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Chantilly

CONNECTION

Fair Oaks ♦ Fair Lakes

Senior Living

PAGE 9

Homecoming

Parade

The Field Hockey team strikes a pose during Chantilly High's Homecoming Parade last Friday.

NEWS, PAGE 3

Habit Burger Grill

Open for Business

NEWS, PAGE 2

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CALENDAR, PAGE 12 ♦ CLASSIFIEDS, PAGE 10

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Supervisor Kathy Smith (D-Sully) and District Manager Frank Costello cut the ribbon on the new Habit Burger, while female employees (from left) Jenne Mendez and Alicia Lizama look on.



Customer Tracy Galgana ordered a Portabella Char, a Santa Barbara Char lettuce wrap and Tempura Green Beans for her family.

‘Fresh and Made-to-Order’ Habit Burger Grill is open for business.

BY BONNIE HOBBS

Whether residents have a craving for a chargrilled hamburger, a hearty salad or even ahi tuna, they can satisfy their taste buds at the Habit Burger Grill in Chantilly. It's at 14385 Newbrook Drive, across from the new Wegmans, in The Fields at Commonwealth shopping center.

"We're not frilly, fancy or gimmicky," said District Manager Frank Costello. "We make one burger at a time, as good as possible. And we believe that — day after day, week after week, year after year — people will come back, because that's happened at all our other locations. We also give good value and are focused on hospitality and an inviting environment."

From its beginnings as a beach shack in Santa Barbara, Calif., in 1969, the chain has grown to more than 230 restaurants in 11 states and four international locations. But it's only the second one in Virginia (the first is in Ashburn) and the first in Fairfax County.

"This demographic is perfect for us," said spokeswoman Jill Collins. "It's such a fast-growing part of the county; and having the Wegmans nearby will be a magnet. And we're surrounded by residential and business areas."

Habit Burger's official ribbon-cutting was Sept. 20, but it actually opened a few days earlier. One of its first events was a Sept. 16 fundraiser for Chantilly High, with 100-percent of the proceeds from 5-7 p.m. going to the school's Athletic Boosters.

"We're big on giving back to the local community," said Costello. "And we're also raising money via donations for No Kid Hungry." Delighted with the newest restaurant, he said, "It's exciting to have our second location in Northern Virginia, and we're looking forward to more to come."

The 2,295-square-foot restaurant seats 43 people inside and 20 on the heated patio. It's open daily, from 10:30 a.m.-10 p.m., and 30 local residents are among the employees, including students from Chantilly and Westfield high schools.

"What sets us apart is our charbroiler," said Costello. "Our Charburgers are grilled over an open flame for an enhanced, flavor profile. Everything's made-to-order and we even toast the buns. And people can make substitutions."

The signature Charburger features fresh, never-frozen ground beef grilled over an open flame and topped with melted cheese, caramelized onions, pickles, lettuce, tomato and mayonnaise on a toasted bun. And in 2014, it was named "Best-tasting burger in America" by Consumer Reports.

But, said Costello, "We have more versatility in our menu than other fast-casual restaurants. For example, we also offer hand-trimmed steak sandwiches, a sushi-grade ahi tuna filet and a vegan veggie burger. And we can do lettuce wraps for those on gluten-free diets."

He said the most popular menu items are the Double Charburger; the Santa Barbara Char — a double Charburger with cheese and avocado on grilled sourdough bread; and the grilled chicken sandwich, which includes melted cheese and a choice of barbecue or teriyaki sauce.

"I'd particularly recommend our Santa Barbara Cobb Salad, which comes with avocado, bacon, fresh-crumbled bleu cheese and red-wine vinaigrette," said Costello. "And the Portabella Char has roasted garlic aioli and cheese."

Besides French fries, the sides include onion rings, sweet potato fries, a regular or Caesar salad and Tempura Green Beans. "Our green beans are unique, and we make an in-house, ranch dressing for them," said Costello.

Among the beverages are sodas, various teas, hand-spun milkshakes and malts, strawberry limeade, and even a blueberry, citrus and mint agua fresca. And Habit Burger's CharClub members receive points toward free food; sign up at www.habitburger.com/chantilly.

Although it's only been open a few weeks, the restaurant already has some loyal fans. On a recent Sunday, Greenbriar resident Mike Ortega enjoyed a grilled chicken sandwich and Caesar salad there.

