

NOVEMBER 15-21, 2017

25 CENTS NEWSSTAND PRICE

Centreville High seniors
Gerardo Abaunza (left) and
Joshua Lamke take food to
the tables for sorting.

Sorting Food, Feeding Families

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PHOTO BY BONNIE HOBBS

It's Almost Time for Turkey Trot

Run, walk raise money for Life with Cancer.

BY BONNIE HOBBS

Pumpkin pie, stuffing, football games and parades are all part of the traditional Thanksgiving Day celebration. But for many people, it's just not complete unless they participate in the Virginia Run Turkey Trot.

This year's event, the 29th annual, is set for Thursday, Nov. 23, and both the USATF-certified 5K race and 2K walk will begin at 8 a.m. at the Virginia Run Community Center. It's at 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road in Centreville, and the course runs through the Virginia Run community.

"Participating in the Virginia Run Turkey Trot on Thanksgiving morning is a great way to work off calories before the big feast," said event Chairman Meghan Logan. "More importantly, it raises much-needed money for a worthy cause."

All proceeds benefit Inova's Hospital's Life with Cancer, the educational and emotional support program of the Inova Schar Cancer Institute. This program creates a supportive community for children, teens and adult patients and survivors — and their loved ones — through a variety of programs and services.

They include educational, fitness and stress-reduction classes, as well as counseling and support groups. Regardless of where someone lives or receives treatment, these programs are offered free of charge.

"Everyone knows someone whose life has been forever changed by cancer," said Logan. "With so many impacted, we're fortunate to have this unique resource in our community. We're proud to have contributed roughly \$1.2 million to Life with Cancer, over the years, thanks to the generosity of sponsors, participants and those who volunteer their time. None of this would be possible without them. Last year, we donated \$80,000, and this year's goal is to reach \$90,000."

Each year, the Turkey Trot is dedicated to a Virginia Run resident who lost his or her battle with cancer during the previous year. This year's race will be run in honor of Amy Miller and Gail Shedlick, who both died in September. "They're two, wonderful women in our community who'll be missed, and we're happy to honor them in this way," said Logan.

Some 3,500 people participated in the 2016 Turkey Trot, and 2,000 have already signed up for this year's race — which, said Logan, is about 5-percent more than usual



Thousands of people run and walk in the annual Virginia Run Turkey Trot.

PHOTO CONTRIBUTED

at this point. "It's a family tradition for so many in the community," she said. "We look forward to seeing familiar faces, year after year. Many are from Virginia Run and the surrounding area; but we also love welcoming out-of-towners visiting family for the holiday. We even have some runners from as far away as London."

The event takes place rain, shine or snow, and there is no race-day registration for the run. Registration in the 5K is limited to the first 4,000 entries. Dogs and strollers aren't permitted in the 5K, but they're welcome in the untimed 2K walk.

For information about entry fees, indi-

vidual and team registration, volunteer opportunities, packet pick-up, nonprofit charitable contributions and contacts, go to www.vrturkeytrot.com. Or see the Facebook page at www.facebook.com/VirginiaRunTurkeyTrot.

The link to the race results will be posted on the event website by race afternoon. Parking will be available at Centreville Baptist Church, Centreville Presbyterian Church, Bull Run Elementary and Korean Central Presbyterian Church (KCPC), all off Route 29.

SEE TURKEY TROT, PAGE 10

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NEWS

Sorting Food, Feeding Families

The Boy Scout food drive to restock Western Fairfax Christian Ministries' (WFCM) food pantry was Saturday, Nov. 11. The Scouts collected more than 65,000 pounds of food donated by the community and sorted it along with Girl Scouts, students and other volunteers.

"Almost 900 Boy Scouts and more than 700 other

volunteers — including adults, Girl Scouts and many other youth, school and church groups — participated," said Boy Scout leader and food-drive organizer Michael Adere. "Each year, I am amazed at what we are able to achieve for a one-day collection, thanks to the overwhelming generosity of the people in our community. This will definitely benefit WFCM's food pantry and those they serve in our local area."



Bringing canned goods to the sorting stations are (from left) Ben Carey and Talon Bangerter of Centreville Boy Scout Troop 1826.



Poplar Tree Elementary sixth-grader Cassandra Raucheisen, of Chantilly Girl Scout Troop 1139 carries a heavy box of food.



Unloading food donations from a truck are the Bangerter sisters (from left) Stacia, a Westfield High senior; Jadzia, a Cub Run sixth-grader; and Indiana, a Stone Middle eighth-grader. They were volunteering from the Church of Jesus Christ of Latter-day Saints.

Eleanor Gosnell, 6-1/2; Anya Malgari, 5; and Lauren McCutcheon, 11, with Girl Scout Troop 3327, help out with the canned goods.



Helping sort the donated food are Evan Diacoumis, Stone Middle eighth-grader, and Jennifer Miner of Chantilly's Walney Oaks community.

PHOTOS BY
BONNIE HOBBS

Flores Cuchillas Now Charged with Murder

BY BONNIE HOBBS

When Fairfax County police originally arrested Vidal Flores Cuchillas, they charged him with malicious wounding in connection with a fatal stabbing outside a Centreville sports bar. But after the victim died, he was charged with murder.

The tragedy occurred Nov. 4, shortly after 2 a.m., in the parking lot of Velocity 5 in the Trinity Centre off Route 29. The restaurant had been closed for about 40 minutes when staff closing up heard a fight at the far end of the parking lot and contacted police.

Ultimately, one man died and another was injured. Responding officers found Centreville resident Harold Garnett, 27, with stab wounds to his upper body. He was rushed to the hospital and later died there. Meanwhile, K-9 units searched for the alleged perpetrator and found Flores Cuchillas, 38, of Centreville, hiding in some nearby bushes.

Police arrested him and took him to the Adult Detention Center, where he's being held without bond. Garnett was rushed to the hospital in critical condition and was initially expected to survive. But his condition worsened throughout the day and he was pronounced dead that evening. So last Thursday, Nov. 9, police re-booked Flores

Cuchillas on a charge of second-degree murder. He has a Jan. 24, 2018 court date.

In addition, police are looking for two, additional suspects because a 26-year-old man was assaulted, as well, during the fight. He sustained minor injuries, and police say Flores Cuchillas and two Hispanic men in their 20s may have been the ones responsible.

Furthermore, authorities believe up to 50 people witnessed both incidents and they're hoping to speak to as many of them as possible. Detectives also continue to investigate what led to the fight resulting in Garnett's death.

