I created different destinations so it doesn't feel so overwhelming."

Among those destinations are a large secondary, a game table and a bar cart.

Dubbed A Study in Blue, the library by designer Kelley Proxmire draws inspiration from the library of New York socialite Brooke Astor. "I knew it was a classic and I had seen a recent picture and I knew it was a classic," said Proxmire.

"Her books were probably antique, leather-bound and I knew that I something wanted something neat and tidy like that."

The room's dark wood paneling is brightened with natural lighting and accessorized with blue and white porcelain and painted books

in varying shades of blue.

The designer's goal was to create a technology-free zone that allowed for uninhibited conversation. "Families need a place to sit and talk to each other without being on

the telephone and watching television," said Proxmire. "I want all my rooms to say, 'Come and sit.' I don't want them to be too standoffish."

Marrying modern and traditional design elements, Alexandria-based design duo Todd Martz and Susan Nelson created a family room that is both energizing and relaxing, and is meant to be an electronics-free zone.

"The scale of the house is formal, but we wanted to created a room that is family friendly," said Martz. "We wanted to incorporate children's art, but display it in a way that's elegant."

The walls are covered with bright yellow wallpaper that provides an energetic backdrop for blue and white porcelain accessories. To accommodate the lives of a modern family, the white sofa is covered in Crypton fabric, which is stain-resistant and easy to clean. Other furniture in the room, which includes two faux leather chairs are

centered around a handmade, wooden coffee table.

Children's artwork hangs inside the bookcases among blue and white ginger jars. "It makes the book cases a little less serious," said Nelson.

The poolside oasis created by Kim Asner of Country Casual Teak allows visitors to be transported to a luxury spa. Lush greenery and teak lounge chairs surround the pool. An abundance of seating, a cabana and a pool house make the space ideal for entertaining a crowd or enjoying the space's serenity.

"The area is large so we needed substantial furniture," said Asner. "The cabana looks grand and impressive, but it's also comfortable."

Located at 9004 Congressional Court, Potomac, Md., the home is listed at \$10.28 million by Long and Foster Real Estate. Open through Oct. 29, tickets are \$35. Visit www.dcdesignhouse.com.

"When designing the room I thought, 'Who would live in that room and what would she be like?'"

— Marika Meyer

Bright yellow wallpaper energizes the family room by Todd Martz and Susan Nelson.



PHOTO BY ANGIE SECKINGER

CENTREVILLE DAY 2017

25th Annual Centreville Day

FROM PAGE 7

present the Centreville Day Citizen of the Year award.

Parade

Organized by American Legion Post 1995, the Centreville Day Parade will be led by the Chantilly Academy's Air Force JROTC. Participants also include both new and antique fire and police vehicles, Boy Scouts, Girl Scouts, members of the Fairfax County Sheriff's Office and more. McGruff the Crime Dog may also appear. Anyone can join in the fun – even children with decorated bikes and scooters, and costumes are encouraged.

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

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

Children's Activities

At Centreville Day, children don't have to wait until Halloween to wear their costumes. They can dress up and go trick-or-treating through the community marketplace on Mt. Gilead Road, while their parents browse the booths of crafters, local businesses, churches and nonprofits.

Also planned are a variety of free activities, including a climbing wall, slide and History Train rides. And the women of Alpha Delta Kappa will host face-painting, sack races, a tug-of-war and an orange maze. Children will get to make their way through a candy-store obstacle course and smash pumpkins by shooting them out of a cannon.

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

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

Entertainment

As masters of ceremonies, Westfield High students Nathan Marshak and Anthony Repetti, will host several, local performers at the main stage. Pirates for Sail, a group of singing privateers, will get things off to a lively start at 10:40 a.m. Then, after the parade, The VaDeatles – comprised of teachers mainly from Stone Middle School – will cover songs of the Beatles and other rock bands at 11:45 p.m.

Other entertainers include: Powerworx Dancers, the Youth Choir of the Fairfax Choral Society, Halle-



PHOTO BY BONNIE HOBBS

Pirates for Sail entertain at last year's Centreville Day.

lujah Tae Kwon Do demonstration team, Korean harmonica and autoharp players, and the Northern Virginia Wu Shu Academy. Check for the annual, hula-hoop contest time, plus additional acts, at www.CentrevilleDay.org or the Centreville Day Facebook page. See sidebar for the full, entertainment time schedule.

Pet Pageant, Blessing

For the third year in a row, Centreville Day will go to the dogs — and the cats, birds, guinea pigs, rabbits and mice, The Centreville-Chantilly Rotary Club is sponsoring a Pet Pageant for pets of all kinds.

The pageant is set for 2 p.m. at the main stage. There's no registration fee, but a registration form is available at the Centreville Day website. Families are welcome to bring more than one pet, and certificates will be awarded in categories such as Most Unusual Pet and Most Creative Costume. A raffle is also slated with prizes donated by local pet stores and veterinarians. For more information, contact Cammy Gawlak at cgawlak@verizon.net.