"The sandwich was very good, and you could custom-order it the way you like it," he said. "So I had it with lettuce, tomato, mayonnaise and avocado — and they put the right amount of everything on it. The salad was pretty tasty, too; it was evenly put-together and they didn't overdo the dressing. We'll be back."

Eating with Ortega was Greenbriar's Erin Anderson, who ordered a Charburger with a side salad. "They cooked the burger perfectly," she said. "And I

SEE HABITAT BURGER, PAGE 11

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Chantilly High's Homecoming Parade

The parade was Friday, Sept. 28 in Greenbriar.



Chantilly's Air Force JROTC leads the parade.



CYA cheerleaders having fun marching.



Freshman Volleyball team members.



Varsity Swim and Dive teammates throw candy to the crowd.



Boy Scout Troop 1133

www.ConnectionNewspapers.com



Girl Scout Troop 2987

PHOTOS BY BONNIE HOBBS



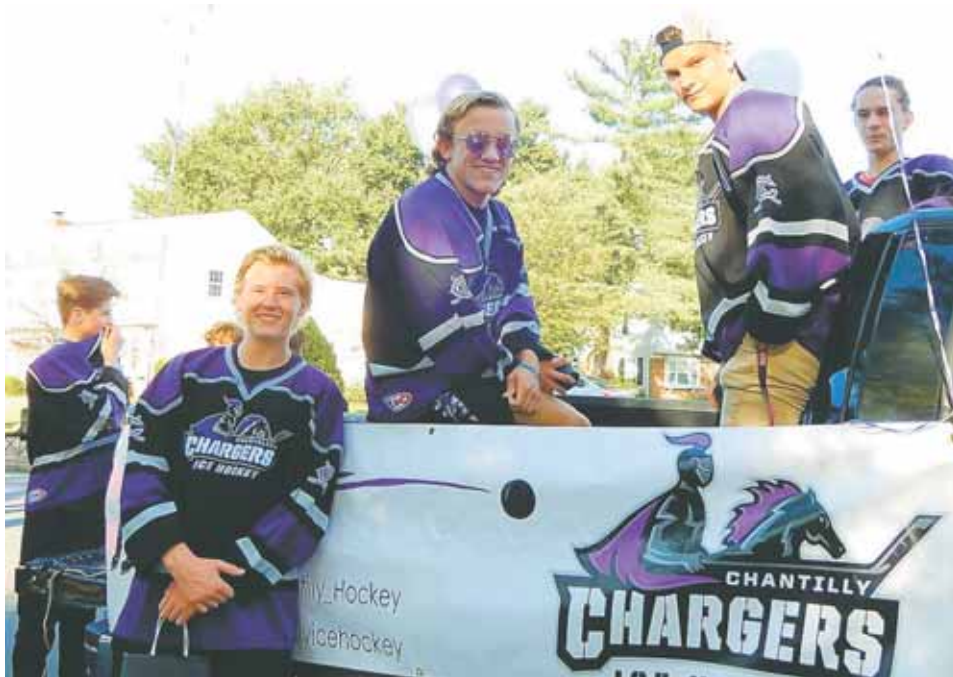
Chantilly Chargers Color Guard.



The Chantilly High Marching Band.

PHOTOS BY BONNIE HOBBS

Chantilly High's Homecoming Parade



Some members of the Ice Hockey team.



Senior Court members Mia Pham and Colton Anderson.



Sophomore cheerleaders.



Some members of the school's Hip Hop Club.

Senate Election Is Blast from the Past

BY MICHAEL LEE POPE
THE CONNECTION

Elections rarely get do-overs. Winners make victory speeches, and losers slink away to become consultants. But this year's election for U.S. Senate features two key players in the 2016 presidential election that upended American politics. For both sides, it's become a proxy of sorts. Democrats are eager to undo what they see as the damage that happened two years ago. And Republicans are aiming to improve on their lackluster performance in Virginia. And yet even though voters will be confronted by a ballot that includes Democrat Tim Kaine and Republican Corey Stewart, it's likely that voters will view this race squarely as a referendum on President Donald Trump.

"This is a president who's really dominating the narrative every news cycle," said Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington. "That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

Kaine, a former governor, worked his way up in Virginia politics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S.

senator.

Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law. Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

"When Corey Stewart says 'Take Virginia Back,' Virginians don't want to go back," said Kaine during a recent debate in Northern Virginia. "There's nothing in the rearview mirror that looks better to Virginia than what we can see in the windshield going forward."

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part because a lot of the big-money Republican donors are staying away from Corey Stewart — people like the Koch brothers, for example, or the National Republican Senate Committee. And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made be-

fore securing the Republican nomination that he would run a "vicious" campaign against Kaine.

"What about the \$17 million you paid in hush money to the 268 separate complaints, senator, against you and other members of the U.S. Congress?" Stewart asked Kaine during the Northern Virginia Chamber of Commerce debate in Tysons Corner.

"You just tried to slip in that there were complaints against me," Kaine shot back. "And that is completely false."

"Well how do we know that?" replied Stewart.

"Oh, so you think you can just make it up without any facts," responded Kaine.

After the debate was over, both candidates took questions from the media at the Capitol One Center. Stewart was pressed for any evidence that anyone had ever filed any kind of complaint against Kaine. He was unable to present any, an indication that the final few weeks of the campaign might end up being a wild ride for Republicans. Earlier this year, the party's chamber-of-commerce faction failed to gain any traction against the Trump wing of the party that Stewart has been leading since long before the New York developer and reality TV star announced for president.

"You had the same battle with Oliver North. You had the same battle with Ken

Cuccinelli," said Republican consultant Dan Scandling. "It's a long-standing, long-running arch-conservative versus the quote-unquote establishment conservative."

BEHIND THE RHETORIC and the insults, much of the campaign is a rather garden variety contest between red and blue. Kaine supports universal background checks for gun purchases while Stewart supports ditching gun-free zones. Kaine supports the ongoing investigation into Russia's role in influencing the 2016 election; Stewart invited a round of unintentional laughter during a debate earlier this year when he suggested Trump was "standing up to Russia." Perhaps one of the starkest policy distinctions is international trade, a topic where Stewart is on board with the president's tariffs.

"Go visit the Ikea plant in Danville," Kaine said to Stewart at one debate earlier this year. "Go visit other advanced manufacturing facilities in Danville that I worked on when I was governor. I know that you haven't."

In response to that moment on the campaign trail, Stewart scheduled a press conference in Danville. Standing in front of a shuttered factory, Stewart defended the president's protectionist policies.

"We've had enough," Stewart said. "And SEE SENATOR ELECTION, PAGE 11

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OPINION

Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained staff to answer the “hotline” in Northern Virginia.

It's clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO

Wendy Gradison, and those numbers will continue to increase with successful outreach.

PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers

from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from

local area codes.

Centers like PRS CrisisLink are provided an annual stipend to provide the Lifeline and rely heavily on local government, donations and a volunteer workforce to offset the financial challenges centers face to participate in the Lifeline. If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When sent out of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

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.

will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

struggles; stop yelling, lecturing, and nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's “Promo” section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code

THURSDAY/OCT. 4

Enjoy Your Strong-Willed Child. 7-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power struggles; stop yelling, lecturing, and

FRIDAY/OCT. 5

Enjoy Your Strong-Willed Child. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power

SUNDAY/OCT. 7

Volunteers Wanted. The 51st annual Clifton Day is fast approaching and it takes a lot of behind the scenes help to pull off. There will be plenty of opportunity available to both adults and teens 14 years and older to volunteer. Contact Mimi Stein or Kandace Rash at cliftonday.volunteer@gmail.com. Visit www.signupgenius.com/go/10c0c48aba92fa02-clifton to volunteer.

TUESDAY/OCT. 9

American Legion Meeting. 7:30-9 p.m. at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. The American Legion is a veterans and community service organization whose mission is to support veterans, promote patriotism, and work with local communities on programs that support Americanism and Youth/Children such as Boys/Girls State and Scouting. Post 1995 Centreville's monthly membership meetings are held the second Tuesday of each month. The Post's Auxiliary unit also meets in an adjoining room. Family members are welcome. Free. Email centrevillepost1995@gmail.com.

WEDNESDAY/OCT. 10

Walk to School. Fairfax County Public Schools (FCPS) will participate in International Walk to School Day in an effort to promote physical activity and reduce traffic congestion and pollution near schools. Students and employees are encouraged to bike or walk to school and work. Parents are encouraged to accompany their children to school, and to work with their school and PTA or PTO to assemble bike trains or walking groups for the event. FCPS has compiled information on walking and biking to school, including information on applying for grants and safety tips at www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-srts. Motorists are urged to be vigilant of bikers and pedestrians on Bike to School Day.