Anyone with any information is urged to contact Detective John Vickery at 703-246-

7865. No matter how minor a detail may seem, it could be just what detectives need to piece together what happened or lead to the identities of the two outstanding suspects.

Tips may also be submitted anonymously through Crime Solvers via www.fairfaxcrimesolvers.org, or text-a-tip by texting "TIP187" plus the message to CRIMES (274637). Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 if their information leads to an arrest.



Cuchillas

Fairfax County Leads Blue Wave

Democrats sweep statewide races, come close to taking over House of Delegates.

BY MICHAEL LEE POPE

Democrats swept all three statewide seats last week and picked up so many seats in the House of Delegates that control of the chamber is now in doubt. A week later, three seats are too close to call, awaiting possible recounts.

Voters rejected Republican arguments about sanctuary cities and Confederate memorials, divisive issues that had moderate Republicans trying to win over extreme elements of President Donald Trump's coalition. It didn't work, and it may have signaled a new era in how Democrats can take on Republicans and win at the ballot box.

"The new Democratic Party is back," said Democratic National Committee Chairman Tom Perez during a raucous Election Night party at George Mason University. "And we're back with a bang."

Democrat Ralph Northam won 54 percent of the vote against Republican Ed Gillespie, whose performance slipped a bit from his 2014 nail-biter against Democrat Mark Warner for a seat in the U.S. Senate. Back in 2014, Gillespie won 48 percent of the vote. This year he was only able to get 45 percent.

"The doctor is in," declared Northam, a pediatric neurologist, after Gillespie conceded the race.

Voters in Fairfax County helped Democrats run up the numbers across Virginia and turn the blue wave into something Democratic House Leader David Toscano calls a "tsunami." Northam took 80 percent of the vote in Arlington, 78 percent of the vote in Alexandria and 68 percent of the vote in Fairfax County. He also received about 40,000 more votes than Gov. Terry McAuliffe did four years ago.

Now Republicans say they are ready to mount their own resistance.

"Our grassroots are now primed to hold Northam accountable during his time as governor, and we plan to do just that," said Americans for Prosperity-Virginia State Director J.C. Hernandez. "If the Northam administration tries to advance policies that grow government and make life more costly, we stand ready, willing, and able to educate our neighbors on the issues."

PRESIDENT DONALD TRUMP was not on the ballot in Virginia this year, but he loomed over every part of this campaign. The election cycle started when many Democrats were still in shock that the real-estate developer turned reality TV star was



PHOTOS BY MICHAEL LEE POPE



Northam



Fairfax



Herring

Democrat Ralph Northam declares victory in the hotly contested race for governor at George Mason University.

tackling the opioid crisis and taking on the gun lobby. Voters agreed, and gave him 53 percent of the vote against lawyer John Adams.

"Attorney General Mark Herring came under attack from the gun lobby for doing exactly what he was elected to do: prioritizing the safety of Virginia families over gun lobby profits," said former U.S. Rep. Gabrielle Giffords in a written statement. "I am proud to stand by Attorney General Herring as a true champion for safer communities, and I am thrilled to see Virginia voters stand by him as well."

THE NEXT YEAR in Virginia politics is likely to be one of the most tumultuous periods since Reconstruction. With Democrats poised to take some measure of control of the House, the composition of committees and their chairmen is bound to change. Those details have yet to be worked out, a week after the election. But one thing is clear: When members of the House of Delegates elect a new speaker of the House in January, they will be setting the stage for a session that will have more liberal members than ever before.

"Voters in Virginia soundly rejected the politics of division and bigotry and instead converted hate into political power," said Julio Lainez, director of America's Voice Virginia in a written statement. "This, however, is a first step, and it sends a clear message to candidates running in 2018: The Trump/Corey Stewart Political Playbook leads to political oblivion."

elected president. A historic women's march after Trump's inauguration led to an unprecedented number of female candidates taking on entrenched Republican elected officials this year, mostly men. The gamble paid off, and many of those defeated male incumbents are now preparing to leave office.

"Women are leading the resistance," said Emily's List president Stephanie Schriock. "A record number of women ran for office in Virginia, and now a record number of women will serve in the Virginia House of Delegates, fighting for improved public education, investment in infrastructure, economic growth, and access to health care."

Voters in key swing jurisdictions voted for Northam; he won 61 percent in Prince William County, 60 percent in Loudoun County, 60 percent in Henrico County and 52 percent in Virginia Beach. And although Gillespie performed well in traditional Republican strongholds like Rockingham and Pittsylvania, he struggled in the Richmond suburb of Chesterfield. Party leaders on both sides of the aisle say voters were reacting to Trump and sending a message.

"Voters turned out in droves in a direct rebuke of state Republicans and the Trump administration," said Jessica Post, executive

director of the Democratic Legislative Campaign Committee. "Americans from coast to coast sent a clear message that when faced with adversity, we will step up and defend our values, safeguard the progress we have made, and push onward."

JUSTIN FAIRFAX beat state Sen. Jill Vogel (R-27). Some Democrats feared that Vogel might end up being the lone Republican to win a statewide seat, potentially yielding a key tie-breaking vote in the state Senate on issues like immigration or reproductive rights. But Fairfax, former federal prosecutor, sailed to victory with 53 percent.

"As just the second African-American to ever win statewide office in the Commonwealth of Virginia, Justin Fairfax has already made history just by winning this seat," said Charles Chamberlain, executive director of Democracy for America. "For Democrats, he's also made history by showing doubters in Richmond and Washington that progressives dedicated to an inclusive populist political agenda can win big in Virginia."

Democrat Mark Herring was the only part of the statewide ticket running for reelection, so his campaign was largely a referendum on his time in office. On the campaign trail, Herring talked about his work

Delaney Unseats LeMunyon

Former Republican defeats Republican who unseated Democrat Chuck Caputo in 2009.

BY MICHAEL LEE POPE

Democrat Karrie Delaney unseated Republican incumbent Jim LeMunyon in the election last week, swamping him with a decisive victory in a wave election that saw 12 House GOP incumbents unseated across Virginia. Delaney, a former Republican, campaigned on a platform of expanding Medicaid to 400,000 Virginians who live in poverty or with disabilities. Control of the House of Delegates has yet to be worked out, and Democrats may actually be able to get some traction on that issue next year.

"I'm humbled to be elected to serve the people of Virginia's 67th District and honored that the voters share my vision to rise above the partisan politics in Richmond to find real solutions for the people of Northern Virginia," said Delaney in a written statement following the election.

