

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

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Westfield grad
Kevin Clay, who
stars in "Book of
Mormon's" na-
tional tour, with
his mom, Chris.

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Creating Balance During the Holidays

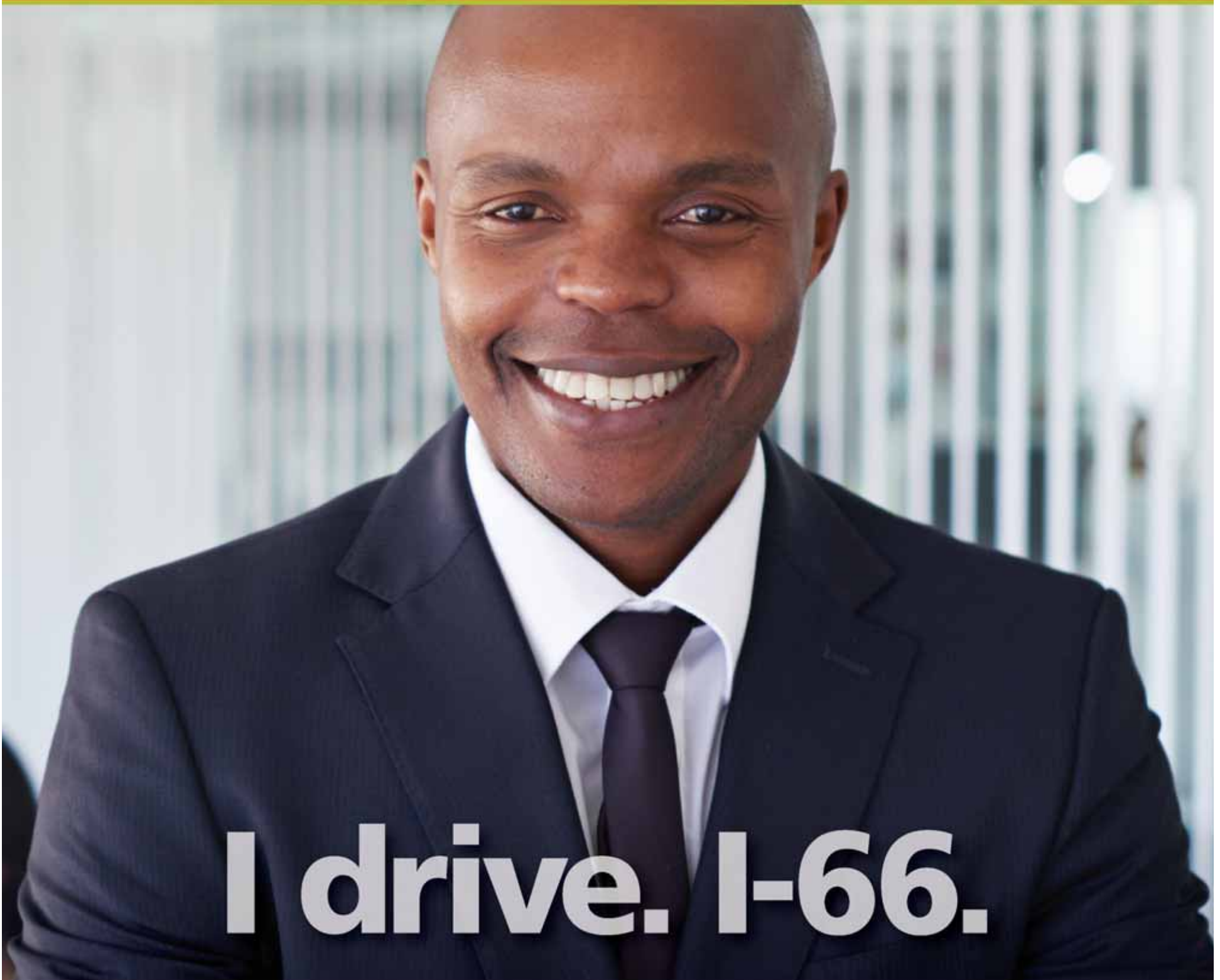
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PHOTO COURTESY OF CHRIS CLAY

NOVEMBER 1-7, 2017

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NEWS

From Westfield to the Big Time

Kevin Clay stars in “Book of Mormon’s” national tour.

By BONNIE HOBBS

When Kevin Clay was still in elementary school, he dazzled local audiences in the title role of The Alliance Theatre’s production of “Oliver!” He continued garnering rave reviews at Westfield High, playing the leads in shows including Neil Simon’s “Brighton Beach Memoirs” and “Joseph and the Amazing Technicolor Dreamcoat.”

So those who know him well aren’t surprised at all that this now 24-year-old is actually making a living in the theater. He’s in the national tour of “The Book of Mormon” and can currently be seen at The Kennedy Center in Washington, D.C., now through Nov. 19, in yet another leading role – this time, as Elder Price.

“It’s good to be back home,” said Clay last Friday. “I started as an ensemble player in this show in October 2015; and for the past six months, I was the Elder Smith standby, ready to perform if ever the lead couldn’t. But starting on Oct. 24, I got to do it for real.”

After graduating from Westfield in 2011, Clay attended Penn State, obtaining a Bachelor of Fine Arts in musical theater in 2015. While there, he also sang with the university’s a cappella group, The Statesmen – even performing on “The Today Show,” in his sophomore year.

“It was a really fun time,” said Clay. “I also did ‘Guys and Dolls’ again [as he did at Westfield], as well as ‘John and Jen,’ a small,



Jumping for joy, Kevin Clay mimics the image on his show’s advertisement in Vancouver, B.C.

PHOTOS COURTESY OF CHRIS CLAY



Clay

two-person musical. It was nice to work on a personal-feeling project. When it’s just you and one other actor, it really connects you to the show.”