Scouting's Award of Merit

Sully District Award of Merit Recipients at the Annual Sully District Award Pot Luck Dessert Banquet, which was held at St. Timothy's Catholic Church cafeteria.

This year's recipients for the Sully District Award of Merit recipients are, from left, Christopher T. Davids, Dave Carmichael, and Mike Warsocki.



PHOTOS CONTRIBUTED

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A Connection Newspaper

WFCM To Honor Michael Adere

The Western Fairfax Christian Ministries Annual Fellowship Dinner will be held Friday, Oct. 12, from 6-9 p.m., at the Westfields Marriott in Chantilly. WFCM provides life-essential services to those in need in western Fairfax County, and this dinner celebrates the collaboration it and the local community.

Guest speaker is four-time, Pro Bowler Ken Harvey, a former outside linebacker with the Washington Redskins. Entertainment will be provided by the Potomac Harmony Chorus. This award-winning, 50-singer, a cappella barber-shop ensemble is comprised of women from all over the Washington, D.C., Metro area.



Michael Adere

The emcee is NBC News correspondent Tracie Potts. And the event's honoree will be Michael

Adere for his work with the Sully District Scouting for Food program.

"Michael has been active in Centreville for over 25 years," said WFCM Executive Director Rebecca Kolowé. "His unselfish giving of his time has touched the lives of hundreds of youth in the community. From school field trips, chaperone and booster with the Centreville High choral program, coaching youth sports, active participation in his church, Board of Trustees of his homeowners association to his above-the-normal call to duty with the Boy Scouts, Michael is the 'Energizer Bunny' that keeps all who know him upbeat and motivated to join in and help out."

"Michael is the Scouting for

Food guru for Sully District and WFCM, working tirelessly for weeks in advance of bag drop-off and food pick-up weekends," she continued. "He's currently in his 14th year as Sully District Scouting for Food chairman and is already working on logistics for this year's food drive in early November. Over the past 13 years, WFCM

has received more than 630,000 pounds of food from this effort."

To attend the dinner, go to <http://wfcmv.org/2018-dinner/> and click on "Join Us." Tickets are \$125/person and help support the work WFCM does to help those in need in the community.

— BONNIE HOBBS

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, Oct. 16, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary.

But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Volunteers Needed for Event

Volunteers are needed to help with the annual Boy Scout "Scouting for Food" Drive to benefit Western Fairfax Christian Ministries' Food Pantry. It's set for Saturday, Nov. 10, at the parking garage at 14280 Park Meadow Drive in Chantilly. Students, families

and other groups are welcome to lend a hand. Strong arms/backers are helpful to lift crates of food and to also be a truck-driver helper. Three-hour shifts are available between 10 a.m. and 5:30 p.m. For more information and to sign up, go to: ScoutingForFood@wfcmv.org.

Driver Safety Assistants Needed

Volunteers are needed to help older adults in the CarFit program. Participants in the program drive their cars to a specified location where CarFit volunteers help the drivers adjust their car's seat, mirrors, and other features to maximize their comfort and safety.

Working under the supervision/guidance of CarFit event coordinators, volunteers will review a 12-point safety checklist with participants. Volunteers must be licensed drivers, have good time management skills and be able to stoop down. A four-hour mandatory training will be held on Thursday, Sept. 6, at the Mott Center in Fairfax.

To learn more go to <https://car-fit.org>, or call Volunteer Solutions at 703-324-5406.



Water Rocket Launch

The new school year for Cub Scout Pack 1459 began with a Water Rocket Launch as current Scouts reunited with each other and potential Scouts. Boys, in grades kindergarten through 5th grade, are invited to join the pack, which meets at Poplar Tree Elementary. Camping, hiking, STEM activities, leadership opportunities, community service, Pinewood

Derby racing, sportsmanship, and so more can be found in Scouting. For more information or to join the pack, contact pack1459chantilly@gmail.com.

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SPORTS



The Chantilly Dance Team shows off their creativity during the halftime show.