Delaney swept all of the Fairfax County precincts, racking up huge numbers in Brookfield and Rocky Run. LeMunyon won only one precinct in the district, Loudoun County's absentee precinct, by 37 votes. Overall, Delaney took a commanding 58

percent of the vote — a 5,000 vote margin of victory in a district that was seen as a potential bellwether for how the election might turn this year.

"Karrie Delaney's campaign has reflected her experience advocating on behalf of Fairfax's most vulnerable populations and services they rely on," said Virginia House Democratic Caucus Leader David Toscano and Caucus Chairwoman Charniele Herring. "Her commitment to the needs of her fellow Virginians is clear, and we look forward to working alongside her as she serves as their voice in Richmond."

DELANEY, 38, is a native of Tampa. She moved to Northern Virginia in 2006, eventually settling in Chantilly two years later. She has a bachelor's degree in psychology from the University of South Florida. Her professional background is in human service, including working as a counselor for children in foster care and as a sexual as-



Karrie Delaney



The 67th District stretches from South Riding through Sully Station and Penderwood.

sault crisis counselor. She later became the director of communications for Shared Hope International, and she now does communications strategy for several nonprofits. She briefly served as a Republican member of the West Melbourne City Council in Florida, an experience she says has given her a bipartisan sensibility that would serve her well as a member of the General Assembly.

"When I had my first job working with children in foster care, I worked at a group home. And in that experience I met young people every day I saw examples of the system failing them," said Delaney in an interview with Connection Newspapers earlier this year. "So I saw that if we had leadership that really truly put people first, I think we could see a really positive impact in the lives of vulnerable people in our community."

LeMunyon was first elected in 2009, when he unseated incumbent Democrat Chuck Caputo. During that campaign, LeMunyon

House District 67

♦ Karrie Delaney (D): 58 percent, 17,000 votes
♦ Jim LeMunyon (R): 42 percent, 12,000 votes

focused on transportation issues — a theme that LeMunyon followed through on during his time in Richmond. Now that he and other Northern Virginia Republicans will no longer be at the table, the influence of the region may suffer if Republicans manage to maintain a one-vote majority in the House of Delegates. Whatever happens with the House leadership, its members will have a class of freshmen that are far more liberal than the members who are there now.

"It was obvious that Karrie Delaney was the correct choice this election for a safer Virginia," said Jason Lindsay, executive director of Pride Fund. "While Jim LeMunyon served in the Virginia House of Delegates, he voted time and time again for dangerous gun lobby bills that would endanger Virginia families and children."

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OPINION

Give Locally in Fairfax County

School holidays can bring uncertainty and hunger for tens of thousands of poor children in our area.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest

areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

In Fairfax County, more than 52,000 (28 percent) of FCPS students are poor enough to receive free or subsidized meals.

The median family income in Fairfax County rose to \$129,800. But among families with children, 6 percent have income below the poverty level. That's \$20,420 for a family of three. That's about \$1,700 a month. Median rent in Fairfax County is \$1,747, meaning the cost for half the rentals is more than that.

These are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who

may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger — a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again after Thanksgiving, so please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

WHERE TO GIVE LOCALLY

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive. Gifts will be collected at Cornerstones main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190 on Thursday, Dec. 7 and Friday, Dec. 8, 9 a.m. to 6 p.m.; Saturday, Dec. 9, 9 a.m. – noon. Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.
- ❖ **Share of McLean** operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to more than 250 needy families (630-plus people) this year. Help neighbors in need by donating money, fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Share's Furniture Program is in major need of drivers and helpers. Visit the Furniture Program page. The Food Pantry is in major need of supplies; visit the Food Pantry page and check Facebook to see how to help the Food Pantry. Visit www.shareofmclean.org for more info about Share.
- ❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105, herndonrestonfish.org. Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. FISH provides Friendly Instant Sympathetic Help by responding to emergency requests for rent, transportation, utilities, medical prescriptions and other needs. FISH operates The Bargain Loft, a thrift store, which needs donations of good quality saleable items, accepting and selling art, furniture, jewelry, household linens, dishes, pots and pans, books, women's designer clothing (clean and on hangers), puzzles, games, collectibles, small electronics and more. If you have store questions, call 703-437-0600. Herndon-Reston FISH also provides Holiday Food & Gift Baskets during the November and December season.
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Last year 450 children had a special Christmas through the annual Christmas Store. 703-281-7614, www.cho-va.com
- ❖ **Northern Virginia Family Service**. Just \$50 provides a complete holiday meal to a family of four. Donate at give.nvfs.org/holidaydonation or via check payable to "NVFS" with "Operation Turkey" on the memo line, or send grocery store gift cards.

Northern Virginia Family Service, attn: Holiday Initiatives, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124.

- ❖ **Second Story** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. Requests for food and clothing are up more than 50 percent.
- ❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000+ mature adults in the region. 703-281-0538, www.scov.org.
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. www.touchingheart.com, 703-901-7355.
- ❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly. For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153.
- ❖ **HomeAid** builds and renovates facilities that house the homeless, and partners with many local organizations to do so. 3684 Centerview Drive, Suite 110B, Chantilly, VA 20151. www.homeaidnova.org.
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251, volunteer@facetscares.org or www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax, VA 22030.
- ❖ **Britepaths** will have 3,000 individuals and families in need of holiday assistance list this fall. Sponsor a family or donate to provide a family with a Thanksgiving meal, December holiday meal and/or gifts for their children. britepaths.org.
- ❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) helps local people who are in temporary need of life's basic necessities such as food, clothing, and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor appointments and food delivery. 703-222-0880, fairfaxfish.org.
- ❖ **Lamb Center**, day center for homeless, Fairfax. 703-691-3178, www.thelambcenter.org.
- ❖ **Food for Others** provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173, info@foodforothers.org or www.foodforothers.org. Hours: Monday-Friday, 9:30 a.m.-5 p.m.
- ❖ **Ecumenical Community Helping Others** (ECHO). 703-569-9160, www.foodforothers.org. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low

income families, helping more than 5,000 people last year.