His big break came in his senior year when he and others did an acting showcase, performing in front of casting people, agents and managers. Clay did a song

called, “She Likes Basketball,” from the musical, “Promises, Promises,” and a casting director from “The Book of Mormon” liked

it and asked him to audition for that show. “I thought she’d add my name to a list and I might hear from them in a year or two,” said Clay. “But two months later, they called to say, ‘We have a spot opening up in our national tour and we’d like to bring you back in to audition.’”

“That was my first, big, real audition out of school, trying to go from school to career,” he continued. “I went to New York, stayed on friends’ couches and auditioned four times in one week. It was speaking and dancing — to both tap and hip-hop combinations.”

Being able to work well with others and

maintain a good attitude are also important attributes, said Clay. “They want goodhearted people because many of them stay with the show for years,” he said. “So you want them to be friendly because it’s a family environment; and on the road, we’re often all each other has. And the people in this show are awesome; whether you want to spend time with them or be by yourself, they’re a really good group.”

After auditioning, he returned home to Centreville, but not for long. Even before he heard back from the show, Clay had decided to take his own leap of faith and commit to trying to make it as a professional actor. He told his parents, “I’m going to go to New York, be in the heart of things and give it a try.” He had no job, but they were supportive.

Then on Sept. 1, 2015, while in his car driving to New York, he officially got the call that “The Book of Mormon” wanted him. “They asked, ‘Are you available, the end of October?’ and I said, ‘Absolutely,’” said Clay. “I was beyond thrilled, and it was nice to know I had time to hang out in the city, see friends

and some Broadway shows [before starting work].”

He and another castmate joined the tour at the same time, so he and Clay rehearsed together and didn’t have to be newcomers alone. Their first performance as Mormon missionaries, or elders, was in Providence, R.I. Initially, said Clay, “You just want to get through the show and be as perfect as possible. I didn’t feel 100-percent confident until probably after a good month of performing.”

Since then, the tour has performed all

SEE TOUR, PAGE 8

Clay Shares Lessons Learned and Advice

Now starring in “The Book of Mormon” at The Kennedy Center.

By BONNIE HOBBS

Although Centreville’s Kevin Clay is now a professional actor, he never forgets his roots. He also acknowledges and is grateful to everyone who helped him along the way.

“I still tell stories about Westfield [High] all the time,” he said. “What I learned most from my time there wasn’t just theater. I remember my English teacher, Deborah Van Trees, and my history teacher, Lon Pringle, both in my junior year. They gave me an understanding of the importance of learning from all aspects of life.”

Clay said they also taught him that “The

end result is not what you should be aiming for, but the process. It’s not the grade you get, but what you do along the way. I then applied this advice to every aspect of my life.”

In theater, he said, “When you’re doing the same show, over and over again, you need to stay present and make it feel brand new every night. So you have to take your character through his story or journey as truthfully as possible. And I will forever be grateful to my first theater teacher at Westfield, Scott Pafumi. He’s the one who first made me think I could do theater for my life.”

Now, Clay has some advice for others

wondering if they, too, could make it in the theater like he’s doing. “I’d tell them to be completely unashamed of their love for theater,” he said. “And by going to shows or reading about theater, they’re increasing their knowledge of it, which is always positive. I’d also say, ‘Know that there’s always room in your life for the things you’re passionate about.’”

“I wanted theater to be both my hobby and my career, and I’ve been fortunate to make it my reality,” he continued. “If other people had thought, ‘I can’t make it,’ we would have lost so many good actors.”

SEE CLAY SHARES, PAGE 8



PHOTO COURTESY OF CHRIS CLAY

Kevin Clay: “There’s always room in your life for the things you’re passionate about.”



Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

On the Ballot

A look at what's top of the ballot this Election Day.

BY MICHAEL LEE POPE

Voters across Virginia will be headed to the polls Tuesday Nov. 7. Here's a look at what's on the ballot:

Race for Governor

Democrat **Ralph Northam** is a pediatric neurologist who was elected lieutenant governor in 2013, when he beat Republican E.W. Jackson. Before being elected to the statewide office, he represented the Eastern Shore in the Virginia state Senate. He's also a veteran, serving as an Army doctor during Desert Storm.

On the campaign trail, Northam talks about a "G3 Program" for Virginia — a plan that would help people get a job, get skilled and give back. If elected, he says he would work to expand industry certification programs, community colleges and apprenticeship programs, an effort that would focus on high-school students who do not attend a four-year college or university. He says he would support a law to make salary information more transparent so women can fight discriminatory practices. And, he says, he would push to expand Medicaid.

Fundraising Total: \$22.8 million

- ❖ \$3 million from DGA Action
- ❖ \$705,000 from Virginia League of Conservation Voters
- ❖ \$566,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$450,000 from Everytown for Gun Safety
- ❖ \$400,000 from the Democratic Party of Virginia

Republican **Ed Gillespie** is a former chairman of the Republican National Committee who owns the firm Quinn Gillespie & Associates, a bipartisan lobbying firm he started with Jack Quinn.

On the campaign trail, Gillespie talks about cutting the individual tax rate by 10 percent — the first income tax rate since 1972. He wants to prohibit candidates from using money raised for one office to run for a different office, and he says he would extend the length of time administration officials must wait before they can lobby their prior office. If elected, he says he would identify \$200 million in savings during the

course of his administration by establishing a new Office of Innovation and Efficiency.

Fundraising Total: \$14.8 million

- ❖ \$4 million from A Stronger Virginia
- ❖ \$1.1 million from Let's Grow Virginia
- ❖ \$1 million from the Republican Governors Association
- ❖ \$200,000 from Dwight Schar of McLean, NVR Homes
- ❖ \$133,000 from Jay Faison of Charlotte, N.C., of ClearPath Foundation

Libertarian **Cliff Hyra** is a patent attorney who was unopposed as the Libertarian candidate for governor when party leaders met for their convention in May.