Chantilly Loses Homecoming Game to Yorktown

PHOTOS BY TOM MANNING/THE CONNECTION

Chantilly's hope for a comeback Homecoming win were spoiled by Yorktown on Friday, Sept. 28. After tying the game with a field goal late in the 4th quarter to even the score at 13-13, Yorktown quickly moved the ball downfield to set up the game-winning touchdown and two-point conversion with only seconds left on the clock. The final score was Chantilly 13 and Yorktown 21. Chantilly is now 2-4 on the season and will play Madison next at home on Oct. 12.



Chantilly's Mark Robinson #21 tries to run past Yorktown defender #84 Evan Potker on a punt return in the second quarter.



Chantilly football players storm the field and bust through a banner before the start of their Homecoming game against Yorktown.



Zach Carter and Camille Duong were crowned the Homecoming King and Queen.



Chantilly RB Dylan Sparks #2 busts a hole through the Yorktown defensive line and makes his way downfield for a first down early in the third quarter.

SENIOR LIVING

PHOTO COURTESY OF MONTGOMERY COLLEGE



Centers like the Lifelong Learning Institute, Montgomery College offers seniors opportunities for invaluable social connections, says program director Natasha Sacks.

Life After Retirement

Staying engaged, connected and active.

BY MARILYN CAMPBELL

Oliver Moore couldn't decide between code breaking during the Civil War, the music of 20th century French composers or instruction on transforming his own ideas into poetry. He weighed his options while perusing the class listings at centers at two local colleges and finally decided in favor of pursuing his literary predilections and chose a poetry class at The Osher Lifelong Learning Institute (OLLI) at George Mason University.

"I spent 40 years practicing law and when I stopped working, suddenly there was this void that my work and my colleagues used to fill," said Moore, a 72-year old who lives in Fairfax. "My daughter reminded me that I'd always had all these ideas of things I thought were interesting and wanted to learn about but never had time. I enjoy the cultural and social activities and meeting people whose backgrounds and interests are similar to mine."

A recent study by the American Academy of Neurology confirms Moore's observations. Researchers found that staying socially active and engaged reduced the risk of dementia, depression and other mental and physical illnesses among seniors. Moore's quest to fill his days with engagements that mirrored the energy and mental rigor of those offered by his law career could actually boost his brain health, according to a report by the National Institute of Mental Health, which found cognitive decline was 70 percent lower in seniors who maintained social connections.

However, due to factors like retirement, physical limitations, and the death of a spouse or close friends, staying connected is fraught with complications.

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks," said Natasha Sacks, a mental health therapist and, Program Director for Lifelong Learning Institute, at Montgomery College. "The research shows that social interactions are invaluable for emotional well-being, brain plasticity, and support in crisis or everyday living."

"Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age," said Sue Fitzgerald, Ph.D, a geriatrics counselor in Arlington. "It takes extra effort to stay connected, but doing so is so very critical. It's easy to get depressed and fall into a downward spiral of loneliness and isolation. Sometimes

you have to be creative in finding opportunities to engage with others, and it might even feel contrived at first, but the benefits are well worth the effort."

Like Moore, one of the ways that seniors stay active and socially connected is through educational institutes established for older adult like OLLI and the Lifelong Learning Institute, Montgomery College.

"I enjoy learning just for the sake of learning and exploring something new," said Alma White, a retired nurse who lives in Bethesda and has taken classes with the Lifelong Learning Institute, Montgomery College.

Volunteer work offers a chance for social engagement that also offers one a sense of purpose, says Carmen LaGrange, LCSW, a therapist who works almost exclusively with older patients. "Having a feeling that you're contributing to something greater than yourself can help people feel like their life has meaning and that they're here for a reason," she said. "Helping other people is a great way to create a sense of purpose and develop gratitude and fend off self-pity and depression."

LaGrange recommends Senior Corps, a government organization that matches seniors with organizations in need of volunteers.

"Many of our students serve on committees and volunteer to give back to the community and in the process build meaningful social connections," added Saks.

Spirituality can also offer a source of companionship while simultaneously boosting one's well being, advises Fitzgerald. "A sense of community is a central to most faith groups," she said. "Relationships are found, made and strengthened through activities like a choir, religious study or prayer groups, where people can spend time with others who are like minded and share some of their beliefs."

For those who had a strong identity attached to work and enjoyed the resulting social connections that it brought, they might consider part-time work.