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

Food

An international selection of foods will be available at the food court between Mt. Gilead and the Safety Expo area. Smokes BBQ will return with pulled pork and other barbecue items, and Danibelle's Lite and Sweet food truck will offer savory shawarmas and sweet baklava. New this year is Thai food from Bangkok House Restaurant, plus seafood from Bon-fish Grill. Enjoy a large variety of quesadillas provided by Buena-Dillas!

History

"From its earliest settlement in the 1760s to the dynamic and culturally diverse community it is today, Centreville has a long and interesting history," said Repetti. "And it's celebrated each Centreville Day in the very places where that history happened."

Just down the street from St. John's is the Spindle Sears House. Purchased in 1933 from a Sears catalog and shipped here by train, this tiny house will be open for tours led by Ellanor C. Lawrence Park historian Allison Hartley.

Besides the guided tours of Mount Gilead, cookies and teas will be offered on the home's porch by the

SEE CENTREVILLE DAY, PAGE 11

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Announcements

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ABC LICENSE

3S Food Fair Inc trading as Choongman Chicken & Beer, 6349 Multiplex Street, Centreville, Fairfax County, VA 20121-5327. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Sung Park/President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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SPORTS



Homecoming Victory

Taylor Morin caught 6 passes for 49 yards and a TD in the Homecoming game on Oct. 6 against Madison. Morin also intercepted a ball in the end zone with 27 seconds left in the game. The final score was Westfield 10, Madison 6.



**Eugene Asante
carried the ball 31
times for 130
yards.**

PHOTOS BY
WILL PALENSCAR



**Bizzet Woodley
7 and Taylor
Morin celebrate
Morin's 25-yard
4th quarter TD.**

**Madison
defenders
Tommy
Williams #32
and Bennett
Jackins #52
look to stop
Westfield
ball carrier
Eugene
Asante.**



CENTREVILLE DAY 2017

Celebrating Community

FROM PAGE 9

Irongate Bakers in period garb. Mount Gilead is also one of the stops for the county Park Authority's History Train, driven from the Sully Historic Site by Matt McNeal.

The train will take attendees between stations on the lawn at Mount Gilead and Braddock Road. Repetti advises visitors to get off the train at the Braddock Road stop and "stroll down the hill to explore the Old Stone Church – the Church of the Ascension – where you can tour the historic church and meet Rachel and her array of antique science instruments and curiosities."

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

Safety Expo

The Safety Expo near the Spindle Sears House is one of Centreville Day's most popular attractions. Attendees get to meet local first responders and other public-safety personnel, learn about the services they provide and find out how to deal with emergencies in the home or community. And Sheriff's Office personnel will make child IDs.

Police and fire-and-rescue vehicles will be on display and, if possible, a police helicopter. Other participants will include the National Poison Control Center, Washington Gas, Miss Utility, Fairfax Communities of Trust and the county's Office of Emergency Management

Sponsors

Almost all activities are free, thanks to the support of Centreville Day's vendors and sponsors, including NOVEC, the Korean Central Presbyterian Church, Goodwill Centreville, Apple Federal Union, Sandy Spring Bank, CPA Bryan Hunt, Historic Centreville Society, Rotary Club of Centreville-Chantilly, American Disposal Services, Sign-a-Rama of Centreville, American Legion Post 1995, Centreville Chiropractic Center, the Fairfax County Park Authority and the Friends of Historic Centreville.

General Information

Centreville Day is organized by and benefits the Friends of Historic Centreville. It's a nonprofit that puts on Centreville Day in partnership with the Park Authority to encourage residents to discover the Centreville's rich history. For more information, follow "Mrs. Spindle" at www.CentrevilleDay.org.

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What To "Ware?"



By KENNETH B. LOURIE

Recently I received a very generous offer in the mail: a \$10 gift certificate from my local hardware store acknowledging my upcoming/now passed birthday. From what I could read, there was no minimum purchase, no exclusions and no small-type print, just a reasonable expiration date: Oct. 31, approximately six weeks out from the day I received this unexpected gift. More than enough time, one would imagine.

The only problem: what am I going to get at the hardware store, other than the employees' pity about how little I know about so much? Most of the time when I'm in a hardware store (typically I'm not browsing, unlike the cookie aisle at the supermarket), I'm attempting to solve a problem I have at home for which I have very little experience and extremely poor instincts at rectifying. Not only do I rarely know what I'm talking about, I don't even know the proper questions to ask to enable/assist the employee in figuring what the heck my problem actually is – other than me, that is.

I'm very much out of my element in a hardware store. A fish out of water doesn't begin to describe my situation. Tevye, from "Fiddler on the Roof" in speaking to his daughter, Chava, about marrying outside the faith came close: "a bird may love a fish, but where would they build a home together?" Build a home? I have enough difficulty maintaining one that's already built.