On the campaign trail, Hyra talks about ending the business, professional and occupational licenses tax known as the BPOL. He also wants to end state occupational licensing requirements for cosmetologists, interior decorators and nail technicians. He also wants to privatize the state-owned liquor monopoly and avoid increases to the minimum wage. If elected, he says he would work to exempt the first \$60,000 of household income from the state income tax.

Fundraising Total: \$63,000

- ❖ \$15,000 from Michael Chastain of Austin, Texas
- ❖ \$1,000 from John Berresford of Arlington, Federal Communications Commission
- ❖ \$1,000 from Don Bruckner of Albuquerque, N.M., Guebert Bruckner PC
- ❖ \$1,000 from Darryl Kerkeslager of Richmond, Virginia Department of Corrections
- ❖ \$1,000 from Carrie-Anne Mosley of Chantilly, Salesforce.com

Race for Lieutenant Governor

Democrat **Justin Fairfax** is a former federal prosecutor who also owns a dental practice with his wife. Earlier this year, he beat out two other Democrats who were also running in the Democratic primary: longtime Democratic operative Susan Platt and former federal prosecutor Gene Rossi.

On the campaign trail, Fairfax says he wants to increase the minimum wage and expand workforce training. He wants to implement a state-based loan restructuring program, and increase access to pre-kindergarten education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

garden education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

Fundraising Total: \$2.9 million

- ❖ \$50,000 from Rose McElrath-Slade of McLean, Strategic Resources Inc.
- ❖ \$35,000 from the National Education Association
- ❖ \$35,000 from stockbroker Edward Hart Rice of Vienna
- ❖ \$30,000 from Ivan Jecklin of Henrico, Weinstein Management Company
- ❖ \$25,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management

Republican **Jill Vogel** is a state senator representing Upperville who was first elected in 2007 after the retirement of longtime Republican state Sen. Russ Potts (R-27). Earlier this year, she beat out two other Republicans who were also running in the Republican primary for lieutenant governor: Sen. Bryce Reeves (R-17) and Del. Glenn Davis (R-84).

On the campaign trail, Vogel says she wants to reduce regulations and the tax burden. During the last General Assembly session, she introduced a bill that would have banned all gifts to lawmakers and prohibited candidates from using campaign funds on personal expenditures. She also introduced an effort she calls the "repeal amendment" that would allow states to repeal federal laws and regulations.

Fundraising Total: \$2.5 million

- ❖ \$825,000 from the Republican State Leadership Committee
- ❖ \$496,000 from William Holtzman of Holtzman Oil Corp
- ❖ \$96,000 from Jill Vogel for Senate
- ❖ \$35,000 from cigarette manufacture Altria
- ❖ \$29,000 from Michael Smith of Middleburg, Valley Proteins Inc.

Race for Attorney General

Democrat **Mark Herring** is a former state senator from Loudoun who was elected attorney general in 2013, when he won a 165-vote margin of victory against Republican Mark Obenshain that led to a statewide recount. He has a master of arts in foreign affairs from the University of Virginia as well as a bachelor's degree in for-

eign affairs and economics, also from UVA. He also received a law degree from the University of Richmond.

On the campaign trail, Herring says responding to the opioid crisis is one of his top priorities. As attorney general, he says he has prosecuted more than 75 cases against heroin dealers and traffickers involving more than 375 pounds of heroin and fentanyl. Herring says he is also leading a project to eliminate Virginia's backlog of more than 2,000 rape kits. Herring is also chairman of a task force to combat campus sexual violence, and he says he helped put hundreds of child predators behind bars through aggressive prosecutions and digital forensics work.

Fundraising Total: \$6.2 million

- ❖ \$1.5 million from the Democratic Attorneys General Association
- ❖ \$813,000 from One Commonwealth PAC
- ❖ \$300,000 from Everytown for Gun Safety
- ❖ \$150,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$116,000 from the Democratic Party of Virginia

Republican **John Adams** is a former Navy officer who served as an associate White House counsel under former President George W. Bush. He has a law degree from the University of Virginia, and an undergraduate degree from the Virginia Military Institute. He currently works as an attorney in private practice.

On the campaign trail, Adams says he would work as an advocate against spoofing — fighting phone scammers who impersonate the government, legitimate businesses or local telephone numbers. If elected, he says, he will leverage state resources to do "much, much more" than is currently being done to combat the opioid crisis. He says he would also support "tough but effective" law combatting drug dealing.

Fundraising Total: \$3.4 million

- ❖ \$2.9 million from Republican Attorneys General Association
- ❖ \$225,000 from Republican Party of Virginia
- ❖ \$100,000 from Bruce Gottwald of Richmond of Newmarket Corp
- ❖ \$35,000 from Floyd Gottwald of Henrico of Newmarket Corp
- ❖ \$27,500 of William Goodwin Jr. of Richmond of CCA Industry



PHOTO BY HONDO DAVIDS

Cubs from Pack 1860 make electricity out of lemons.

Pack 1860 Explores STEM

Pack 1860 from Sully District organized fun STEM activities which involved the entire Pack and included siblings. Five stations were set up, one for each Den, and the Cubs rotated between stations. Each station was manned by a parent volunteer.

Station One was making electricity out of Lemons, to light up a "homing beacon." Station Two was digital logic circuits to process how computers work.

Station Three applied chromatography to separate a mixture of colors and red cabbage indicator to measure pH by changing the color of a series of clear liquids. Station Four was the Index Card Tower of Power, utilizing index cards to hold up a 2 1/2 pound weight. Station Five was Ping Pong Ballistics, where a pneumatic system was used to shoot ping pong balls at different angles and measuring height and distance.