"Some people have a hard time dealing with a lack of structure and a place to go everyday where others are depending on them," said LaGrange. "In those cases seniors might consider a part-time job that doesn't have the commitment of full-time, high-pressure employment, but does come with mental stimulation, a social benefit of colleagues and other counting on you to be at a certain place at a certain time."

"For those still in the workforce, I would say be methodical about maintaining and growing social connections so that it will come more naturally when you retire," Fitzgerald said.



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News



PHOTOS BY WILL PALENSCAR

Westfield QB Noah Kim # 10 scored the first two Westfield touchdowns including this one from 4 yards out. Kim would complete 15 of his 21 passes for 216 yards and a TD.

Bulldogs Extend Win Streak

The Westfield Bulldogs traveled to Nokesville for a non-conference game with the Patriot Pioneers on Friday, Sept. 28. The two schools faced each other twice in 2017, the first on Sept. 26 with Westfield pulling out a 46-33 win. Then in the VHSL playoffs, Westfield would again best the Pioneers with a 35-6 victory.

Westfield Senior QB Noah Kim, completed 15-21 for 216 yards and a TD, and rush for two more touchdowns. Kim ran in from 5 yards out with 2:46 to play in the opening quarter to give Westfield an early 7-0 advantage.

In the second quarter, Kim rushed in from 1 yard out to give the Bulldogs a 14-0 advantage, with 6:31 to play in the second quarter. Kim would then connect with Bizzet Woodley who ran in on a 15-yard reception. Woodley finished the game with six catches for 64 yards and a TD. Westfield would take a commanding 21-0 lead going into halftime.

In the third quarter, Westfield's Eugene Asante ran in from 15 yards out and the Bulldogs final score with 9:17 to play in the quarter. Asante carried the ball seven times for 34 yards and a TD.

With the 28-0 win, the Westfield (5-0) win streak dates back 29 games, a school record. Patriot falls to



Eugene Asante #8 avoids a Patriot defender and rushes in for a 15 yard touchdown to help Westfield to a 28-0 win.

(2-3). Wake Forest commit Taylor Morin caught five passes for 132 yards, and intercepted Patriot QB Chris Sonnenberg. Isaiah Daniel rushed for 53 yards on 13 carries, and Sean Goodman rushed for 27 yards on seven carries. Gavin Kiley also had two receptions for 11 yards.

Westfield will play at Madison HS (4-1) on Friday. Patriot HS will play at Stonewall Jackson HS.



Bizzet Woodley #17 brings in one of his six receptions, this for a 15 yard TD pass.

Habit Burger

FROM PAGE 2
liked the toppings options and how you could customize your burger. It tasted very good."

Saying she'd recommend Habit Burger to others, Anderson said, "It's a good location, they have other things to eat besides burgers – such as chicken and ahi tuna – and I like the restaurant's set-up and décor."

Also there was Chantilly resident Tracy Galgana, who got a Portabella Char, a Santa Barbara Char lettuce wrap and Tempura Green Beans for her family. "We've been going to the Ashburn location, at least once a week, because we love the burgers," she said. "So we were so excited to have this one open here."

"The staff is always friendly and the food is always great," she continued. "It's fresh and made-to-order, and that's what I like most. My lettuce wrap was filling and delicious, and the kids liked their bread because they steam it for children so it's easier for them to eat. I recommend this restaurant over any other burger place."

Senate Election

FROM PAGE 5
let the word go out there on behalf of the president of the United States and all those who are standing up for American workers: We've had enough, and we're bringing back manufacturing to Danville and in fact all of the United States of America."

It's that sense of urban versus rural that is at the heart of the campaign between Kaine and Stewart. Polling suggests that Kaine is doing well in the population centers, especially along the Interstate 95 corridor or east of it. These are places where Democrats have picked up popularity and support since 2016. Stewart, on the other hand, is doing well in Southwest Virginia. That's a part of the state that's actually experiencing somewhat of a "red wave." Last year's election returns showed this part of Virginia has actually become more Republican since Trump was elected.

"He's doing very well in places where there aren't as many people," said Farnsworth. "That's not a recipe for a statewide election victory."

