

# Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

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Westfield and Oscar Smith  
team captains shake  
hands at midfield after  
coin toss of the Virginia  
6A State Championship.

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PHOTO BY WILL PALENSCAR

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## HOME FOR THE HOLIDAYS

# Creating a Free-Flowing Kitchen

**Remodel yields brighter space.**

**W**hen Alexis and Jason Sabloff decided it was time to remodel their kitchen, the Herndon homeowners set out with a goal of creating a modern space, improving the lighting and replacing appliances.

They enlisted the help of Winn Design + Build. The team, which consisted of owner Michael Winn, architect Amy Finch, designer Jennifer Hall and carpenter Diego Cabrera, was tasked with creating a free-flowing and aesthetically appealing space without changing the existing footprint.

The 302-square-foot kitchen was long, narrow, dark and accessorized with “too-tall soffits, a funky green tiled floor and insufficient lighting,” said Hall.

The family wanted to redesign the space so that it flowed seamlessly into the family room to allow for easy entertaining. Hall says that the homeowners also wanted to relocate the existing pantry, create a mudroom and generally improve the circulation, utility and aesthetics of the kitchen and surrounding areas.

The design team removed the soffits and replaced



PHOTO BY STACY ZARIN GOLDBERG

**Black granite countertops and white cabinetry help modernize this Herndon kitchen by Winn Design + Build.**

dark wood cabinets with Hanover door style cabinetry in Glacier White to create a light and airy feel. The Winn team replaced the green tile with a hardwood that matches the flooring in the rest of the home. They also rearranged the appliances and breakfast table to make the kitchen appear more spacious.

— MARILYN CAMPBELL

## A Kitchen for the Ages

**W**hen empty nesters Mike Rogan and Sue Shaffer decided to move out of the Arlington home where they had lived for 27 years, they embarked on a two-year search for a new abode. They were looking for a home where they could age in place and have space for live-in caretakers if needed.

They settled on a McLean home and hired Rill Architects to redesign it, creating an open floor plan that allowed for entertaining. The design team created a space that connects the kitchen to the family room, dining room, rear patio and garage.

The Rogans wanted the kitchen to have an island, multiple workstations, clean lines with Victorian detailing and enough space for multiple cooks.

The design team incorporated the Rogan's love of casual and modern. “The painted wood ceiling and traditional casing with an arched pass-



PHOTO BY MICHAEL K. WILKINSON

**This McLean kitchen by Rill Architects includes maplewood, furniture-style cabinets with brushed nickel hardware, classic millwork and granite countertops.**

through play off the more contemporary cabinets and glass tile backsplash, creating both a sleek and casual inviting space for family gathering and team cooking,” said Jim Rill.

— MARILYN CAMPBELL



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# Improving Route 29 to Reduce Gridlock

Updates on three, road-widening projects there.