Leadership Changes

During an informal ceremony and celebration, Troop 893 confirmed changes in Leadership at the Committee Chairman and Scoutmaster positions. From left are: Committee Chairman John Ehreth (2010-2017), Scoutmaster Dan Palenscar (1987-1990), Scoutmaster R. Hondo Davids (2001-2004), Scoutmaster John Weinheimer (2007-2009), Scoutmaster Dave Weisz (2009-2013), Scoutmaster Shawn Morrow (2013-2017), new Scoutmaster Kevin Morley (2017), and new Committee Chairman Paul Taylor (2017).

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.

SATURDAY/NOV. 11

SALT Fall Advocacy Training Conference. 9-11 a.m. at the Virginia International University, Conference Room (VD-301), 4401 Village Drive, Fairfax. Sister Simone Campbell, will be the keynote speaker on "21st Century Poverty: Needed Action." Del. Ken Plum will address "Advocacy is moving to the state levels, Are you moving with it?" and Gay Gardner, with Interfaith Action for Human Rights will speak to "Making Solitary Confinement Truly a Last Resort." Free. Visit the SALT web site at www.S-A-L-T.org.

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JUSTIN FAIRFAX

Lt. Governor

JOHN ADAMS

Attorney General



VOTE TUESDAY, November 7th

Paid for by the Southern States PBA PAC Fund. 2155 Hwy 42 S, McDonough, GA 30252. Chris Skinner, president; Dave Soderberg, senior vice president; Donald Scott, vice president, Joe Naia, secretary.

OPINION

Turn Out To Vote

Races at top of ticket likely to be very close; your vote counts.

When will you vote? Make a plan, there is less than one week left. You can vote absentee in person until Saturday, Nov. 4. If you haven't voted by then, you will need to vote on Election Day, Tuesday, Nov. 7. Decide what time you'll go, make plans with a family member or a friend to meet at the polls. Don't let the day get away from you. Polls are open from 6 a.m. to 7 p.m. on Nov. 7.

EDITORIAL Consider the election four years ago of Attorney General Mark Herring (D), who is running again this year to keep his position. Herring defeated his Republican opponent by 165 votes, 1,103,777 votes to 1,103,612 - a difference of 165 votes out of more than 2.2 million cast, or less than one half of one percent difference. Herring promptly announced he would not defend Virginia's same-sex marriage ban. It's fair to say that a variety of other issues have been different because of that razor thin victory.

Absentee Voting in Person

Voting early if you qualify is a good choice. There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's

License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot. To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup.

Provisional Ballot Process for Voters Who Arrive Without Identification

General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

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

On the Ballot

Governor

Ralph S. Northam (D)
Edward W. "Ed" Gillespie (R)
Clifford D. Hyra (L)

Lieutenant Governor

Justin E. Fairfax (D)
Jill H. Vogel (R)

Attorney General

Mark R. Herring (D)*
John D. Adams (R)

House of Delegates

34th District

Kathleen Murphy (D) incumbent
Cheryl Buford (R)

35th District

Mark Keam (D) incumbent, unopposed

36th District

Ken Plum (D) incumbent, unopposed

37th District

David Bulova (D) incumbent, unopposed

38th District

Kay Kory (D) incumbent
Paul Haring (R)

39th District

Vivian Watts (D) incumbent, unopposed

40th District

Donte Tanner (D)
Tim Hugo (R) incumbent

41st District

Eileen Filler-Corn (D) incumbent, unopposed

42nd District

Kathy Tran (D)
Lolita Mancheno-Smoak (R)

43rd District

Mark Sickles (D) incumbent, unopposed

44th District

Paul Krizek (D) incumbent, unopposed

45th District

Mark Levine (D) incumbent, unopposed

53rd District

Marcus Simon (D) incumbent
Mike Casey (I)

67th District

Karrie Delaney (D)
Jim LeMunyon (R) incumbent

86th District

Jennifer Boysko (D) incumbent
Linda Schulz (R)

Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum.

Fairfax County Office of Elections

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

Correction

In the Connection's editorial last week, Mike Casey's name was misspelled in the list of candidates for the Virginia House of Delegates. Casey, an Independent, is running against Marcus Simon, incumbent Democrat, for the seat in the 53rd House District.

Chantilly
CONNECTION

www.ConnectionNewspapers.com

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Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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News



PHOTO CONTRIBUTED

Virginia Tire & Auto, the Fairfax-based full-service provider of automotive maintenance, repair and tire services, will donate a portion of proceeds from oil changes through June 2018 at all 13 locations to the International Justice Mission (IJM). Washington Redskins Quarterback Kirk Cousins, a customer of the Dulles location of Virginia Tire & Auto, is a longtime supporter of IJM.

Supporting Anti-Slavery Effort

Virginia Tire & Auto donates portion of proceeds from oil changes.

BY ASHLEY CLAIRE SIMPSON

For most Americans, the word “slavery” applies to an archaic institution. And, while it is a scourge of the past for the more developed or stable parts of the world, slavery isn’t history for other populations.

“Historically, humanitarian and missions organizations worked courageously to bring healthcare, education, food and other vital services to the global poor, but little had been done to actually restrain the oppressors who are a source of great harm to the vulnerable,” said Jaclynn Willert, director of Professional Athlete Partners and Programs at International Justice Mission (IJM). “More than 20 years ago, Gary Haugen and a group of lawyers, human rights professionals and public officials launched an extensive study of the injustices witnessed by overseas missionaries and relief and development workers. This survey of more than 65 organizations representing 40,000 overseas workers showed that 100 percent of the respondents were aware of cases of abuse and injustice against the poor and vulnerable, but they felt powerless to do anything about it.”