- ❖ **Lorton Community Action Center** (LCAC) will provide Thanksgiving and Holiday assistance to more than 450 families this year. Thanksgiving and Christmas food baskets along with fulfilling gift wishes for more than 1,000 children and teens will help low-income families More information at lortonaction.org/seasonal-assistance/. Volunteers are needed for these events as well. Register online at lortonaction.org or call 703-339-5161, ext. 140 or email Linda@LortonAction.org. Mailing address: LCAC, P.O. Box 154, Lorton, VA 22199-0154.
 - ❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, email alnorthernva@gmail.com or visit www.northernvirginia.assistanceleague.org.
 - ❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 1100 N Glebe Road, Suite 373, Arlington, VA 22201. 703-591-4968, cause-usa.org.
 - ❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. www.shelterhouse.org/
 - ❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides four different housing programs as well as a Workforce Development Center to help prepare people for moving forward with their jobs. For the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for more than 1,200 children in 600 families. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org
- Donations of cash/checks and gift cards are also welcome.
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia. 703-541-3063, www.capitalareafoodbank.org.
 - ❖ **Homestretch** is the largest provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/.
 - ❖ **Pathway Homes** focuses on providing housing and support services to individuals with serious mental illnesses, with the mission to help these individuals reach their full potential and lead stable lives. They offer both in-home programs, semi-independent houses and assisted living facilities. 10201 Fairfax Boulevard, Suite 200, Fairfax, VA 22030. 703-876-

SEE GIVE LOCALLY, PAGE 11

CENTREVIEW

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Little Rocky Run
A Connection Newspaper

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A Connection Newspaper

Future Quest Designed for Students with Disabilities

Event will feature 40-plus workshops and exhibits.

BY STEVE HIBBARD

Future Quest, a free college and career conference that attracts thousands of local middle and high school students with disabilities, will be held at George Mason University on Saturday, Dec. 2 from 8 a.m. to 3 p.m. It features more than 40 workshops and exhibits related to successful life after high school and is organized by GMU and the Northern Virginia Transition Coalition.

Future Quest is a resource fair and networking event held every two years where people can interact with representatives from different agencies and colleges from all over the country, as well as organizations that assist young adults. The organizer, the Northern Virginia Transition Coalition, helps youth with disabilities successfully transition from high school to the next stage of their lives.

The event is spearheaded by Deborah Hammer, 47, of Alexandria, an autism specialist with Arlington Public Schools, along with co-chairman Leanne Kidwell. "The goal is to help as many students and families and professionals as we can to understand the opportunities and resources that are available. We want to provide speakers who can educate our target population on a variety of topics related to transition, including funding for college, what kind of supports are available, and careers that don't require college because not all of our students will go to college," said Hammer.

Future Quest specifically targets students with any disability. They include the blind or visually impaired, deaf or hard of hearing, learning disabilities, orthopedic disabilities, intellectual disabilities, traumatic brain injuries, or other health impairments and emotional disabilities. Students who attend come from all over Northern Virginia, Maryland, the District, and West Virginia.



The resource fair booths from Future Quest at GMU in 2015.



PHOTO BY STEVE HIBBARD

Deborah Hammer, co-organizer of Future Quest 2017.



PHOTOS CONTRIBUTED

A team-building exercise from the 2015 Future Quest held at GMU.

"We want all of our students with disabilities to know there are many possibilities for them as they transition into adulthood and we want them to take advantage of the opportunities that are available," said Hammer. "Our goal is to help connect our students to those resources."

THIS YEAR'S KEYNOTE SPEAKER is Joshua Anton, a self-advocate who has an ADHD learning disability. He has a business degree from the University of Virginia and developed his own successful app company.

Hammer said they want students and families to start planning as early as possible for their transition into adulthood.

"We have young adults who have already graduated high school who attend as well," she said.

The event will feature different universities that have programs for students with disabilities that might be a bridge between high school and college that provide additional levels of support, said Hammer.

There will be 44 concurrent sessions in the resource fair, about eight at a time, and people can choose what interests them specifically. There are different strands related to topics to make the event meaningful for all individuals, such as autism or self-advocacy.

This includes strands specifically for youth, like living with a roommate, or for parents, like financing college.

"We will have agencies and organizations that will assist students with everything from transportation to assistive technology to financial aide to leisure activities like therapeutic recreation. So there will be a wide variety of vendors," she said.

Some of the confirmed sessions include the following: Successful Transition from High School to College for Students with Learning Disabilities; Finding the Career that Matches Me; Organize Your Life with Google; Adulting for Life: Five Tips for Success; and Estate Planning and Guardianship for Individuals with Disabilities.

In addition, there will be a Book Fair inside the Johnson Center Book Store with a special display related to transition, careers and college. Some of the accommodations if they are required include braille programs, interpreters or listening devices for the deaf, and a calming room for sensory breaks.

"Parents may want to go because they may be anxious about what happens when their children graduate from high school," said Hammer. "Students will want to attend so that they can learn what options are available for college, what it's really like to be an adult with a disability, to be able to talk to other youth with disabilities, and feel empowered to make decisions for themselves."

Future Quest will be held Saturday, Dec. 2, from 8 a.m. to 3 p.m., at GMU's Johnson Center, 4400 University Drive, Fairfax. It is free and open to any student with a disability as well as their parents, teachers and other professionals. There is free parking in Lot K, or in the Mason Pond Parking Garage for \$8. Visit www.futurequestgmu.org to register. Hammer urges people to pre-register early. Email futurequestnova@gmail.com.



Future Quest 2017 keynote speaker Joshua Anton.

CRIME REPORT

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

BURGLARY: 13600 block of Lee Jackson Memorial Highway, Nov. 7, between 10:30 p.m. and 5 a.m. Someone entered the business and stole merchandise.

COMMERCIAL BURGLARY: 14240 Sullyfield Circle (Sully Café), between 7 p.m. Nov. 1 and 5:30 a.m. Nov. 2. Someone broke in and took cash from the business.

TRAFFIC PURSUIT/RECKLESS DRIVING/ARREST: Lee Highway/Pickwick Road, Oct. 27 around 12:25 a.m. An officer attempted to stop a motorcycle traveling on the roadway without a license plate. The driver took off, disregarding several traffic lights and highway signs, including speeding. The motorcyclist crashed and attempted to run from the scene. A 23-year-old man from Herndon was arrested and

charged with several traffic offenses to include felony speed to elude, reckless driving, and driving on a suspended license. He was not injured from the crash, but received minor injuries when he fell while running from officers.

BURGLARY: 14200 block of Pony Hill Court, between 11:45 p.m., Oct. 19 and 4:30 a.m., Oct. 20. Someone broke into a home and stole an undisclosed amount of cash.