BY BONNIE HOBBS

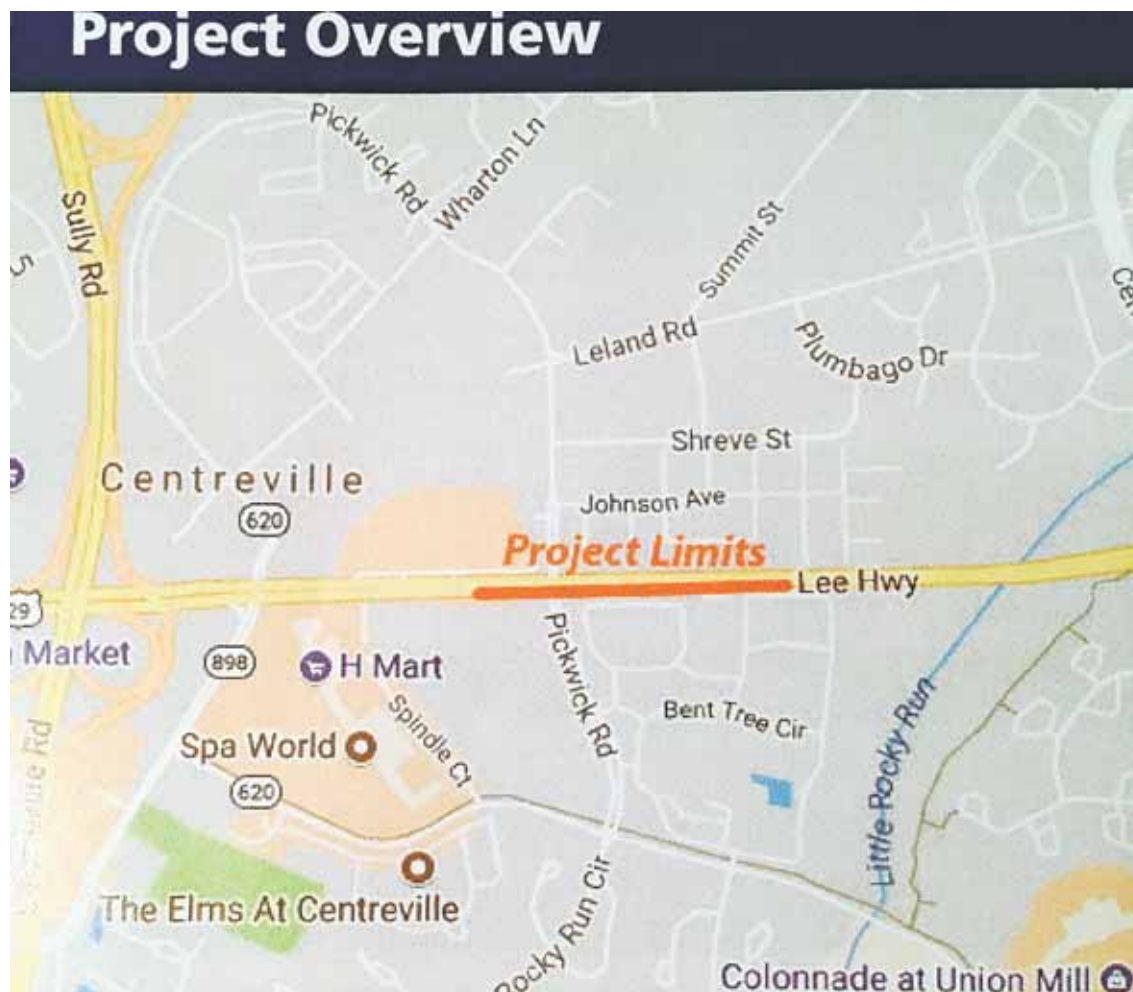
There's good news for drivers who travel on Route 29 (Lee Highway) in Centreville in the vicinity of the Colonnade at Union Mill shopping center. Three road projects in that area are now moving forward — and all are geared toward relieving congestion and increasing capacity.

Earlier this fall, VDOT held a design public hearing at its Northern Virginia District Office in Fairfax regarding its plan to do spot widening on Route 29. This project will add a third lane to northbound Route 29 from just south of Pickwick Road to a quarter-mile north of it, almost to Union Mill Road.

Route 29 southbound currently has three lanes, and this work will continue those three lanes in each direction from Route 28 to Union Mill. As things are now, high traffic volumes on Route 29 cause heavy congestion during weekday morning and evening rush hours.

According to VDOT, northbound Route 29 averages some 33,000 vehicles per day, and existing traffic volumes are anticipated to increase by 25-30 percent by 2040. Construction is scheduled to begin in summer 2018 and end late that year. For more information, go to [www.virginiadot.org/projects](http://www.virginiadot.org/projects).

Preliminary engineering is estimated to cost \$963,000, and right-of-way acquisition and utility relocation, \$500,000. The actual construction is expected to cost about \$3.9 million.



**Route 29 north will be widened from two lanes to three from just south of Pickwick Road to a quarter-mile north of it.**

"This project is fully funded by Fairfax County," said Andrew Beecher, VDOT preliminary engineering manager for Fairfax and Arlington. "The \$5.3 million total cost includes preliminary engineering, right-of-way acquisition, utility relocation and construction."

Fred Moomay, with the in-house design group at VDOT's District Office, said the project has two parts. One is the right-turn lane from Route 29 to Pickwick Road south. It'll be 100 feet long, with an eight-foot-wide trail and a two-foot-wide, grass buffer strip.

engineer said they could look into something similar to rumble strips, but quieter, to warn drivers when their vehicle drifts into another lane.

State Sen. Dave Marsden (D-37) asked whether the utilities there would be

The other is the 800 feet where Route 29 will be widened from two to three lanes. Both sections of road will have three through-lanes, plus a right-turn lane. And the left-turn lane from Route 29 north to Pickwick Road north will be re-stripped and extended by 150 feet. The left-turn lane from Route 29 south will be extended by 100 feet.