The results of this investigation — that slavery was very much still alive — led Haugen to establish IJM, a Christian non-profit organization to operate on the front lines of the battle against modern slavery.

“Gary established IJM in 1997, and the next year IJM carried out its first rescue operation to free children from slavery,” Willert said. “Then, in 2000, IJM’s first long-term field office opened in Mumbai to partner with local authorities to rescue girls and women trapped in sex trafficking.”

Headquartered in Washington D.C., IJM now has field offices in 17 countries across the world. Altogether, IJM employs more than 850 people to combat violence against the poor.

The non-profit works with local governments to conduct rescue operations; the organization said its efforts led to the rescue 2,356 children, women and men last year.

“We partner with local law enforcement to inves-

tigate cases of potential abuse, gathering evidence against perpetrators and helping local authorities plan rescue operations,” Willert said. “We then support authorities as they go into brothels, trafficking sites and other dark places to rescue victims of violence and bring them to safety.”

These boots on the ground operations require dedication, strategy, and — of course — funding. For all the global progress IJM makes, it requires home-grown support.

Currently, Virginia Tire & Auto, the family-owned and operated full-service car repair shop, is fundraising for IJM. Through June of 2018, the business will be donating a portion of proceeds from all oil changes to IJM. This will apply to at all 13 store locations distributed throughout Fairfax, Loudoun and Prince William counties.

“We’re giving a portion of our proceeds to IJM, and we’re really excited to be doing this,” said Julie Holmes, Virginia Tire & Auto president. “Our goal is to sponsor at least two rescue missions, each of which cost about \$7,000. In donating to IJM, we’re directing funding the rescue of people from slavery. We’re benefitting the most vulnerable in society. It’s an honor to aid in the incredible work that IJM does.”

The Virginia Tire & Auto team first learned about IJM from its customer, Washington Redskins quarterback Kirk Cousins. Cousins has lent public support both to IJM and to Virginia Tire & Auto.

“We’ve had a relationship with Kirk Cousins for quite awhile,” Holmes said. “He’s a customer of our Dulles location, and his values align with those of our organization. He’s been a spokesperson for us for two seasons. He educated us about IJM, which he’s been a part of IJM since he was in high school. We’re so grateful for our connection to Kirk, and then how he connected us to IJM. No other organization does work like them.”

These kinds of connections help fuel IJM’s fire.

“Kirk and Julie Cousins are part of our IJM Pro Athletes Program Team Freedom, and we are grateful to him for inviting Virginia Tire & Auto to join in the fight to end slavery,” Willert said. “It will take all of us coming together to bring rescue and freedom everywhere around the world.”

To learn more about Virginia Tire & Auto, visit www.vtire.com.

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Clay Stars in 'Book of Mormon' National Tour

FROM PAGE 3

over the U.S. and part of Canada. And Clay says some of his best memories were when they were in Chicago, seven or eight months after he'd joined. "We were there seven weeks, and a couple other shows were there at the same time, so we got to hang out with the other casts," he said.

The irreverent musical also went to Salt Lake City – and audiences there loved it. "They knew what the show was about, beforehand," said Clay. "And knowing Mormon culture, they understood all our jokes and saw the heart behind them. Our show isn't meant to attack Mormonism; it's simply using it as one, specific example to serve the bigger message that faith is a positive force."

He describes his character, Elder Price, as "the perfect, Mormon missionary – the definition of clean, precise and friendly. But at the same time, overly confident. He's never had any real hurdles in his life. Everything's been a steady climb for him – a happy family and strong religion – so he believes his mission to Africa will be just as smooth and the greatest time in his life. So it's fun to see him come face-to-face with the true reality of the world, and the show's about his process to adapt."

Clay loves his role and has wanted to play it since his freshman year of college when the soundtrack first came out.

"It's fun to be such a dynamic character

with many over-the-top elements," he said. "But I also get to bring a lot of myself to the character and really play him earnestly. Throughout the show, he becomes more and more sensitive to the people around him, instead of thinking about his own goals and success."

However, it's not Clay's first time performing at The Kennedy Center. He did so during Cappies galas as a junior and senior in high school; and as a sophomore, he was in a show there called "Broadway: Three Generations," to open the newly renovated Eisenhower Auditorium.

So returning there now, as a professional, "feels right," he said. "And it was so serendipitous that my first, official week as Elder Price was at The Kennedy Center, in front of family and friends, and where I have so many special memories. It was amazing timing, and I'm excited to make this show my own. I'm looking forward to trying some more acting choices, and I now feel like I know this show, inside and out."

In November, the tour heads to Florida, and that's fine with Clay. "I like being on the road, and this is the time in my life to do it," he said. "I love traveling all over and having stories from lots of different places. It's an amazing feeling to wake up in the morning and realize I'm going to perform that night in the national tour of 'The Book of Mormon' in one of my favorite roles currently in theater."