NOV. 13 LARCENIES: 4300 block of Chantilly Shopping Center, wallet from business
16000 block of Lee Highway, purse from vehicle

13100 block of Loth Lorian Drive, camera and wallet from business
14200 block of Morning Dove Lane, cash from residence
4900 block of Stonecroft Boulevard,

tools from vehicle
14800 block of Stonecroft Center Court, phone charger from vehicle
14200 block of Sullyfield Circle, purse from vehicle
5100 block of Westfields Boulevard, merchandise from business

NOV. 9 LARCENIES: 5400 block of Middlebourne Lane, package from residence
4900 block of Oakcrest Drive, package from residence
4400 block of Stonecroft Boulevard, cell phone from business

NOV. 8 LARCENIES: 14000 block of Betsy Ross Lane, gun from residence
14000 block of Lotus Lane, tools from vehicle
13500 block of Union Village Circle,

package from residence

NOV. 7 LARCENIES: 4100 block of Meadowland Court, cash from vehicle
14100 block of Willard Road, property from business

STOLEN VEHICLES: 14400 block of Manassas Gap Court, 2012 Chevy Equinox

NOV. 6 LARCENIES: 14300 block of Compton Village Drive, purse from vehicle
6000 block of Honnicut Drive, wallet from vehicle
13400 block of Melville Lane, cell phone and insurance card from school
13600 block of South Springs Drive, cell phone from park
6500 block of Wheat Mill Way, laptop computer from vehicle

NOV. 3 LARCENIES: 3300 block of Lees Corner Road, cell phone from school

NOV. 2 LARCENIES: 5600 block of Faircloth Court, license plates from vehicle
13000 block of Wild Flower Lane, license plates from vehicle

OCT. 31 LARCENIES: 13700 block of Cabells Mill Drive, merchandise from business
4400 block of Chantilly Shopping Center, cell phone from business

OCT. 30 LARCENIES: 13800 block of Lee Highway, beer from business
5000 block of Prestwick Drive, cell phone from residence

HOLIDAY CELEBRATIONS

NOV. 16-18

Christmas Craft Show. Thursday and Friday, 10 a.m.-7 p.m.; Saturday 10 a.m.-4 p.m. at the Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Oakton Church of the Brethren's 24th Annual Christmas Craft Show is a three-day event featuring a wide variety of handmade creations and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. Visit www.oaktonbrethren.org for more.

SATURDAY-SUNDAY/NOV. 18-19

Children's Nutcracker. Noon, 2 p.m. and 4 p.m. shows at the Classical Ballet Theatre, 320 Victory Drive, Herndon. The Children's Series "Nutcracker," is a condensed version of the popular holiday classic. The approximately 40-minute performance followed by a short question and answer session and memorable photographs with dancers. Visit www.cbntva.org for more.

SATURDAY/NOV. 18

Herndon Turkey Trot 5K Race. 4 p.m. at the Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers, take your mark and get ready to conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Visit herndon-va/events for more.

5th Annual Snowflake Stampede. 5:30 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. At the Bull Run Festival of Lights, a 2.5 mile fun run or walk for holiday enthusiasts of all ages. Enjoy a special preview of the Festival of Lights on foot, and take a picture with your favorite display. Parking and check in are at the corporate barn pavilion; follow the signs for the Snowflake Stampede. \$22 per adult (13 and older); \$17 per child (3-12); 2 and younger, free. Visit ticketfly.com to sign up (search Snowflake Stampede). Prepayment required. More at www.novaparks.com/events/bull-run-festival-of-lights/snowflake-stampede.

NOV. 22-JAN. 7

Bull Run Festival of Lights. Monday-Thursday, 5:30-9:30 p.m., \$15 per car; Fridays-Sundays and holidays, 5:30-10 p.m., \$20 per car. Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The Bull Run Festival of Lights is more than just a light show. After enjoying two and a half miles of light displays, stop at the Holiday Village, complete with bonfires, s'mores, holiday merchandise and free activities, the Holiday Village is fun for the whole family. Have a photo taken with Santa. Call 703-631-0550 or visit www.novaparks.com/events/bull-run-festival-of-lights.

FRIDAY/NOV. 24

Holiday Celebration. 8 a.m.-11 p.m. at Reston Town Center. 27th annual Reston Holiday Parade, tree lighting, and a full day of events. Rain or shine. Ice skating all day. Festive, 1-hour procession of Macy's-style balloons, musicians, characters, community groups, VIPs, and the arrival of Santa & Mrs. Claus; Conservatory Ballet Performance in Fountain Square. Call 703-579-6720 or visit restontowncenter.com/holidays for schedule.

SATURDAY/NOV. 25

The Nutcracker. 2 and 7 p.m. in the Centreville High School Auditorium, 6001 Union Mill Road, Clifton. The entirely student and volunteer



A winter wonderland of sparkling snowflakes in Fairfax Ballet's Nutcracker.

production features Little Rocky Run residents, MSB alumnae dancers and current students from Mia Saunders School of Ballet. Email msb.nutcracker.tickets@gmail.com for more.

SATURDAY/NOV. 25

Turkey Walk. 10-11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Discover the wild turkey's habits and secret ways during a walk through the cedar forest. Look for turkeys and their signs. This program for participants age 3 to adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

NOV. 25-26

Fairfax Ballet Company's Nutcracker. Nov. 25, 2 p.m. and 7 p.m., and Nov. 26, 2 p.m. at W.T. Woodson High School, 9525 Main St., Fairfax. Fairfax Ballet Senior company member Ana Victoria Smith of Clifton, dances the role of Clara. Company members, along with students from the Russell School of Ballet and professional guest artists. Email events@fairfaxballet.com or call 703-665-9427 for more.

FRIDAY/DEC. 1

Tree Lighting in Clifton. 7 p.m. at Chapel Road and Main Street in Clifton. Set the holiday season in motion with the official lighting of the town Christmas Tree. Carol, drink hot chocolate, roast s'mores over the fire, and join in the holiday spirit. Visit clifton-va.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 for more.

Meet the Christmas Author. 11 a.m. at Scrawl Books, Reston Town Center, 11862 Market St. Sue Fliess will be doing a storytime reading and book signing with her new Christmas book "We Wish for a Monster Christmas." Visit www.scrawlbooks.com for more.

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 for more.

Horse-drawn Carriage Rides. 4-9 p.m. at Reston Town Center, 11900 Market St. \$5 per person; children 5 and under ride free with adult. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com for more.