"This is my commute from home to work, in Chantilly, in the morning," said Del. David Bulova (D-37). "Have you considered some safety improvements, such as rumble strips or a small, raised median between the two directions?"

"Our road width is tight," replied Moomay. "It's a good point, but we only have room for the three, 11-foot-wide lanes on each side, plus the turn lanes."

Gene Weldon, assistant location and design engineer on this project, said, "We haven't had safety issues there." Another VDOT

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## Learning about Planning Commission and BZA

Jim Hart, who serves on both entities, addresses the WFCCA.

BY BONNIE HOBBS

Centreville resident Jim Hart wears two hats: He's an at-large member of the Fairfax County Planning Commission and also serves on the county's Board of Zoning Appeals (BZA).

Previously, he chaired the Land-Use Committee of the West Fairfax County Citizens Assn. (WFCCA). And recently, he addressed the WFCCA's quarterly meeting to give an overview of some of the issues before the Planning Commission.

"The county is looking into a geographically targeted system for land-use notifications," said Hart. He said residents could opt in or out of it, but the information coming their way would be beneficial to them.

"It would provide them with early and accurate communications when an application is filed," he said. "That way, people can know what's coming and how to contribute their input to it. And the land-use associations

[WFCCA and the Sully District Council of Citizens Associations] are also an important part of this process."

Noting that the Planning Commission has 12 members — three, at-large, and nine representing magisterial districts — he said they vet proposals and make recommendations to the Board of Supervisors. "And we approve 2232 applications, ourselves, dealing with public facilities and land," said Hart. "We look at their location, character and extent to see if they're in conformance with [the county's] Comprehensive Plan."

For years, the Planning Commission has met at the county government center, on Wednesdays and Thursdays, at 8:15 p.m. But to make the meetings more accessible and, hopefully, end earlier, starting in January, they'll begin at 7:30 p.m. People unable to attend may also send comments via email to [plancom@fairfaxcounty.gov](mailto:plancom@fairfaxcounty.gov).

Regarding the Comprehensive Plan, for the first time in many years, there'll be a North

County cycle for amendment proposals. Site-specific, proposed, plan amendments made by area residents were accepted by the county until Dec. 5.

Next, said Hart, "A citizen task force for every magisterial district will be established to examine each proposal. Then in spring 2018, only the best or most deserving nominations will go forward in the work process for consideration by the Planning Commission."

In light of the large amount of vacant office space in the county, in November, the Planning Commission considered office-building repurposing. Already, said Hart, one such building has been turned into a school, and another was proposed as "a live/work/office [entity] for people who couldn't otherwise afford it." If successful, he said, "It could be an alternative to affordable housing."

"We'll also consider energy efficiency in green buildings," said Hart. "We'll update the language about the priority of energy conserva

SEE LEARNING ABOUT, PAGE 5



PHOTO BY BONNIE HOBBS

**Jim Hart talks to WFCCA members at their quarterly meeting.**



# OPINION

## Save Healthcare for Children Right Now

If U.S. Senate fails to act soon, 69,000 children and pregnant women in Virginia, more than 8 million nationally, will lose health coverage.

**T**he Children's Health Insurance Program, CHIP, provides health coverage to low-income, children with family incomes too high to qualify for Medicaid, up to 200 percent of the federal poverty level in Virginia, up to \$49,200 for a family of four. In Virginia, coverage under CHIP is called Family Access to Medical Insurance Security (FAMIS) and covers more than 69,000 children and pregnant women. More than 8.4 million children are covered nationally under CHIP.

Ironically, families with children covered under FAMIS (note that the S stands for "security") will receive letters this week letting them know that their medical insurance security ends in January unless the U.S. Senate acts to reauthorize (fund) CHIP by the end of the year. The House of Representatives passed a bill to reauthorize CHIP in November, funding it mostly through cuts to programs in the Affordable Care Act.

The letter to Virginia FAMIS participants reads:

"We are sending you this letter because these people in your family are enrolled in FAMIS or FAMIS MOMS:

"FAMIS and FAMIS MOMS are paid for by state and federal funds through the Children's Health Insurance Program known as CHIP. For

20 years CHIP has had the strong support of Congress and has been renewed many times. We are hopeful that Congress will once again provide the funding to continue this program. However, because Congress has not acted yet, we need to let you know that there is a chance the FAMIS programs may have to shut down.

"If Congress does not act soon, the FAMIS programs will end on Jan. 31, 2018."