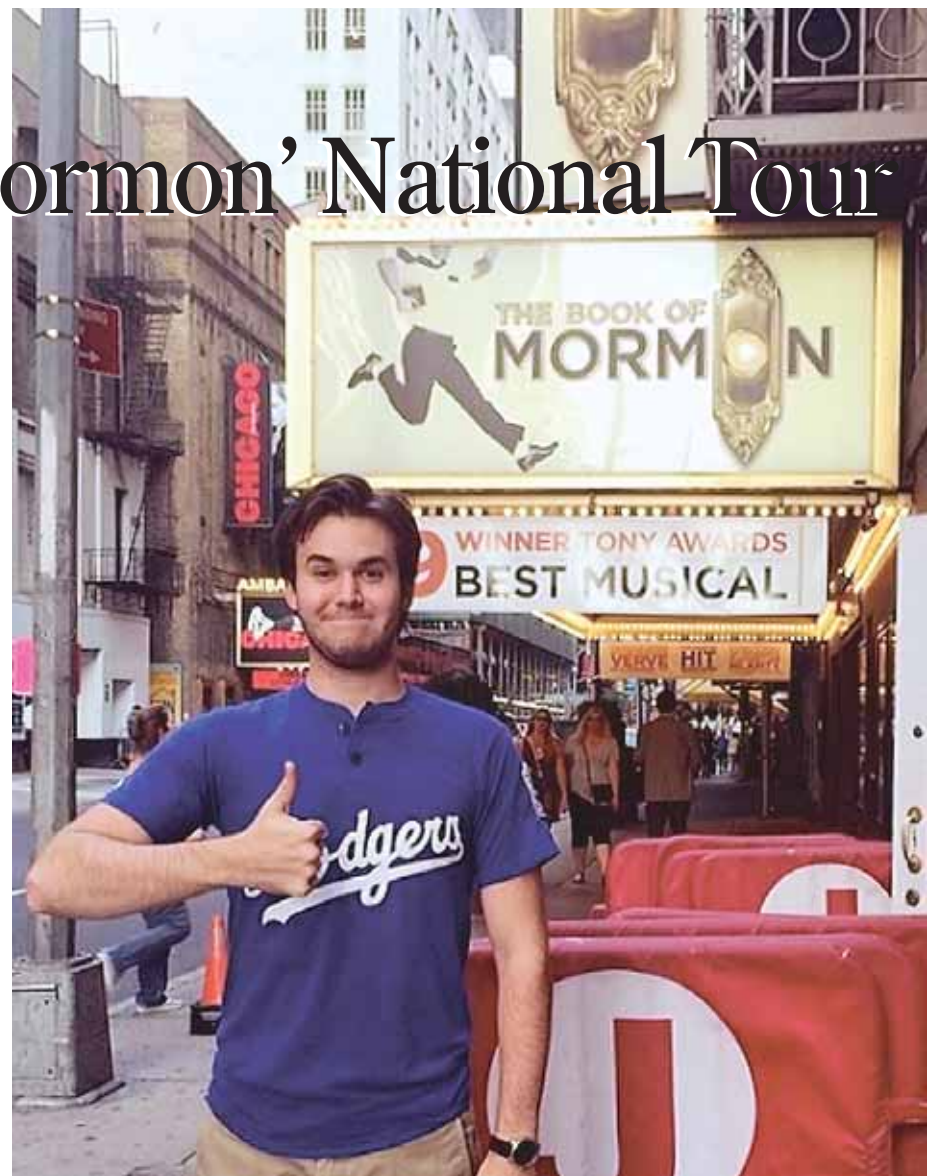


PHOTO COURTESY OF CHRIS CLAY

Kevin Clay standing outside "The Book of Mormon's" theater in New York.

Clay Shares Lessons Learned and Advice

FROM PAGE 3

Clay said the hardest part is sometimes feeling discouraged when things aren't going great. It's getting past those times "when you're hearing 'no' at auditions or giving your all in a show, but the director doesn't like it and says



Kevin Clay visits home while appearing in "The Book of Mormon" at The Kennedy Center.

you've got a long way to go," he said. "But all that's a good thing, as long as you keep a level head and work through it." As for his success in "The Book of Mormon," he said, "This is really my first taste of, hopefully, what will be my career."

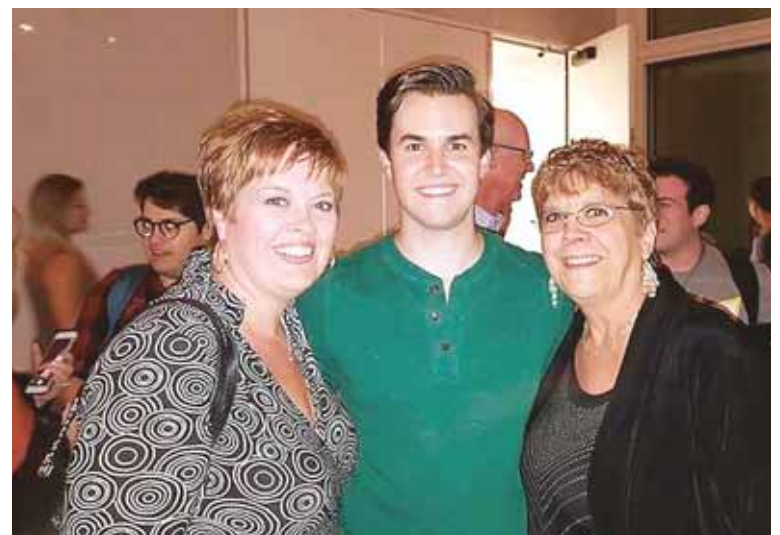
And Pafumi, now Herndon Middle's theater director, is confident Clay's words will, indeed, become reality. "As Kevin's high-school theater teacher from 2007-2010, I remain in awe of his talent and drive for the performing arts," said Pafumi. "I knew Kevin since he was in about third grade, the youngest of the dynamic Clay family," which includes Kevin's dad Billy, who acts in local theater productions.

"There was never any doubt in my mind that Kevin would eventually work professionally in the theater as an adult," said Pafumi. "He can sing, dance (while whistling), act and is an extremely hard worker. Even though he's a performer at heart, he took an interest in the behind-the-scenes work and was a great, technical-theater student, too. During his junior year, I taught him how to make

lighting cables and program a lighting board, and he loved it."

"While Kevin's in town playing Elder Price, he's promised to visit my classes at school, and I'm excited to share him and his talents with my students," continued Pafumi. "I'm so proud of Kevin and all he's accomplished so far. I love that he went to college and got a degree in Musical Theater, and I love touting that he got professional work almost immediately upon graduation. He's the true 'Portrait of A Graduate' of FCPS, and I take pride knowing I had a part in preparing him for this most excellent journey in the arts."

