

Centreville ♦ Little Rocky Run CENTREVIEW

WELLBEING

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AUGUST 7-13, 2019

25 CENTS NEWSSTAND PRICE

It's Grand Champion and Blue ribbons galore for the talented Strenglein sisters of Centreville, Summer, 11, Hannah, 8, and Brooke, 10, at the Fairfax County 71st 4-H Fair and Carnival held at Frying Pan Park in Herndon.

Youth-powered Community

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'This Will Be One Of Fairfax County's Gems'

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PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 2 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 6

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OPINION

Gun Reform Now

Reform might not happen
in Virginia until after the
November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.
- ❖ Comprehensive universal background checks.
- ❖ Ban assault weapons.
- ❖ Ban large capacity mechanisms for ammunition.

ON TUESDAY, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+lst+ALL> See <http://vssc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/ma-

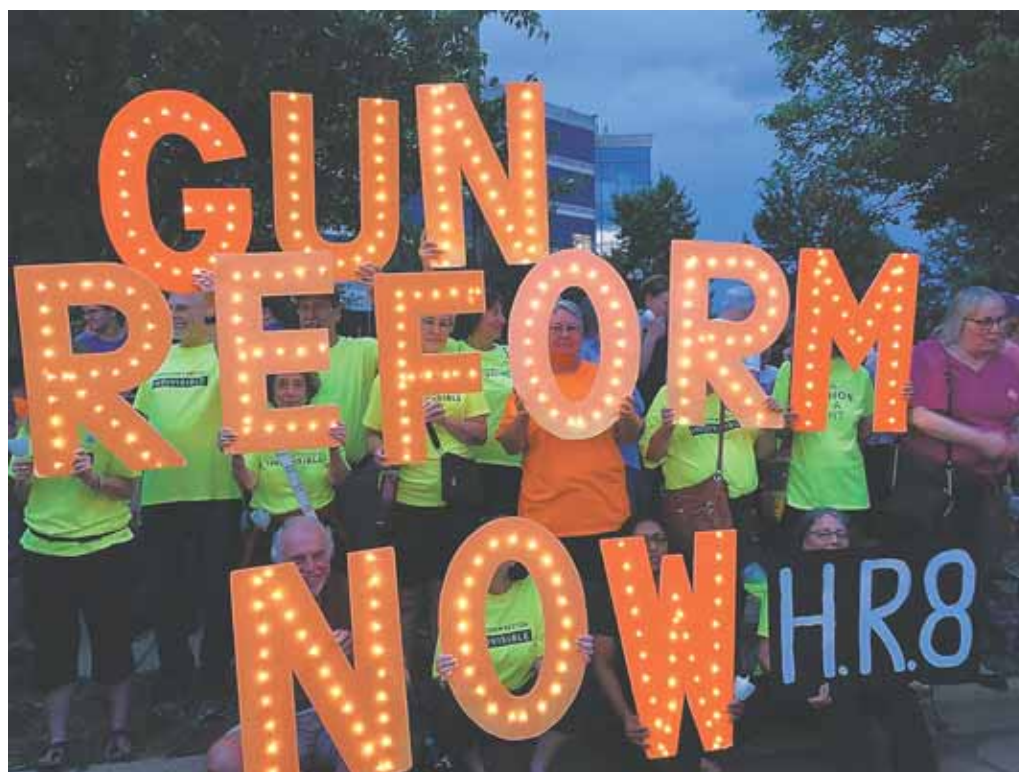


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE
Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.

terials relevant to this topic via email to comments@vssc.virginia.gov or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments
Virginia State Crime Commission
1111 East Broad Street, Ste. B036
Richmond, Virginia 23219

THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.
- ❖ It's not mental illness, although giving

more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

We Must Change

To the Editor:

After the Columbine shooting we were told by the legislators in power: "Now is not the time to talk about gun control. We would be acting out of emotion. Any legislator who uses this event to pass gun legislation is taking advantage of the situation and is acting out of partisanship."

After the Sandy Hook, Parkland, Pulse Night Club, and Virginia Tech shootings happened we heard the same thing – "Now is not the time."

After the D.C. Navy Yard shooting – "Now is not the time." Virginia Beach and Gilroy shootings – "Now is not the time."