Having tens of thousands of uninsured children is bad health policy for every Virginian. It's better for all children in school to have all children be able to access health care, both preventative care and care when they are sick.

According to a recent publication in the New England Journal of Medicine:

"The body of evidence summarized here indicates that coverage expansions significantly increase patients' access to care and use of preventive care, primary care, chronic illness treatment, medications, and surgery. These increases appear to produce significant, multifaceted, and nuanced benefits to health.

"Some benefits may manifest in earlier detection of disease, some in better medication adherence and management of chronic conditions, and some in the psychological well-being born of knowing one can afford care when one gets sick. ... Some of these changes will ultimately help tens of thousands of people live longer lives.

"Conversely, the data suggest that policies reducing coverage will produce significant harms to health, particularly among people with lower incomes and chronic conditions."

Also, having health coverage leads to greater financial security, and that helps the economy. "There is abundant evidence that having health insurance improves financial security," according to the same study.

Virginia's U.S. Senators Mark Warner and Tim Kaine have repeatedly called for a vote to reauthorize CHIP.

Yesterday, they said, "Today is a scary day for a lot of families in Virginia, and it was completely preventable. We asked Senator McConnell multiple times to help us support the 66,000 children and 1,100 pregnant women in Virginia who receive their health care through the CHIP program, but Republican leadership still hasn't brought it forward for a vote. There is a bipartisan bill on the table, and it's critical that we pass it before Congress leaves for the holidays so we can give some peace of mind to Virginia parents who are worried about whether their children will have health insurance in the new year."

We wish everyone peace of mind in the New Year.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM



**Westfield High Varsity Football Coach Kyle Simmons and his newly crowned State Championship team helped ONC move into its warehouse last week in preparation for this year's gift packaging and deliveries.**

PHOTO COURTESY OF KELLY LAVIN

## Help ONC Deliver Holiday Presents

This weekend, Our Neighbor's Child (ONC) volunteers will be bringing Christmas gifts to children from some 700 families in need, mainly in Centreville and Chantilly. But it needs help from local residents to get everything accomplished.

❖ Donations are still needed so ONC may

purchase the toy and clothing items needed to fulfill children's wishes. Contribute via PayPal and Venmo links on ONC's Website, [www.ourneighborschild.org](http://www.ourneighborschild.org), or mail checks payable to ONC to: Our Neighbor's Child, P.O. Box 276, Centreville, VA 20120.

❖ Volunteers are needed to work two-hour

shifts on packaging day, this Thursday, Dec. 14, from 9 a.m.-7 p.m.

❖ Delivery day volunteers are also greatly needed this Sunday, Dec. 17, from 1-4 p.m. Delivering gifts to 700 homes is a big job, and ONC can only do it if many volunteers lend a hand. Sign up at [www.ourneighborschild.org](http://www.ourneighborschild.org).

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**NEWS DEPARTMENT:**  
[chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com)

**Steven Mauren**  
Editor, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Mike Salmon**  
Assistant Editor  
[msalmon@connectionnewspapers.com](mailto:msalmon@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter, 703-778-9415  
[bhobbs@connectionnewspapers.com](mailto:bhobbs@connectionnewspapers.com)

**Andrea Worker**  
Reporter  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

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**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly,  
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**Production Manager:**  
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**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

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# Learning about Planning Commission and BZA

FROM PAGE 3

tion in a building, as opposed to other things.”

The Planning Commission also discussed Zoning Ordinance modification to streamline project approvals and reduce some bureaucracy in the process. “The [county’s] Zoning Ordinance hasn’t been rewritten in 40 years,” said Hart. “There have been 400-plus amendments since 1978, and it needs plain, understandable language.”

Also important, he said, is the Minor Modification Zoning Ordinance amendment. “It would help with, for example, a small addition to a church or building-façade improvements,” he said. “It would

make it easier to do them, with less red tape.”

Another critical issue that came before the Planning Commission was how to regulate short-term lodging, such as Airbnb. “We had over 7,000 responses to our survey and over 3,000 written comments,” said Hart. He also made it clear that the county “won’t undercut” homeowners associations’ covenants, but that some disputes “might have to be determined by a judge.”

He said the Planning Commission will look at the definition and uses of agri-tourism.

For example, he asked, “Is a ropes course allowable [in this category]? And to what

extent is agriculture a secondary use to other things?”

In addition, said Hart, “Continuing care, adult daycare and senior-citizen living areas are going to become more prevalent in the county as its residents age. So we need to look at these things, too.” Furthermore, he added, “We’ll also look at parking reductions in applications, plus definitions of what is a restaurant.”