KAINE AND STEWART are not the only names on the ballot. Libertarian Matt Waters is also on the ballot, but he's struggling to raise money and gain attention. The University of Mary Washington poll has Waters at 6 percent, and campaign finance records show he's raised about \$30,000. On the campaign trail, Waters has advocated doing away with restrictions on guns and abolishing the federal income tax. "I want to give American workers a seven to 10 percent pay raise by ending the federal income tax and replacing it with nothing," said Waters in his campaign announcement.

"Which is more important, being forced to pay for the Department of Education and Agriculture, or keeping more of our hard-earned money? Our paychecks do not belong to Washington. They belong to us. It is our money, our property."

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No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

ENTERTAINMENT

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

ONGOING

Cox Farms' Fall Festival. Open daily, through Nov. 6, 10 a.m.-6 p.m. (5 p.m. in November). The Fall Festival features favorite attractions including hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, Foamhenge, the Tractor Museum, and all sorts of farm animals and their babies. Admission varies \$6-\$20. Last admission one hour before closing. Visit www.coxfarms.com for more.

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

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

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaire.org for more.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

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

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.

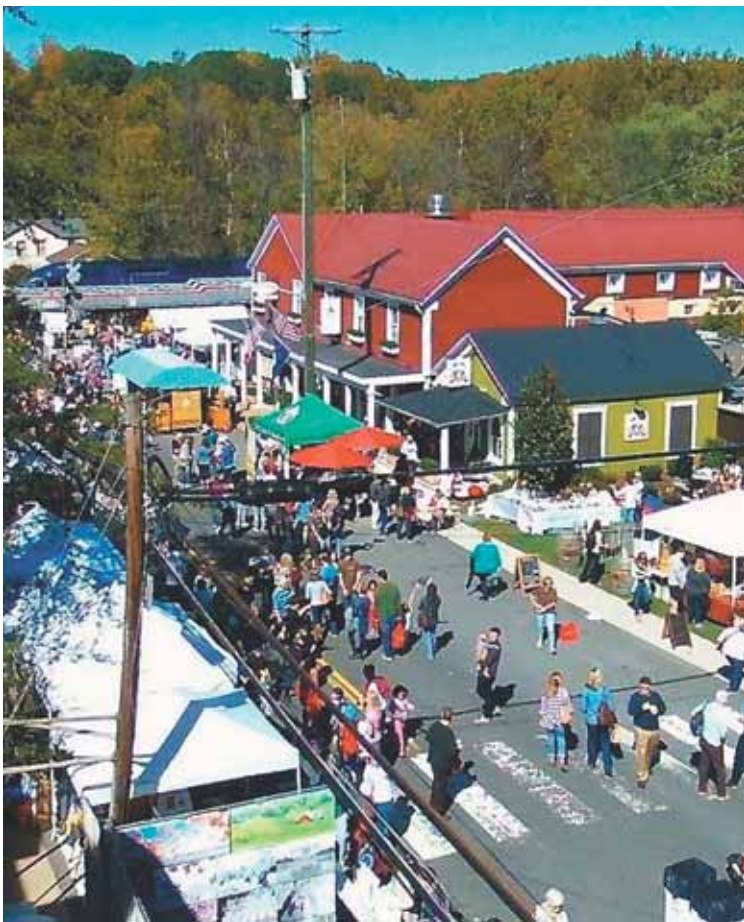
Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

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.

LIBRARY FUN

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with



Clifton Day 2018

This year's Clifton Day will feature an outdoor marketplace with 150 vendors as well as live music, train rides, crafts, children's activities and great food. Sunday, Oct. 7, 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. Admission is free. Parking starts at \$5 per car. The VRE will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under 2 ride free). Call 703-968-0740 or visit www.cliftonday.com for more.

caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives.

Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

Lego Block Party. Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

SATURDAY/OCT. 6

Mount Gilead Yard Clean Up Day. 10 a.m.-4 p.m. at 5635 Mt. Gilead

Road, Centreville. Help clean and prepare the grounds around Historic Mt. Gilead so it looks its best for the upcoming Centreville Day. If possible, bring a rake, clippers, wheelbarrow, and/or lightweight trash can. Trash bags will be furnished. Gloves, long-sleeved shirts, and sturdy shoes are recommended. Come and depart as desired. Lunch provided at 12:30 p.m. Call Ted McCord at 703-988-9535 to join the clean up.