And now Dayton and El Paso. Is

it time yet?

In 2019 alone 246 people have been killed and 979 injured from mass shootings in the United States. And our President says: "Mental illness and hatred pulls the trigger—not the gun." No one denies that mental illness is sometimes a contributing factor, but a mentally ill person would not have killed all those people had he been armed with a switch blade.

We cannot change our President. We know that. And we cannot change those legislators who enable the President and who are beholden to the NRA. The only person we can change is ourselves. We must tolerate this no longer. We must be willing to elect people who don't peddle hate, and who are willing to en-

act common sense gun reform.

Barbara Glakas
Herndon

Tired But Not Defeated

To the Editor:

I am really tired. Tired of violence. Tired of living in fear.

Tired of constant sadness and grief. I'm tired of worrying about whether my younger brothers will come home safe from campus or feeling uneasy at the mosque. I'm tired of some in our society not realizing that gun violence at this level is beyond alarming. I am tired that this kind of violence is still not widely considered extremism. I'm

tired of us giving attention to the perpetrator and not the conditions that led to it. I'm tired of my country not honoring the victims by using faith as a part of healing and yet not heeding the words of faith as a form of preventative action. Whether it's the Quran saying killing one life is the killing of all mankind, or how Matthew and Exodus command "You shall not murder," over and over again in the Bible, we don't really seem to follow through. So much #thoughtsandprayers. We are all tired, but we aren't defeated. But we need our awareness, our votes and our calls for action to be in full force more than ever.

Saira Bhatti
Centreville

CENTREVIEW

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Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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A Connection Newspaper

'This Will Be One of Fairfax County's Gems'

But brewery's proposed access road gives concern.

BY BONNIE HOBBS
CENTRE VIEW

The Winery at Bull Run has proved so successful that owner Jon Hickox now wants to operate a farm brewery. His property is adjacent to Manassas National Battlefield Park, off Route 29 in Centreville.

He wants to build two, historic-looking and adjoining buildings meshing with the landscape. But his plan requires the county's blessing to amend the current special permit for the existing horse stables on that site. The stables will remain, but the brewery would slightly encroach on the pasture, so the new use also needs a special-exception permit.

On July 15, Hickox made his second appearance before a joint meeting of the West Fairfax County Citizens Association (WFCCA) Land-Use Committee and the Sully District Council of Citizens Associations. His first visit was smooth sailing; but this time, his Stonebridge Chase neighbors turned out en masse to have their say.

Although they generally don't object to the brewery, most are furious about the access road leading to it and the potentially large volume of traffic the facility will place onto Bull Run Post Office Road. They also worry how the access road will affect their neighborhood, and several say they didn't even know about that road when they purchased their homes.

"We were the first homeowners there, and we weren't told about the road," said Dawn Battle. "Hickox is a developer and a business owner; he hired the builder and is our HOA [homeowners association] president. He has a fiduciary responsibility to us, and he didn't

tell us about the road. Last November, he only showed us a piece of the project

— and we do not support the use of the road for the brewery."

AT THE MEETING'S OUTSET, Hickox presented his case. "This application is over five years in the making and will help protect 171,000 acres of land from development in a responsible and sustainable way," he said. "We envision an authentic, farm brewery with beer using our own, home-grown hops, while not harming the beautiful, mountain vistas."

He said his proposal has been "thoroughly vetted," and Fairfax County staff, VDOT and the county Department of Transportation all support it. "Opponents want us to build

"I seek only to create another interesting and unique place that can be enjoyed by everyone."

— Jon Hickox



Artist's rendition of the Bull Run Farm Brewery in Centreville. A glass atrium is between the two buildings.

a new access road," said Hickox. "But constructing a new highway through the winery property would entail the National Park Service taking land from the Battlefield — to which they've given a resounding 'No.'"

The Park Service owns the easement there; so, he said, "That's why our access is via Bull Run Post Office. We never intended to use Route 29, and Bull Run Post Office has always been the entrance to our equestrian facility."

Hickox further noted that, when the county approved the special permit for equestrian use in 2016, it also memorialized the future, proposed use of the road as

the entrance to both the boarding stables and a brewery. That same year, ground was broken for Stonebridge Chase. By 2018,

he presented plans for the brewery to the new homeowners.