Regarding the county’s Capital Improvement Program (CIP), the Planning Commission makes recommendations to the supervisors once a year. “It helps the supervisors determine what [bond] referenda — and for what and for how much — we’ll have in

future years,” said Hart. “For example, these could be for schools, parks, public safety, libraries and some small transportation projects. In the spring, there’ll be a Planning Commission workshop and public hearings about the CIP.”

As for the BZA, he said it’s comprised of seven, at-large members. “We hear special-permit and variance applications and also appeals,” said Hart.

“We meet Wednesdays at 9 a.m., and they’re all-day meetings. Our job is to vet these things, and we can’t do it without community engagement. That’s why we want people to be aware of what’s being proposed and get involved.”

# Improving Route 29 to Reduce Gridlock

FROM PAGE 3

undergrounded, but the engineers said they weren’t planning on it. Bulova also asked if undergrounding was in their future plans for that area and whether VDOT could do it while they’re “digging stuff up there. Then they could re-prioritize so they could do that at the same time.”

Moomay said they could mention it to VDOT. He also noted that, although this is a relatively small project, in terms of length, “It’s an important section of several road

projects that will eventually result in three lanes from Fairfax through Centreville.”

❖ One of those projects deals with another widening of Route 29. In November, the Fairfax County Board of Supervisors approved the agreement to move forward the Route 29 widening between Buckley’s Gate Drive and Union Mill Road. It’s 1.5 miles long and is a current traffic chokepoint during the afternoon rush hours when residents are heading home to Centreville — or points west, trying to avoid I-66 west’s gridlock at

that time.

So far, it’s slated for the start of plan design in early 2018, with a public information meeting in late spring. A design public hearing would be held in late 2018, with design approval hopefully by early spring 2019. Right-of-way acquisition would begin in fall 2019, with advertisements for construction going out in spring 2022.

❖ Another project in the works deals with improving Route 29 from Pickwick Road to Buckley’s Gate Drive. This one will provide

pedestrian facilities on the north side of Route 29 and widen Route 29 in this area from four to six lanes. It’s significant because it will complete the Route 29 widening from Shirley Gate Road to Centreville.

This is currently the last segment of Route 29 between the City of Fairfax and Centreville that’s not six lanes, so this work would eliminate the last remaining bottleneck. Cost estimate is \$32.7 million; if all goes well, preliminary engineering could start as early as July 2018.

## BULLETIN BOARD

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

### SOBER-RIDE FOR WINTER HOLIDAYS

**Free Sober Rides.** The annual Holiday SoberRider program will operate 8 p.m.-4 a.m. each night from Friday, Dec. 15, 2017-Monday, Jan. 1, 2018. Area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter the code in the app’s “Promo” section to receive their no cost (up to \$15) safe transportation home. WRAP’s weekly Holiday SoberRide promo codes will be posted at 2:00 pm on Dec. 15, Dec. 23 and Dec. 31 on [www.SoberRide.com](http://www.SoberRide.com).

### 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.

### ELECTRONICS RECYCLING

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

## CRIME REPORT

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

**DESTRUCTION OF PROPERTY/HIT AND RUN/UNLAWFUL ENTRY:** 13500 block of Portage Place, Dec. 10. A vehicle was reported driving recklessly, causing damage to property. A short while later, officers were called to a three-car accident where one of the drivers walked away from the scene. An investigation revealed the driver who left the scene was 54-year-old man from Centreville. Around 4:40 a.m., officers were called to the 13700 block of Frankfort Court for an unknown male sleeping inside a residence. Officers identified the man as the suspect and placed him under arrest for two counts of hit and run, destruction of property, and trespassing.

**HIT-AND-RUN/DUI/ARREST:** Route 50 near Stringfellow Road, Nov.

25 around 2:44 a.m. An officer was at a red light when another driver side-swiped his cruiser and continued down the road. The officer activated his lights and the vehicle came to a stop a short distance later after running a red light. A 47-year-old man from Nokesville was arrested and charged with DWI. The officer was not injured in the accident.

**BRANDISHING/ARREST:** 6900 block of Sharpsburg Drive, Nov. 18 around 12 a.m. An ongoing dispute between two men escalated with one pointing a gun at the other. A 48-year-old man was arrested and charged with brandishing a firearm.