When I'm asked, or when I offer it, usually I say: "I know two things: sports and chocolate." I guess I could also add being a cancer patient/survivor, but I don't want to redirect a perfectly innocent conversation into a totally different direction: me and my druthers. Although, my situation has been publicly consumed in the Connection Newspapers going on eight and half years; in person, I try to not let it be the first or even second thing that comes out of my mouth. And I never initiate, though I'm happy to respond if asked. Generally speaking, I'd rather it not be about me and my cancer. As my mother used to say "It's enough already."

But none of this comes up in a hardware store. In fact, the only thing that comes up is my Adam's Apple as I sheepishly swallow and admit how incapable I am as a homeowner/do-it-yourselfer and how much help I need to do almost anything. At least the parking is free so it's not a total loss.

As you might imagine, this situation doesn't exactly lead to an easy conversation or a satisfying outcome. Quite the contrary. I know one thing for sure however, if left to my own devices, either I will cause additional and costly damage in my crude attempt to self-repair, or I will hurt myself in the process. And waste money as well, as the end of the day will likely find me and the problem no closer to a resolution than we were at the beginning of the day.

As William Shakespeare might have written: it will be much ado about nothing as nothing much will have been done. In these recurring circumstances, all I can hope for is a safe landing, so to speak, one in which, as pilots often joke: I can walk away uninjured.

Given that I'm a tool twit and have failed miserably at homeowner 101, what then could I possibly buy at the hardware store with my gift certificate? I just got an idea: lightbulbs. I couldn't possibly screw that up, could I? I mean, they're supposed to be screwed up – into the socket, right? What could be more natural for me?

One last question though: when I place the bulb into the socket, do I screw them to the right or to the left?

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. Photos/artwork encouraged.

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

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 as Second Language Book Club. Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

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.

Lego Block Party. Every other Saturday at 10:30 a.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 www.wineryatbullrun.com for a full schedule.

Mondays are Family Night. 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030.

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 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.

FRIDAY/OCT. 13

Live Music with Hall Vote. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

Garden Clean Up. 7:30-8:30 p.m. in

Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Hunt for creatures of the creek. Search for the nocturnal spider and its bright eyes and other nighttime creek denizens. Bring flashlights and wear old shoes that can get wet. Sandals and flip-flops are not appropriate. \$6. Call 703-631-0013 for more.

SATURDAY/OCT. 14

In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House, stop by the local station that day to meet the firefighters, see the fire trucks, join in the activities and learn about fire safety. Visit fire.gis@fairfaxcounty.gov for more.

❖ **Station 17 Fire Station Tour.** 10 a.m.-4 p.m. at Station 17 Centreville, 5856 Old Centreville Road.

❖ **Station 38 Fire Station Tour.** 10 a.m.-4 p.m. at Station 38 West Centreville, 6001 Oday Drive, Centreville.

❖ **Station 15 Fire Station Tour.** 10 a.m.-4 p.m. at Station 15 Chantilly, 14005 Vernon St., Chantilly.

Pickleball Lessons and Demonstration. 10 a.m.-1 p.m. in Little Rocky Run Clifton pool #1, 6201 Sandstone Way, Clifton. Call 703-830-0411 or email hoa@littlerockyrunhoa.org.

The Ryan Forrester Band. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

Railroad Museum's 30th Anniversary. 1-6 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Virginia State Delegate for the 40th District, Tim Hugo, will preside over the rededication ceremony of the Fairfax Station

Railroad Museum. Free. Visit www.fairfax-station.org or call 703-425-9225 for more.

SUNDAY/OCT. 15

N Gauge Model Train Show. 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.

Eli Lev in Concert. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

FRIDAY/OCT. 20

Matt Waller in Concert. 4:30-8:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

SATURDAY/OCT. 21

Centreville Day. 10 a.m.-5 p.m. at Historic Centreville Park, Mt. Gilead Road. 25th anniversary includes American Legion Parade, Rotary Pet Pageant, Marketplace, Safety Expo, Food Court, Goodwill Centreville Stage, Centreville Chiropractic History Train, children's rides. Free. Visit www.centrevilleday.org.

Matt Waller in Concert. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

SUNDAY/OCT. 22

Dan Fisk in Concert. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

OCT. 27-29

Used Book Sale. 10 a.m.-6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Selection of used books, DVDs, CDs and audio books for children and adults. Sponsored by the Friends of the Chantilly Regional Library. Call 703-502-3883 for more.

SATURDAY/OCT. 28

Vendor Fair Fundraiser. 11 a.m.-3 p.m. at Liberty Middle School, 6801 Union Mill Road, Clifton. School fundraiser and raffle. Email lularoekellylisa@gmail.com for more.

Reptiles and Night Ride. 5-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Participants will be able to touch, see, smell and hear snakes, turtles, and salamanders at hands-on stations and demonstrations. This campfire program concludes with a wagon ride through a moonlit meadow and s'mores. \$10. Visit www.fairfaxcounty.gov/parks/eclawrence or call 703-631-0013.

SUNDAY/OCT. 29

Halloween on the Rails. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Costumes welcome and goodie bags handed out. 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.

Lexi Jackson in Concert. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

NOV. 3-7

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

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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

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