SUNDAY/DEC. 3

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Over 80 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. Free admission and parking. Additional parking at the Herndon Centennial Golf Course. Visit herndon-va.gov/recreation/special-events/holiday-arts-and-crafts-show.

Mini-Train Rides. noon-4 p.m. at Reston Town Center, 11900 Market St. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com for more.

Home for the Holidays Concert. 4-6 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. Main Street Community Band plays a mix of seasonal favorites. Visit www.fairfaxband.org.

Holiday Crafts Day. Various times at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy Christmas at the Farm, write letters to Santa, decorate cookies, take a wagon ride with Santa, and enjoy seasonal craft projects. Call 703-437-9101 for more.

FRIDAY/DEC. 8

Santa, Stars, and S'mores. 6-7:30 p.m. at Runnymede Park in Herndon. Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, as well as read a story. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, Dec. 10 at same time. Visit herndon-va.gov/recreation/special-events/a-storybook-holiday-celebration to register.

Flutist in Concert. 8 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Celebrate the Sounds of the Season with the Columbia Flute Choir in the Christmas Concert. Free. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

SATURDAY/DEC. 9

Lunch with Santa. 11:30 a.m. and 12:30 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Children ages 10 and under can enjoy lunch with Santa. \$6. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

Horse-drawn Carriage Rides. 4-9 p.m. at Reston Town Center, 11900 Market St. \$5 per person; children 5 and under ride free with adult. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com for more.

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 for more.

SUNDAY/DEC. 17

Handel's "Messiah." 9 a.m. and 11 a.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Enjoy a free performance of Handel's "Messiah" by the choirs of Unity of Fairfax and the Unitarian Universalist Congregation of Fairfax Visit www.unityoffairfax.org/events.

Mini-Train Rides. noon-4 p.m. at Reston Town Center, 11900 Market

St. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com for more.

SATURDAY/DEC. 23

Horse-drawn Carriage Rides. 4-9 p.m. at Reston Town Center, 11900 Market St. \$5 per person; children 5 and under ride free with adult. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com for more.

THROUGH DEC. 24

Santa's Flight Academy. Various times at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Santa surrounded by a space motif. Visit www.santaexpresslane.com for more.

SUNDAY/DEC. 31

New Year's Eve Scramble. 10 a.m. at Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Shotgun start. Entry fee includes green fee, cart fee, range balls and prizes. \$60 per player. Call 703-471-5769 or visit www.herndongolf.com.

MONDAY/JAN. 1

New Year's Day 5K. 10 a.m. at Reston Town Center, 11900 Market St., Reston. Music, food, awards, and fun celebration following the race. Presented by Potomac River Running. Call 703-709-6720 or visit restontowncenter.com for more.

THROUGH EARLY JANUARY

Winter Walk of Lights. At Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. During the Winter Walk of Lights, the garden is transformed into a half-mile, walk of lights. Revisit perennial favorites such as the animated Lakeside Lights, the Fountain of Lights, and the Holiday Nature Walk – and look for new displays each year. Round out a visit roasting marshmallows and sipping on hot beverages, available for purchase. Visit www.novaparks.com/events/winter-walk-of-lights.

ENTERTAINMENT

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

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/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 www.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/ for more.

SATURDAY/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 for more.

STEM Maker Fair. 10 a.m.-1 p.m. in the Centreville High School Auditorium, 6001 Union Mill Road, Clifton. Sponsored by Centreville Robotics, and co-sponsored by the Center for Social Equity through Science Education at George Mason University. Email nholinch@gmu.edu for more.

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 for more.



Sugarloaf Craft Festival

Puppet shows are part of the Sugarloaf Crafts Festival the weekend of Dec. 8-10 at the Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. \$8 online, \$10 at the door. Visit sugarloafinfo@sugarloaffest.com

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

NOV. 20-DEC. 10

Toy Collection. Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly will collect new and unwrapped toys as part of the company’s annual Sheehy Cares Toy Collection to benefit the U.S. Marine Corps Reserve Toys for Tots Program,

which will distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

FRIDAY/NOV. 24

Eli Lev 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. 25

Turkey Walk. 10-11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Discover the wild turkey’s habits and secret ways during a walk through the cedar forest. Look for turkeys and their signs. This program for participants age 3 to adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

The Nutcracker. 2 and 7 p.m. in the Centreville High School Auditorium, 6001 Union Mill Road, Clifton. The

entirely student and volunteer production features Little Rocky Run residents, MSB alumnae dancers and current students from Mia Saunders School of Ballet. Email msb.nutcracker.tickets@gmail.com for more.

NOV. 25-26

Fairfax Ballet Company’s Nutcracker. Nov. 25, 2 p.m. and 7 p.m., and Nov. 26, 2 p.m. at W.T. Woodson High School, 9525 Main St., Fairfax. Fairfax Ballet Senior company member Ana Victoria Smith of Clifton, dances the role of Clara. Company members, along with students from the Russell School of Ballet and professional guest artists. Email events@fairfaxballet.com or call 703-665-9427 for more.

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 www.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 for more.

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

FRIDAY/DEC. 8

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. \$8 online, \$10 at the door. Visit sugarloafinfo@sugarloaffest.com.

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

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. \$8 online, \$10 at the door. Visit sugarloafinfo@sugarloaffest.com

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

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NEWSPAPERS

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Mount Vernon Gazette

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ALMANAC CENTREVIEW

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Spring Hill Art and Craft Show

NOV 24 & 25: 10 AM – 5 PM

NOV 26: 11 AM – 4 PM

Spring Hill RECenter
1239 Spring Hill Road
McLean, VA



\$5 Admission
with Free Return

Free Parking

Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques
703-241-0790
theschefer@cox.net

Legals

ABC LICENSE

The Old Siam, LLC trading as Thai Kitchen, 5653 Stone Road, Centreville, VA 20120. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premise license to sell or manufacture alcoholic beverages Orapin Hirakawa, owner. 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.

Legals

ABC LICENSE

Iron Bag Inc trading as Iron Bag Restaurant, 14102 Lee Hwy, Centreville VA 20120-1913. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/ Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages Kwon Eui Hong, President/Owner.. 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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Announcements

SPORTS



First Round Playoff

The Westfield Bulldogs and Battlefield Bobcats had a first round playoff matchup on Nov. 10. After a scoreless 1st quarter, Westfield's Taylor Morin blocked a punt which he caught in the endzone. In the 3rd quarter Westfield added to the lead when Gavin Kiley ran 75 yards after catching a Noah Kim pass for a TD. Eugene Asante would run in from 38 yards to give Westfield a 21-0 lead with 2:16 left in the 3rd. Taylor Morin would then intercept a Battlefield pass and convert it into a pick 6 giving Westfield a 28-0 lead. Battlefield would score twice late in the 4th.