DEC. 11  
LARCENIES  
4400 block of Chantilly Shopping Center, beer from business  
14100 block of Lee Highway, cell phone from business  
6300 block of Multiplex Drive, mer-

chandise from business  
STOLEN VEHICLES  
13400 block of Point Pleasant Drive, 2007 Toyota RAV  
DEC. 8  
LARCENIES  
14400 block of Chantilly Crossing Lane, property from business  
5900 block of Gunther Court, packages from porch  
5900 block of Raina Drive, package from porch  
DEC. 7  
LARCENIES  
6600 block of Skylemar Trail, jewelry from residence  
12600 block of Water Street, credit card from residence  
DEC. 5  
STOLEN VEHICLES  
6500 block of Skylemar Trail, 2017 Kia Sportage  
DEC. 4



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**Sunday, December 24, Fourth Sunday of Advent Liturgy**

- 9:30 AM – Service of Holy Eucharist, *music*

**Sunday, December 24, Christmas Eve**

- 4:00 PM – Service of Holy Eucharist, *choir*
- 9:30 PM – Service of Holy Eucharist, *special music by the St. John’s Choir*
- 10:00 PM – Service of Holy Eucharist, *choir*

**Monday, December 25, Christmas Day**

- 9:30 AM – Service of Holy Eucharist, *music*



The Rev. Carol Hancock, Rector



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## SPORTS



PHOTOS BY WILL PALENSCAR

Westfield coaches and players pose for a post game 6A Championship photo.

# Third in a Row

**Westfield earns third  
consecutive state 6A  
football title.**

BY WILL PALENSCAR

**T**wo days after a winter storm struck Virginia causing the rescheduling of all state championship games, the Westfield Bulldogs did it again. Originally the championship was scheduled for Saturday, Dec. 9, at Armstrong Stadium in Hampton, Va., but because of power outages and snow and icy roads, the Virginia High School League (VHSL) opted to play the game one day later.

Oscar Smith would open scoring with 3:06 to play in the first quarter when Cam'Ron Kelly ran 71 yards for a touchdown. After a PAT, Oscar Smith led 7-0. After a 15 yard penalty on Oscar Smith for a face mask, Westfield was determined to get the ball to their playmaker, Taylor Morin. A pass to Morin netted 8 yards and then the ensuing play with a 3-yard run by Eugene Asante gave Westfield a new set of downs. On 1<sup>st</sup> and 2nd down, Kim's passes went in-



**Matt Cirillo #88 looks to clear a path for teammate Eugene Asante #8. Asante carried the ball 19 times for 109 yards and a TD in the 6A State Championship game with Oscar Smith**

complete to Morin. Moments later after once again moving the chains, Kim would connect with Morin from 46 yards out and after a Bulldog PAT, it was

SEE CHAMPIONS, PAGE 7



**Taylor Morin #2 works for extra yardage along the Westfield sideline.**



**Saadiq Hinton #3 secures the Westfield win after intercepting a ball on the 1 yard line.**



# SPORTS

## Champions

FROM PAGE 6

tied up again.

In the second quarter after a Westfield punt, Oscar Smith's Cam'Ron Kelly fumbled the ball after a hit by Israel McClain, which was recovered by Elijah Aikines. Six plays later on 3<sup>rd</sup> and 15, Westfield QB Noah Kim would connect with Joe Clancy on the Oscar Smith side of the field where Clancy would extend the ball across the goal line for a 17-yard touchdown with 7:26 to play in the quarter, giving Westfield a 14-7 advantage. On the sixth play of the ensuing drive, Westfield's Alex Shadkhoo intercepted the Oscar Smith QB.

Westfield had deferred to the second half kickoff and made the most of the opening possession. On first down, Bizzett Woodley would bring in a Kim pass for 18 yards to the Oscar Smith 44 yard line. Two plays later Asante would blast down the Westfield sideline for a 44-yard TD run. After a missed extra point, the Bulldogs were up 20-7.

After getting the ball back, Khalid Wilson ran the ball four consecutive times for Oscar Smith. On the next play, Dominique Brooks completed a 52-yard pass to Cam'Ron Kelly for a touchdown pulling the Tigers to within six points after a successful PAT, 20-14. A Westfield punt was then blocked. Khalid Wilson would run the ball five more times before a Dominique Brooks' 1-yard TD, with 4:37 to play in the third quarter, giving Oscar Smith a 21-20 lead after a PAT. Again, Westfield would strike back on 3<sup>rd</sup> and 9 when Kim would throw his third TD pass of the game hitting a wide open Gavin Kiley for 88 yards. Westfield opted to go for a 2 point conversion, which was successful when Kim hit Joe Clancy. Westfield held a 28-21 lead heading into the fourth quarter.