He said it would be a less-intense land use than the 12 homes that could be built there by right. And he stressed that, by build-out, 33 of the 40 acres within the brewery application — or more than 82 percent — would be kept as open green space. And, said Hickox, "That's important to the preservation of the Occoquan Watershed."

He said just two wells would be drilled for the brewery and horse farm, compared to 12 if homes were built, instead. And all the beer-making waste would be hauled offsite so it wouldn't adversely affect the watershed or the community's drinking

water. Some 80 percent of the beer would be made in an offsite, industrial area, with just some smaller-batch, specialty beers made onsite. Overall, said Hickox, the brewery would use far less water annually than would a single-family home.

"I care about preservation of the land and water," he said. "Our farm has frontage on Bull Run Creek, and we provide a 90-acre conservation easement buffering that creek and the source of Fairfax County's drinking water."

Hickox also said the proposed brewery was disclosed within Stonebridge Chase's HOA documents and the covenants of each homeowner's deed. And he noted that, in its seven years, the Winery has had no problems related to traffic, drunken car crashes or the environment.

"I truly believe this will be one of Fairfax County's gems," he said. "I seek only to create another interesting and unique place that can be enjoyed by everyone."

WFCCA's Ted Troschiancki asked about restrictions on winery events. Hickox said weddings are during evenings, and corporate events/retreats are on off-peak hours during the week.

"Eighty percent of our business is Friday-Saturday, and we're allowed 24 special events/year," he added. "Normal activities are tastings and tours, and the brewery would do half the business on twice the acreage."

WFCCA's Chris Terpak-Malm asked why the brewery buildings were so close to the homes, and Hickox said they wouldn't face the houses. "They're in the center of the property and can't be moved any closer to the floodplain," he explained. "And noise

will be projected away from the homes."

THE SEVERAL RESIDENTS weighed in on the proposal (see page 5). Afterward, Troschiancki moved for denial until the access issue is resolved. "There's way too much controversy over access from Bull Run Post Office, which isn't an arterial road," he said. "We've got to look at access from Route 29."

Agreeing, Terpak-Malm said, "I was set to approve this before hearing the residents' comments. But we need to step back and reevaluate the access." However, WFCCA Land-Use Chairman John Litzenberger said the county told Hickox to put the access there. Noting that traffic is less intense on that road now than it was 10 years ago, he voted for approval. Ultimately, though, the WFCCA voted 4-1 to oppose.

The Sully District Council approved a motion not objecting to the brewery but worried about its access. Jay Johnston said Bull Run Post Office Road is too narrow. "I'm appalled at the failure of VDOT and FCDOT to properly assess the access considerations," added Lewis Grimm. "This is much preferred to [by-right] houses there, but we have concerns about safety and access."

The county Planning Commission public hearing was July 24, with so many people speaking that night that decision on the special-exception permit was deferred until Sept. 12. The Board of Zoning Appeals public hearing on the special-permit amendment will be Sept. 18. Ultimately, the Board of Supervisors will have the final say.

—SEE NEIGHBORS' OBJECTIONS, PAGE 5

WELLBEING

Summer's Bounty: So Healthy and Tasty!

Don't miss the height of
summer season for fruits
and vegetables.

BY MARILYN CAMPBELL
THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons. They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."



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‘Why OK to Build a Highway behind My House?’

Neighbors object to Bull Run Farm Brewery’s entrance.

BY BONNIE HOBBS
CENTRE VIEW

It’s not that the Stonebridge Chase residents oppose having a brewery near them. What they object to is its access off Bull Run Post Office Road and a farm road on their property. The plan is being promoted by Bull Run Winery owner Jon Hickox, and at a July 15 land-use meeting about it, the neighbors made their feelings known.

“I live right next to the road, and we were never told about it [before buying our home],” said Sanjeev Katam. “We have two small kids and we’re worried about their safety.”

“The farm road dissects part of our lot, and it’s a quarter mile from Route 29,” said Ben Jones. “I applaud Jon for his entrepreneurship. What I don’t like is that many of us here are veterans, so we don’t believe we should be flimflammed, bamboozled and led astray.