With the 28-14 win, Westfield eliminated Battlefield (7-4) from the playoffs and Westfield (11-0) will host Patriot (9-2) on Nov. 17.



PHOTOS BY WILL PALENSCAR

It's Almost Time for Turkey Trot

FROM PAGE 2

Individual prizes are awarded to the two fastest males and females overall and in the Virginia Run residents' category. The top two runners in various age categories also receive prizes. And since the race is always evolving, this year there's a new team category, averaging individuals' race times to compete against other teams.

"The committee thought it would be fun for families, friends, local businesses and the like to officially run together as a team," said Logan. "We're excited to see how many teams will participate to compete for registration in next year's Turkey Trot, the Golden Turkey [trophy] and of course, bragging rights."

All registrants receive commemorative T-shirts custom-designed by Centreville artist and comic-book illustrator Rich Seetoo. This year's shirt features an orange turkey running into the sunset. The primary event sponsors are American Windows & Siding of Virginia, Ourisman Chantilly Toyota, Korean Central Presbyterian Church, Skyline Insurance Agency, Edelman Financial Services, InCadence Strategic Solutions, and RE/MAX, Jeannie Donahue and Nicole

Hillyard.

The 12-person race committee has been busy planning the race since May. "We appreciate all the hard work of the volunteers and the generosity of the sponsors," said Logan. "They're what makes the Turkey Trot run — pun intended. We really couldn't do it without them." But more volunteers are still needed on race day, starting at 6 a.m., with set-up. To lend a hand, contact Helaine Newman at helainesells@gmail.com or just show up.

This is Logan's second year as chairman, after her dad — former Turkey Trot Chair Steve Logan — died of cancer in June 2016. "I've always been involved as a volunteer or as co-chair in 2015," she said. "So it wasn't a big leap for me to take it on as chairman."

"I enjoy it; it's been a family tradition for years," continued Logan. "I have a vested interest in it, especially since we lost my dad to cancer. And now I have a much deeper understanding of how important Life with Cancer is and what it does."

She describes the Turkey Trot as "a fun, friendly event that brings out so many friends and neighbors. Everyone has a good time, and it's a great way to kick off the holidays, burn some calories and get ready for a big meal later on."

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GIVE LOCALLY

FROM PAGE 6

- 0390, info@pathwayhomes.org, www.pathwayhomes.org, www.pathwayhomes.org/support-pathway/.
- ❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22309. 703-768-9419, www.goodhousing.org/. The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.
 - ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest areas of the county, Culmore and Mount Vernon/ Route 1 corridor, focusing on character and academic success. www.bgcgw.org/fairfax.
 - ❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690, christianrelief.org/
 - ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/
 - ❖ **Wright to Read** 703-299-9854, www.wrighttoread.org. Provides volunteer-based, one-to-one tutoring and mentoring to City of Alexandria public elementary school children in need. Funds are needed to provide field trips and enrichment activities, books and other resources. For more information about Wright to Read and becoming a "Tutor/Mentor" see website.
 - ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.
 - ❖ **Alice's Kids** (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. Alice's Kids helps children from all over the Mount Vernon area through small acts of kindness.
 - ❖ **The Community Foundation of Northern Virginia** has launched its Permanent Fund campaign, a community endowment which is a forever source to provide critical support for those in need in the Northern Virginia region; Consider leaving a legacy through a current or planned gift to the Permanent Fund at the Community Foundation for Northern Virginia. www.cfnova.org/permanentfund.

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.

THURSDAY/NOV. 16

Police-Public forum. 7-9 p.m. Heritage Human Resources Center, 7611 Little River Turnpike, Annandale. The forums will provide information on the Panel as well as the Independent Police Auditor, the scope of their responsibilities, how complaints can be submitted, and how complaints will be investigated and processed. Another forum will be held Dec. 12. Visit www.fairfaxcounty.gov/police/ for more.

MONDAY/NOV. 20

Centreville Garden Club Meeting. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Make Thanksgiving centerpieces as handcrafted gifts for senior centers. Bring fresh flowers to arrange. Garden club meetings are generally the 3rd Monday each month. Visitors and new members welcome. Learn more at centrevillegardenclub.blogspot.com.

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Not About Me, Mostly



By KENNETH B. LOURIE

Recently, as in a few weeks ago, Mindy, who none of you regular readers know, died of lung cancer. She was my decade's long best friend's wife. And she was my friend too, going back almost 40 years. Married to my oldest friend (starting in 10th grade), Cary, for over 35 years, Mindy was originally classified as stage I five years ago. Cary didn't tell me for a year or so after because he didn't want to burden me with another piece of bad news, and Mindy being diagnosed with lung cancer would most definitely have been bad news. She had a lobectomy (part of the lung is surgically removed), back then and that's pretty much all I know about the beginning stages. After the surgery however, she was told she was cancer free.

Unfortunately, I wasn't able to attend Mindy's funeral. I had my own post-scan appointment on the Monday morning following the Sunday funeral and night-time shiva and the logistics of traveling back and forth from Washington, D.C., to Boston and back were unworkable. Two week-ends later, last weekend in fact, I flew up to Boston and spent four days with Cary, just him and me in the house – without Mindy, of course. We shared an awful lot about Mindy and life, reminiscing backward and contemplating forward. One afternoon, along with Mindy's first cousin, Julie, Cary and I visited Mindy's grave, about 20 minutes from the house, where I was able to pay my respects and say a few words in private. After standing alongside the grave site for a few minutes, Cary took out his smart phone, bent over toward the ground and played "their" song, sniffling and wiping away tears in the process. A very touching moment. Another afternoon, I sat with Cary at their kitchen table and read through all the condolence cards with Cary explaining all the relationships to Mindy. One night, Cary and I went to dinner with his two sons, Jonathan and Jordon (along with Jon's girlfriend, Coleen and Jordy's wife, Lauren). At dinner, I shared two jokes with the boys that Mindy had told years ago, that to this day, I keep in my repertoire; they had not heard them before. One involved an elephant, another had to do with Jesus Christ becoming a bell ringer. Cary's third - and oldest son, Jeffrey, was not present as he had flown back to California on Tuesday where, after spending three weeks at home with his father and brothers watching his mother struggle to survive, he returned a few days after the funeral.