After both teams were unsuccessful on their first series of the fourth quarter, Westfield's Taylor Morin opted to throw the ball. Morin's pass was intercepted by Cam'Ron Kelly, who returned it 38 yards to the Westfield 23. On 2<sup>nd</sup> down Morin would return the favor to Oscar Smith with his second interception of the game. Six plays later Westfield coughed up the ball and Oscar Smith recovered on their 49 with :27 to play. Two plays later Saadiq Hinton would close the door on Oscar Smith when he intercepted a pass at the 1 yard line.

Sophomore QB Noah Kim threw for three touchdowns on 8 of 21 attempts for 205 yards. Running Back Eugene Asante carried the ball 19 times for 109 yards and a TD. Taylor Morin had two interceptions on defense and caught five passes for 82 yards and a TD. Defensively Westfield sacked the Oscar Smith QB, three times. Dylan Winesett and Eric Schweiger teamed up for one sack and Nolan Cockrill and Aaron Dischun each had a solo sack. Alex Shadkhoo and Sadiq Hinton each intercepted the Oscar Smith QB.

With the 28-21 win, Westfield ends the season (15-0) and a historic third consecutive state 6A football title — the first time a 6A team has accomplished this. Westfield won previous 6A titles in 2003, 2007, 2015, 2016 and now 2017.

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## As Good As It Gets



By KENNETH B. LOURIE

Five weeks of blissful ignorance. (Speak for yourself. I am.) No 24-hour urine collection. No pre-chemotherapy lab work. No chemotherapy infusion. No CT scan. No follow-up appointment with my oncologist — or any other doctor for that matter. No brain MRI. No fasting. No emailing. No prescription-drug refilling. No vitals. No weight check. No taste/eating side effects. No anything. Other than pretending and presuming that all is not wrong in my “whirled” (my underlying diagnosis), life is for the living, and I’m living proof, random though it may be, that an incredibly grim/surreal prognosis: “13 months to two years,” was not all it was cracked up to be.

Forgive me if I unleash my pent-up inner demons. As a cancer patient, there’s just so much to worry about; daily, weekly, monthly and always, that when you get a break/brake in the action, it becomes a moment in time to celebrate and cherish.

Good things may come in small packages, but great things come in five-week intervals. And though the minor deficits I have as a result of nearly nine years of chemotherapy have not dissipated; in the scheme of things, in the midst of two-fortnights-and-a-half of “uncumbrances,” to quote my late father, I am “untethered,” to once again quote my father. This time however, quoting the late, great Sid Caesar for a skit he performed (involving “an elephant,” my father always said) on “The Show of Shows” back in the early 50s.

And so for the next month and change, I am almost normal (or a reasonable facsimile thereof); other than following my daily anti-cancer, non-Western routine which I have long ago assimilated into my dos and don’ts, that is. A routine which, though it can always be enhanced, is a direct result of the advice I’ve received from my certified Holistic Health Coach. And despite the fact that I may not exactly be on the straight and narrow — more like the squiggly and wiggly, I certainly am not on the path I was when my cancer cells activated after I slid into my first PET scan back in early February 2009, and “lit it up like a Christmas tree,” according to my thoracic surgeon. An indication/confirmation which led to a surgical biopsy a week or so later which then led to the last nine years of my life.

Still, it’s been a life worth living and one for which I have few regrets. I have lived so far beyond my original prognosis, it’s not even funny; it’s ridiculous. Sure, I’m doing more of the right things than I ever did, but hardly am I the poster boy for “see what happens when you ... .” If I’m the poster boy for anything, it’s more likely “how to maintain and even increase your weight while being treated for stage IV, non-small cell lung cancer.”

Not that I won’t savor the moments ahead, but I am mindful, which led to the substance of this column, of what happens after this semi-party is over: Jan. 2, 2018 — 24-hour urine collection; Jan. 3, 2018 — pre-chemotherapy lab work; Jan. 5, 2018 — chemotherapy infusion; Jan. 17, 2018 — CT scan; and finally, Jan. 26, 2018 — follow-up appointment with my oncologist to discuss the results of my scan, and then maybe another emotional honeymoon or, God forbid, a nightmare that diagnosis to date has rarely raised its ugly head.