Others who can also say they knew Clay when are equally thrilled for his success. Local actor Jim Mitchell recalled working with him for the first time in a musical for The Alliance Theatre. "Fourteen years ago, I met a phenomenal kid, Kevin Clay, when I had the privilege to act with him on the same stage when he played the title role in 'Oliver!'" said Mitchell. "Then on Sunday, Oct. 29, I saw a phenomenal actor and man, Kevin Clay, play Elder Price – the lead – in 'The Book of Mor-



PHOTOS COURTESY OF CHRIS CLAY

From left: Local actress Kat Brais and Joanna Henry, who directed Kevin Clay in "Mame" for the Reston Community Players, visit with him at The Kennedy Center.

mon' at The Kennedy Center."

"It was a remarkable performance," continued Mitchell. "And the star was kind enough to come out the stage door and pay attention to us mortals. Kevin was great, and it was wonderful to see him on that stage having such a great time. We are all really proud and happy for him."

Another local actor, Annie Ermlick, also performed with Clay at Alliance. She saw his show, this past weekend, and raved, as well. "It's awesome from start to finish, and Kevin Clay is absolutely dynamite," she said. "I had a hard time taking my eyes off him, and I know he's going to have an amazing career."

Creating Balance

Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

The stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create balance and manage the additional demands brought on by the holiday season can make holidays merry.

"Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you," said Maria Mangione, Psy.D., clinical psychologist at Washington Center for Weight Loss Management. "Look back at past holiday seasons and ask, 'What got you sad? What made you nervous? What made you angry? While we're outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you.'"

From shopping and budgeting to overeating and dealing with emotional issues,

Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. "When someone is dealing with people or situations, it's hard to figure out how to deal with it in the moment," she said. "If people prepare and have a plan in place, they can go on autopilot."

"The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day," added Monica Brand, Ed.D., assistant professor, Department of Counseling,

ing the holidays," said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday."

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. "If you are one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries," she said.

Financial imbalance is a common plight during the holiday season, especially when a desire to give generously outweighs one's budget. "I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping," said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College. "It is very easy to get caught up in the festive moment and spend far more than you really need to before you

even realize what you have done. This will always result in buyer's remorse and can strip away the true joy that should go hand-in-hand with the customary giving of gifts."

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. "The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time," he said. "Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards."

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount's Department of Accounting, Economics & Finance at Marymount University. "They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need to buy presents," she said. "However, even if the terms of the cards and promotions are good, it still affects your credit rating

SEE BALANCE, PAGE 11

"The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed."

— Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

Marymount University. "As a result, we can be thrown off and stressed simply because we are not on our usual routine."

UNRESOLVED FAMILY ISSUES often resurface during the holidays and lead to tension. "Overall, our change in routine, increased interaction with family and the expectations we place on ourselves can all have some impact on our stress levels dur-

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SPORTS



Chantilly RB Dylan Sparks #2 runs the ball out of Chantilly's endzone.

Wildcats Defeat Chargers

The Centreville Wildcats improve to (7-2) while Chantilly falls to (0-9) after the Wildcats' 35-7 victory on Oct. 27 in Chantilly. Centreville will host Madison (7-2) on Friday, Nov. 3; Chantilly will travel to take on undefeated Westfield (9-0).



Chantilly QB Ethan Bae #8 hands the ball off to RB Joey Imperato #5.



Pierre Johnson scores for Chantilly on this 4th quarter TD.

WELLBEING Balance

FROM PAGE 9

when you take on more debt. It can also be difficult to close the cards once started.”

Neely has developed a foolproof way of managing holiday finances. “I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day,” said Neely. “Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending.”

MAINTAINING AN EXERCISE REGIMEN is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. “Physical activity is going to increase mood and decrease anxiety,” she said.

Advanced planning is a key to making sure it doesn’t fall by the wayside, advises Trope. “For example, if you’re traveling, take your exercise clothes and shoes,” she said. “If you schedule exercise, you’re less likely to push it off and it’s more likely to be successful. Get a friend that you can meet and exercise with.”

Roll exercise into family traditions. “If you can’t get to a gym, try walking and try integrating your holiday traditions into something active,” said Trope. “Try to establish new traditions that are active that you can enjoy with your family and not take away from family time or create the stress of having to choose.”

Put pen to paper when you develop a plan. “When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it,” said Trope. “Write down what kind of reward you’re going to give yourself.”

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. “Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits,” she said. “But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows.”

Ducey recommends variety. “The more types of food you have, the more you and your guests will eat,” she said. “This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates.”

It is easy to get caught in the chaos of the holidays, but it’s important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. “[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays,” she said.

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L'Arc de Triomphe



By KENNETH B. LOURIE

Though I studied French for five years, grades seven through 11 and became quite proficient, this column has nothing to do with French or this most famous of monuments. This column finishes the three-column arc concerning the before, during and after of my bulb installation. Having safely landed on my feet, figuratively and literally, it's time to complete the arc, especially considering my triumph.

The bulbs are all in. No breakage to me or the fixtures, the sconces or to the house. Just a relatively simple and straightforward (for me anyway) installation: on the refrigerator door (the night light), in the living room (in the sconces) and back in the kitchen (the flush-mounted light fixtures in the ceiling). I don't want to over exaggerate my success, but when you have had as many failures – in this context, as I have, one tends to find great joy in having avoided great complications.