“Jon, your agent bamboozled us because he told us the road would just be a little path to the winery. We’re not against Jon – I like beer – but we have been misled and we don’t want more traffic on Bull Run Post Office Road.”

Vince Stammelatti said most of the gravel road currently going from Bull Run Post Office to the stables is on his property. And, he stressed, “The developer, HOA [homeowners association] and Hickox didn’t disclose it until after I bought my home. The traffic data was done in 2010 and updated on two days, this February, but the busiest time for the winery is May through October.”

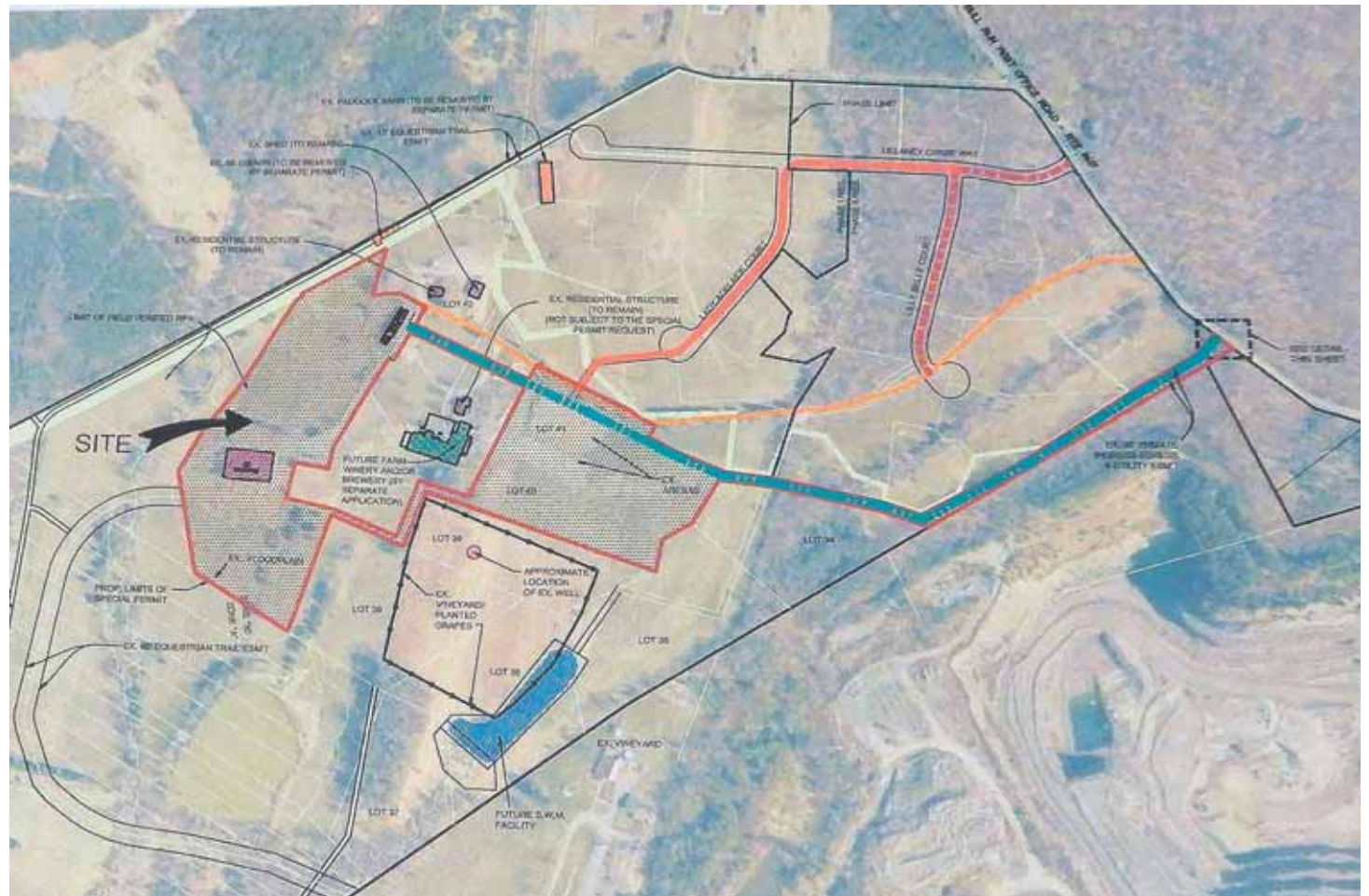
Basically, he said, “We question the traffic calculations and wonder how long it’ll take us to get in and out of our development. Why is it OK to build a highway behind my house?”