That possibility roams my head, constantly; compartmentalized — yes; “in the vault” — yes, but unfortunately, “the cancer,” (as “Forrest, Forrest Gump” said) still in my body and, medically speaking, not yet something one can flush out with treatment. But there’s always hope.

In the past few years, the FDA has approved half-a-dozen new lung cancer drugs, more than during the preceding decade. I don’t think medical professionals would say they have lung cancer on the run; they might say however, they have it on the trot. Which is good for me because I can’t run, but I can trot.

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



# HOLIDAY ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Bull Run Festival of Lights.** Through Jan. 7, 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](http://www.novaparks.com/events/bull-run-festival-of-lights).

## DEC. 14-16

### "Into the Woods" Musical.

Thursday Dec. 14 at 3 p.m.; Friday, Dec. 15 at 7:30 p.m.; Saturday, Dec. 16 at 3 p.m. At Stone Middle School, 5500 Sully Park Drive, Centreville. \$7. Call 703-631-5500 for more.

## FRIDAY/DEC. 15

**Indian Dance Class.** 10:30 a.m. at the Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Artistic dance and exercise every Friday in December. Call 703-380-0660 for more.

**Levi Stephens in Concert.** 4:30-8:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SUNDAY/DEC. 16

**Ken Fischer in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [wineryatbullrun.com](http://wineryatbullrun.com).

**Candlelight Tours.** 4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. "Christmas on the Homefront" is the spirit of a 1940s Christmas. Listen to recorded historic big band music and festive carols. Learn about rationing and cooking with substitutions, made necessary by the war. Period soldiers share the latest on the war and efforts on the homefront. \$10 per person and may be purchased online at [www.fairfaxcounty.gov/parks/sully](http://www.fairfaxcounty.gov/parks/sully). For information, call 703-437-1794.

## SUNDAY/DEC. 17

**Victorian Tea.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Museum members and under 4, free; ages 5-15, \$2; 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org) for more.

**Brian Franke in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

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## TUESDAY/DEC. 19

**Tai Chi Tuesdays.** 12:30 p.m. at the



## Middle School Musical

**"Into the Woods" Musical on Thursday Dec. 14 at 3 p.m.; Friday, Dec. 15 at 7:30 p.m.; Saturday, Dec. 16 at 3 p.m. At Stone Middle School, 5500 Sully Park Drive, Centreville. \$7. Call 703-631-5500 for more.**

Sully Senior Center, 14426 Albemarle Point Place, Chantilly. A gentle movements class to develop strength and balance, class every Tuesday. Call 703-380-0660 for more.

## FRIDAY/DEC. 22

**Phil Selz in Concert.** 4:30-8:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/DEC. 23

**Britton James in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SUNDAY/DEC. 24

**David Thong in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## TUESDAY/DEC. 26

**Music Sing and Dance.** 12:30 p.m. at the Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Sing and Swing w Chris Edwards. Call 703-380-0660 for more.

## THURSDAY/DEC. 28

**The Nutcracker.** 2 and 7 p.m. at the Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. The Virginia Ballet Company is presenting its 68th annual production of "The Nutcracker." This is a full-length, professionally-staged ballet. \$30 for adults and \$20 for children, seniors and students at VABallet.org. Email [vbcoffice@vaballet.org](mailto:vbcoffice@vaballet.org) or call 703-249-8227 for more.

## FRIDAY/DEC. 29

**The Nutcracker.** 2 and 7 p.m. at the Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. The Virginia Ballet Company is presenting its 68th annual production of "The Nutcracker." This is a full-length, professionally-staged ballet. \$30 for adults and \$20 for children, seniors and students at VABallet.org. Email [vbcoffice@vaballet.org](mailto:vbcoffice@vaballet.org) or call 703-249-8227 for more.

**Joe Bernui in Concert.** 4:30-8:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/DEC. 30

**James Stevens in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SUNDAY/DEC. 31

**New Years Eve Party.** 9 p.m.-1:30 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. A glass of Champagne upon arrival, DJ Paul Surreal and photo booth, door prizes and Champagne toast at midnight. Bonn Boni food truck will be on site. \$50. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/FEB. 10

**Ping Pong Tournament.** 9 a.m.-4 p.m. at Clifton Town Hall, 12641 Chapel Road. In-door activity in the middle of winter that includes cookies from Clifton's own Sweet Annaline's. Free. Visit [clifton-va.com](http://clifton-va.com).

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