As for me, I teared up throughout the week-end. Over the years, especially after my parents moved to Florida, I didn't see Cary and Mindy as regularly as I had while my parents were still living in Massachusetts (four times a year, generally). From 1989 on, maybe we visited one another a dozen times in person: high school reunions, bar mitzvahs, a couple of Celtic's games and the odd occasion where the timing/opportunity presented itself. All the while, going on 45 years now, we spoke/speak every couple of weeks, picking up in conversation without ever missing a beat.

What was particularly/uniquely difficult for me – and I don't think it is as difficult as losing one's "soul mate," as Cary described Mindy, just as they were beginning to embark on their final journey together: retirement – was that I too have lung cancer. As such, it was a peculiar position in which I found myself. Not only was I grieving the loss of a close friend: Mindy, way too young; she was younger than me by a couple of years, and the effect it had on my best friend, Cary, I was also witnessing first hand, up close and extremely personally, the ravages and devastating impact of a lung cancer diagnosis, a diagnosis with which I am all too familiar. Of course, I felt bad for Cary losing his beautiful wife. Of course, I felt bad for the boys losing a fabulous, devoted mother. But there was a part of me that felt bad for me. As a cancer survivor, it's easy to pretend that this disease isn't killing you until you attend a funeral/spend time with the family of someone who has succumbed to this terrible disease. Then it hits home, with a vengeance. "Cancer sucks," as so many of us know, but life must go on, as difficult as it sometimes is.

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

Nonprofit Dental Clinic Fills a Need

Serving more than 2,500 low-income patients a year.

BY ASHLEY CLAIRE SIMPSON

While there are plenty of people who dread routine appointments to the dentist, the people in the scariest of situations are those who simply cannot afford to seek this critical care. And, because too many people today are in this unsettling position, the Northern Virginia Dental Society (NVDS) established the Northern Virginia Dental Clinic (NVDC) to provide low-income residents with affordable treatment.

"The program was one of the first of its kind in the nation and continues to serve the indigent population of our community," said Tom Wilson, NVDC executive director. "NVDC opened in 1994 and provides a comprehensive menu of services from the basic dental exams, fillings and teeth cleanings, to specialized treatment including root canal therapy, oral surgery, and the fabrication of den-

tures and other prosthetic appliances. The NVDC's goal is to restore each individual to an infection free and functional state of oral health."

Although NVDS is a professional organization of local dentists, its membership supports its nonprofit clinic.

"NVDC has always been the society's primary outreach program and our members volunteer their time, skill, and make monetary contributions regularly," said Cathy Griffanti, NVDS executive director. "Our clinic(s) provide the low-income population in our community with a true dental home where they receive ongoing oral health care and education."

Facilities like NVDC are often a qualified patient's only avenue to life-saving dental treatment.

"While there is an avenue for low-income children to seek oral health care, there is nothing for adults," Wilson said. "Through Medicaid, there are very limited healthcare services for adults. Those services are limited to one

emergency extraction, diagnostics, and then there is limited care for pregnant women."

NVDC, with two locations in Fairfax and Sterling, currently serves thousands of patients a year. By charging just \$50 per appointment, regardless of the nature of treatment, procedures are affordable for people who have no dental insurance or a way to pay out-of-pocket. Under normal circumstances, for instance, even a simple cavity filling would eclipse the NVDC per-visit cost.

There are 23 regular staff members; however, the 120 NVDS volunteers, along with roughly 50 regular volunteer dental hygienists from the Northern Virginia Dental Hygienists' Association, make these affordable services possible.

Amidst the emergence of other similar dental clinics for the low-income population in Northern Virginia, NVDC has experienced much growth since its inception nearly 24 years ago.

"We serve over 2,500 patients a year, and provide more than

10,000 appointments per year," said Wilson, who has overseen NVDC for more than 20 years. "We did about 3,000 appointments total in 1997, the year I came. It's been a steady growth with lots of hard work from volunteers, the board and staff. We're hoping to move that number of annual appointments up to the 12,000 level in the next year and a half."

NVDC relies on a number of grants from government programs and private foundations. The most recent grant the non-profit organization accepted was from the Virginia Healthcare Foundation (VHCA).

"The primary initiative in securing the grant money is to increase the clinic's service capacity," Griffanti said. "The funding recently awarded by the VHCF will enable NVDC to hire two part-time dentists at the Fairfax facility, a part-time registered dental hygienist, and a full-time dental assistant. This additional staff will allow us to provide an additional 2,000 patient appointments."

Wilson said examples of other crucial sources of revenue are

Referring Agencies

Emergency and initial appointments to the Northern Virginia Dental Clinic must be scheduled through designated referring agencies only.

FAIRFAX COUNTY

- ❖ Northern Virginia Family Services: 571-748-2593 or 571-748-2500
- ❖ United Community Ministries: 703-768-7106 (Alexandria, Ft. Belvoir, Lorton)
- ❖ Multicultural Center/NVFS: 571-748-2800 (Annandale, Falls Church)

Northern Virginia Health Foundation, Inova Health Systems, Kaiser Permanente of the Mid-Atlantic States and United Way of the National Capital Area.

Since it would be impossible for NVDC to treat every single Northern Virginian in dental distress, the clinic works with social services organizations in each jurisdiction for the patient selection process.

"As a program, we don't decide who comes to us," he said. "Each jurisdiction identifies low-income residents throughout their jurisdiction and screens them for eligibility. Everyone we see, though, is at or below 200 percent of poverty. What that means in Northern Virginia, where the median annual household income is about \$110,000, you're talking about the majority of the people we serve having an annual income of around \$37,000."

From their first visit, patients have one year to complete the treatment plan that NVDC practitioners outline for them. According to Griffanti, approximately 78 percent of NVDC patients complete their treatment plan. This translates to thousands of lives saved.

"Oral health is linked to poor overall health conditions," Wilson said. "It affects pregnancies, infants of pregnant women, it has links to Crohn's disease and a whole list of conditions. That's why we provide the full gamut of treatment for patients. Our focus is on functional restoration, but of course aesthetics always come into play."

"A lot of women come and talk to us with their hands covering their mouths," Wilson said. "You wouldn't believe the self-esteem that comes back to these individuals after a couple of months of treatment."

Programs like NVDC benefit the community at large, as well. The more patients that visit designated oral health care providers, the less often people will visit emergency facilities with debilitating pain caused by tooth-related infections.

For more information, see www.nvds.org/northern-virginia-dental-clinic.

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