REPRESENTING Protect the Occoquan Watershed, Hal Moore said Hickox requested a variance to the ordinance regarding the number of events allowed. And he asked Hickox if he’d abide by that ordinance for weekend traffic.

“The county requires us to use shuttles for big events,” replied Hickox. “I don’t feel like there’s a conflict. And because a lot of our business is off-peak, it’s only a 50-person difference.”

Virginia Run’s Greg Mathieson asked if schoolchildren could visit the farm during the week, and Hickox said yes. Jeff Flading, of Fairfax National Estates, asked if winery traffic could go to the brewery. “No,” answered Hickox. “There’s no road between them, and the Manassas National Battlefield Park owns the land there. And VDOT and FCDOT won’t allow that.”

Flading also asked if the winery traffic could someday go out onto Bull Run Post Office Road. But Hickox said no and that he wants to keep the two businesses separate.



Site plan of the proposed Bull Run Farm Brewery, off Route 29 and Bull Run Post Office Road (in top right corner) in Centreville.

“Bull Run Post Office Road already has more traffic than it was designed to handle,” Stonebridge Chase resident and Westfield High student Justin Hill told Hickox. “And you think putting more traffic on it – including people who’ve consumed alcohol – is a good idea. There have been fatal accidents on this dangerous road.”

Agreeing, his mother, Nanette Hill, said, “That road barely handles the traffic it has now. It’s a narrow, two-lane, country road, and it’s got pitches and curves and construction traffic. And if you add people unfamiliar with the road, that’s a recipe for a disaster – and I don’t want it to be my son or a neighbor.” Jonathan Chan said he and his family just moved into their home a few weeks ago. “Our pamphlets from [builder] NV Homes show that road as a farm road,” he said. “I have a 22-month-old girl and a boy on the way, and I’m concerned about drivers on that road and some drunk driver taking them out.”

Claire Dunleavy, however, said she has a horse on that farm and has driven on Bull Run Post Office for 13 years and has never seen an accident there. “Hickox saved our farm and farmland,” she said. “I asked him if he could put the road elsewhere; but even if it were possible, it would decimate the farmland.”

But Stammelatti’s wife, Katie, said, “There’s not even a turn lane, so traffic coming northbound from Loudoun County will back up all the traffic behind it.” However, Hickox reassured her that the county will require a

turn lane as the project moves from phase two to phase three.

Directly addressing the residents, he said, “I sold this land to NV, and I can’t control what they told you. I put the language [about the brewery] in the deeds and wasn’t hiding the road from you. It breaks my heart that NV didn’t put an emphasis on this.”

AFTER THE MEETING, several Stonebridge Chase residents wrote to Fairfax County to express their concerns about this project. Among them was Michael Man, who sent a July 25 email to the Board of Zoning Appeals (BZA), Planning Commission and Board of Supervisors – all of whom will be deciding on the Brewery’s future.

In the original special permit for the equestrian center there, one of the conditions the county added prior to approval in 2016 states that the farm road is to only

serve the riding and boarding facility and the two dwellings. It would therefore prevent that road from serving anything else. But in the new, special-permit amendment, Hickox wants this condition removed – and in its July 17 report, county staff concurred.

So in his email, Man wrote, “I strongly recommend the BZA reject staff recommendation to remove [the] condition stating that ‘The ultimate access road shown on the special permit plat shall only be used for the riding and boarding stable and the two existing dwellings.’”

“The applicant is trying to push through a special exception that will have an estimated 700+ cars transverse that ‘farm road’ in one hour on Saturday, with an estimated Saturday daily total of 4,663 transits,” he continued. “That is a lot more impactful than the approved equestrian center and goes against the original agreement of the condition of approval.”

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.

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the

supplies they need this fall for its “Collect for Kids” campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

TUESDAY/AUG. 13

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County’s Family Caregiver Telephone Support Group meets by phone on

SEE BULLETIN, PAGE 7

CENTRE VIEW ♦ AUGUST 7-13, 2019 ♦ 5

CALENDAR

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NEWS

Youth-powered Community

In Fairfax County 71st 4-H Fair and Carnival community's young people shine.