I wouldn't say or even admit to beating my chest with great pride because I do understand the level of difficulty here but, previously I have given myself a nickname when a similar task at hand has met with similar success: Taras Bulba, who had nothing to do with bulbs other than part of his name included b-u-l-b. For some reason, I also had the knowledge that Yul Brynner played the title role in a 1962 film of the same name, but had no other information of substance other than I remember him being bald – which I'm not.

As to what I remember about what I was thinking when we purchased a 250-year-old farmhouse on two acres in Montgomery County back in 1992: the price was reasonable/we could afford it, it was two acres of land in an extremely desirable county/location, it was close to I-95; and it was about time in our lives that we bought our first home. As to what I was supposed to do next; soon after we moved in, we had a two-day party (to accommodate people's availability); for those two days I held a clipboard and took notes as many of our friends made casual observations/suggestions about what work needed to be done, inside the house and out.

We needed tile in both bathrooms – since there was none. We needed plumbing fixtures in one shower/tub – since there were none. We needed a “one-fixture rough-in” for a washing machine – since there was none. We needed central air conditioning and ducts – since there was none. We needed phone jacks/telephone wiring since there was only one phone outlet for the entire house. We needed a new oil boiler since the unit in the basement was from “the year one” (to use one of my late mother's expressions). We needed chimney repairs and liners. We needed an upgraded electrical panel.

As for the property/grounds; do you think a lifelong renter with zero interest, aptitude or experience had any of the tools necessary to maintain two acres? That's a rhetorical question if there ever was one. In over my head doesn't begin to scratch the surface of the depths of my immersion.

But my wife, Dina, loved the house. It reminded her of Chester County in Pennsylvania where she grew up. And the price offered good value. Within one minute of our initial visit to the house, after walking through the living room across the old-fashioned wide pine floor boards pass the cooking fireplace and stepping up into a formal dining room with another fireplace, I knew Dina was sold. Fifteen minutes later we exited the house; didn't flush a toilet, didn't turn on a faucet, didn't flick a light switch, did nothing except walk around. We made an offer the next day, and the rest is basically this column.

As much as I thought I knew, little did I know what I was actually getting myself into. It's been 25 years and I'm still way better in French than I am in homeowner. I don't call myself Taras Bulba for nothing. I call myself Taras Bulba for something: bulb replacement. It's not much I realize, but it's the best this man can do.

C'est la vie.

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

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

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.

FRIDAY/NOV. 3

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

SATURDAY/NOV. 4

Centreville United Methodist Women's Bazaar. 9 a.m.-3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road, Centreville. Sixty+ local Craft Vendors, Silent Auction, Bake Sale, Book Nook, Holiday House and Grandma's Attic. Free admission. Email novemberbazaar@hotmail.com.

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

MONDAY/NOV. 6

Animal Vets Workshop. 9 a.m.-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Spend the day with our exhibit animals. Check their health, weight and size; clean and refresh their tanks; and enjoy activities and games. Bring a bag lunch, snack and drink. Wear old clothes. Download camp forms from website. Register at

www.fairfaxcounty.gov/parks/eclawrence/ or call 703-631-0013.

TUESDAY/NOV. 7

Historic Survival Skills Workshop. 9 a.m.-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this immersive, day-long workshop, jump through three centuries in one day. Learn about the Native Americans who lived here, make butter and ice cream to learn the ins and outs of a dairy farm, and drill like soldiers. Download camp forms from website. Register at www.fairfaxcounty.gov/parks/eclawrence/ or call 703-631-0013.

FRIDAY/NOV. 10

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/NOV. 11

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/NOV. 12

Ken Fischer 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/NOV. 17

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

NOV. 17-19

"Dracula" on Stage. Various times at Centreville High School, 6001 Union Mill Road, Clifton. "Dracula" is Stephen Dietz's adaptation of the classic novel by Bram Stoker that preserves all of the suspense and seduction of the original work. \$10. Visit theatrecentreville.com/.

FRIDAY/NOV. 18

37th Annual St. Timothy Craft Fair. 9 a.m.-3 p.m. at St. Timothy School, 13807 Poplar Tree Road, Chantilly. Over 90 crafters, bake sale, raffles and gift ideas. Free admission. Visit www.sttimothyparish.org.
Falling Home 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/NOV. 19

Model Train Show. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The NTRAK group with a display of running N Gauge model trains. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.
Buddy Cosmo in Concert. 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit www.wineryatbullrun.com.

MONDAY/NOV. 20

Westfield Cares. 9 a.m.-5 p.m. at Westfields Marriott, 14750 Conference Center Drive, Chantilly. Prominent presenters, whose expertise in the areas of Substance Abuse and Mental Health, share their



Holiday Train Show

Annual Holiday Train Show is Saturday/Dec. 2 10 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Bring broken locomotives to the "Train Doctor" to fix or for advice. Stop and admire the antique cars visiting for this event, weather permitting. Visit the gift shop for holiday gift items and Santa may stop by to visit. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org for more.

knowledge about their respective topics. Call 703-488-6300 or TGBragg@fcps.edu.

www.wineryatbullrun.com.

FRIDAY/DEC. 1

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

SATURDAY/DEC. 2

Annual Holiday Train Show. 10 a.m.-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Bring broken locomotives to the "Train Doctor" to fix or advise on other options. Stop and admire the antique cars visiting for this event, weather permitting. Visit the gift shop for holiday gift items and Santa may stop by to visit. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$5. Visit www.fairfax-station.org.

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

Town of Clifton Holiday Homes Tour. 4-7 p.m. at 12644 Chapel Road, Clifton. Five homes in Town and a bonus home outside of Town, in addition to the caboose and two historic churches that will be open to the public. Free admission. Call 703-517-7703.

FRIDAY/DEC. 8

Ryan Angello 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/DEC. 9

Ryan Forrester Band 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/DEC. 10

Holiday Ornament Craft Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org.

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11:00 AM

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