The Astonify Show. 8-9 p.m. at The Secret Parlor Theatre, 14560 Lee Road, Chantilly. The Astonify Show – Magic & Ghosts, is a 19th Century Style Magic Show with a short full light Seance. Presented by illusionist Dean Carnegie. Tickets required, \$35-\$55. 16 and older, not suitable for small children. Theater is not handicap accessible. Call 703-404-8902 or visit astonify.com for more.

SATURDAY-SUNDAY/OCT. 6-7

Minefaire. 10 a.m.-5 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. 15,000 parents and children will connect with each other – and bridge the gap between the virtual world and the real world – when Minefaire comes to the D.C. metro area. All-inclusive tickets start at \$49; children age two and under free. Visit minefaire.com.

SATURDAY/OCT. 13

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

LEGO Train Show and Craft Fair

The Washington, D.C. Metropolitan Area LEGO Train Club will hold a special two-day display at the Fairfax Station Railroad Museum. In addition volunteers will hold science, technology, engineering and mathematic activities about railroads. Recommended for ages 8 and older. Local crafters will also be on the Museum grounds selling crafts. Please bring any unwanted LEGO pieces or sets to help support the LEGO Train Club's educational activities. Saturday-Sunday, Oct. 6-7, 10 a.m.-5 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$5. Call 703-425-9225 or visit www.fairfax-station.org.

safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.

The Astonify Show. 8-9 p.m. at The Secret Parlor Theatre, 14560 Lee Road, Chantilly. The Astonify Show – Magic & Ghosts, is a 19th Century Style Magic Show with a short full light Seance. Presented by illusionist Dean Carnegie. Tickets required, \$35-\$55. 16 and older, not suitable for small children. Theater is not handicap accessible. Call 703-404-8902 or visit astonify.com for more.

SUNDAY/OCT. 14

Mind the Memory Golf Classic & Bazaar. 8:30 a.m. at Virginia Golf Center, 5801 Clifton Road, Clifton.

The inaugural event will feature a family-friendly 9-hole, par 3, golf tournament and bazaar. All proceeds from the event support Insight Memory Care Center and Johns Hopkins University School of Medicine – Alzheimer's Disease Research Center. Golfers of all ages and skill-sets welcome. Registration is \$65 per person and includes participation in a 9-hole scramble, continental breakfast, lunch, tournament shirts, soft drinks and awards. Register at www.facebook.com/mindthememory.

T-TRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia T-TRAK members will hold a N gauge Model Train Display at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SATURDAY/OCT. 20

International Festival. 10 a.m.-4 p.m. at St Timothy Catholic Church, 13807 Poplar Tree Road, Chantilly. 6th Annual International Festival – a faith, family fun event with live entertainment, food from around the world, games and more. Tickets sold at the door. All are welcome. Call 703-266-8972 or visit

www.sttimothyfestival.org for more.

Centreville Day. 10 a.m. in Historic Centreville Park on Mount Gilead Road. The Friends of Historic Centreville invite all members of the community to Centreville Day. Discover Mount Gilead, Old Stone Church, and St. John's Church and all the fun living history activities for children and adults, including a ride on the History Train. Children can wear their costumes to trick or treat in the Marketplace while adults shop. Meet first responders, see actual equipment, and get lots of safety tips. Sample diverse flavors at the Food Court. Free parking and shuttle buses available at Trinity Centre. Free admission. Visit www.CentrevilleDay.org.

The Astonify Show. 8-9 p.m. at The Secret Parlor Theatre, 14560 Lee Road, Chantilly. The Astonify Show – Magic & Ghosts, is a 19th Century Style Magic Show with a short full light Seance. Presented by illusionist Dean Carnegie. Tickets required, \$35-\$55. 16 and older, not suitable for small children. Theater is not handicap accessible. Call 703-404-8902 or visit astonify.com for more.

SUNDAY/OCT. 21

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Model Train Display at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

FRIDAY-SUNDAY/OCT. 26-28

Used Book Sale. Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m.; and Sunday, 1-4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Gently used books, DVDs, CDs and audio books for children and adults. Sponsored by Friends of the Chantilly Regional Library to benefit programs and renovation projects at the library. Free admission. Call 703-502-3883 or visit www.fairfaxcounty.gov/library/ events for more.



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- Get a tour of the newly remodeled first floor
 - Meet the Foster Design Team
 - Meet our client and learn about their experience
 - Food and Drinks will be served
- and much more!