BY MERCIA HOBSON
THE CONNECTION

Today's Fairfax County 4-H Fair reflects the vibrant urban and suburban communities Fairfax County has grown into," said Yvonne Johnson, park manager at Frying Pan Farm Park early Saturday morning. It was the third day of the 71st 4-H Fair and Carnival held at Frying Pan Farm Park in Herndon August 1-4.

While the fair offered old-fashioned country fun through its exhibits and demonstrations, it revealed a community powered by young people with diverse interests, from animal showmanship to horticulture, to science, technology, engineering and the arts.

In the 4-H Building, Hap O'Brien of Annandale displayed a frame from one of his beehives heavy with honey. He explained bees were needed for pollination but "are in desperation" given the Varroa mite infestation that weakens them. "Mite infestation weakens most bee colonies and is the cause of the loss of most wild honeybees," he said.

OVER AT THE EXHIBITION tables, Ann Marlow, vice president of the board for Friends of Frying Pan Park looked over entries in the Foods and Nutrition Department she helped judge. Alexandra Blake of Great Falls won Grand Champion with her cupcake entry. Becca Berglie of Centreville won Reserve Grand Champion for her fruit pie.

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. "You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it's not fun to have them," she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department. "The fair is always forward-looking, as seen by incorporating STEAM entries into the exhibits," said Kristy Carter of Herndon, board member, Friends of Frying Pan Park. A summary of the Science & Technology Department of the 4-H catalog revealed computer-generated graphics, games and web pages and a Visual Arts Department with graphic design-commercial, digital painting and photo manipulation.

Outside one of the barns, the Strenglein sisters of Centreville, Summer, 11, Hannah, 8, and Brooke, 10, held ribbons and entries. "I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera," said Hannah.

FAIR-GOERS enjoyed horse and dog demonstrations and rabbit, cavy and livestock shows, as well as an antique tractor pull and old fashion games.



Ann Marlow of Fairfax Station, vice president of the board for Friends of Frying Pan Park and one of the exhibit judges, holds up the prized Reserve Grand Champion ribbon Becca Berglie of Centreville won for her fruit pie.



Two children from Herndon, Sean, 3, and his sister Emma, 10 months, touch a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club during the Fairfax County 71st 4-H Fair and Carnival.

Cow and goat milking became a first-hand experience for many fair-goers. In one of the barns, two young children from Herndon, Sean, 3, and his sister Emma, 10 months, touched a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club.

Leaving the barn, the whirl and twirl of rides by Cole Shows Amusement Company could be seen in the distance, set up in one of the pastures. If patrons could handle the Zipper, they could handle any other ride on the carnival midway. For the more faint of heart, the Tubs of Fun ride was a great choice for all ages.

Eric Kulczycky of Visit Fairfax attended the event. "Visit Fairfax is celebrating the 50th anniversary of the iconic Virginia is for Lovers slogan with a summer tour of the LOVE letters. Frying Pan Farm Park is one of our fabulous partners on tour and is a wonderful tourism destination within the county," he said.

Yvonne Johnson wanted the public to know all adults and youth are welcome to enter the fair competition. "You do not have to be members of 4-H to enter. If you have a hobby or interest, come. Next year, the Fair and Carnival is July 30 through Aug. 2," she said.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

BULLETIN BOARD

FROM PAGE 5

Tuesday, February 13, 7-8 p.m. This month's focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

TUESDAY/AUG. 20

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

WEDNESDAY/AUG. 21

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

TUESDAY/SEPT. 3

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

TUESDAY/SEPT. 10

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21.

All are welcome. Registration fee, \$15; text book, \$25. Visit www.lordoflifeva.org or call 703-323-9500.

TUESDAY/SEPT. 17

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd.

Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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

ENTERTAINMENT

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

ONGOING

Junior Golf Fairfax Camps, Clinics and Competition. Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.

❖ In one-session introductory Junior Golf clinics, kids and teens learn basic golf rules, etiquette of the game, get familiarized with different types of clubs and acquire skills for putting and chipping in a social and relaxed environment. Clubs and practice balls provided. Clinics are offered at Burke Lake, Oak Marr and Pinecrest golf courses for \$15 each in August.

❖ Golf camp week-long sessions are still open – campers learn putting, chipping, iron and woods play from certified instructors in a friendly, group atmosphere. Course etiquette and best safety practices will teach kids and teens fundamentals while they socialize and have fun. Clubs are not required but suggested. All campers will receive a certificate and golf fun pack upon camp completion. Burke Lake Golf Center and Twin Lakes Golf Course offer half day summer camp, Pinecrest Golf Course offers both half and full day summer camp options. Oak Marr Golf Complex offers half day spring and summer camp through Everybody Golf School.

❖ Course-ready juniors will enjoy the Junior Club Championship, Aug. 16, 8 a.m.-noon at Burke Lake Golf Center. Golfers participate in an 18-hole individual stroke competition. Competitors will be separated into three divisions with first, second, and third place prizes available in all divisions. Lunch provided. Call 703-323-1641 to register.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Crafters Wanted for 2nd Annual Fall Craft Show. The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Chantilly Farmers Market. Thursdays, 3:30-7 p.m., through Nov. 11 in the parking lot at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The farmers market is a family-friendly weekly event where everyone can access local foods around, and build connections with local farmers, small business owners, and their neighbors. Farmers and vendors bring locally raised fruits, vegetables, breads and baked goods, meats and eggs, local honey, wine, soaps, prepared foods, and more each week. Free admission. Visit www.community-foodworks.org/chantilly for more.



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/AUG. 8

Farmers Market Week. 3:30-7 p.m. at St. Veronica Church parking lot, 3460 Centreville Road, Chantilly. Join the neighborhood celebration at the Chantilly Farmers Market, with activities for children and a free gift basket raffle. Free admission. Visit www.community-foodworks.org for more.

Hunter Mill Nights: Chopteeth (Afrofunk). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performance/hunter-mill-nights for more.

SUNDAY/AUG. 11

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

THURSDAY/AUG. 15

Hunter Mill Nights: Veronneau (world jazz). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performance/hunter-mill-nights for more.

SATURDAY/AUG. 17

Peach of a Program. 1-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century, Sully historic site was home to more than 1,000 peach trees. Learn about the history of peaches and their uses in the "Peaches and Cream" program. Participants will have the chance to cook in the historic kitchen using peaches and hand-crank peach ice cream.

Designed for peach lovers age 6-adult. \$15 per person. Children must be accompanied by a registered adult. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/AUG. 18

Dairy Days. 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but pre-registration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

NTRAK 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 Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

THURSDAY/AUG. 22

Hunter Mill Nights: The United States Navy 'Cruisers' (pop rock). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performance/hunter-mill-nights for more.

SATURDAY/AUG. 24

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Gernain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.



PHOTOS CONTRIBUTED

Linda Watkins fits a helmet on a Cub Scout as Bike Rodeo Chairman and cubmaster Kris Keener looks on.

Sully District Cub Scouts Hold Bike Rodeo

On July 24, a hot Wednesday afternoon that ended in a thunder shower, Sully District Cub Scouts held their annual Bike Rodeo at the Chantilly National Golf Course and Country Club parking lot. The event was led by Cubmaster Kris Keener of Pack 127. Amanda Gervais was the coordinator for the Country Club, which provided hot dogs and water for all of the participants.

There were more than 100 people in attendance, which included 47 Cub Scouts from 12 different Sully District Cub Scout Packs. Also present were the Fairfax County Police De-

partment Bicycle Officers, who provided instruction and guidance; Josh Taft from A-1 Cycling who inspected and fixed bikes; Linda Watkins from INOVA providing helmet fitting and safety guidance; and VJ Meleski and George Garlick from Safe Routes to School (part of FCPS) who provided guidance on the bicycle course for the Cub Scouts.

Although the event was cut short by a thunderstorm at 7 p.m., fun was had by all and participants said they were looking forward to next year.

—HONDO DAVIDS, SULLY DISTRICT VICE CHAIRMAN



Josh Taft of A-1 Cycling works on a bike to get it safe and ready to ride.



Hondo Davids, Sully District Vice Chairman, manning the hot dogs and water station.