

Turning Out To Vote

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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Judy Weltz, with the Fairfax County Democratic Party, hands out sample ballots outside Greenbriar East Elementary.

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'Sign, Sign, Everywhere a Sign'

Sully District voters turn out for Tuesday's election.

BY BONNIE HOBBS
THE CONNECTION

Every precinct is different and everyone has his or her reason for voting. And although, in an off-year election where one might expect local issues and candidates to predominate, that's not always the case.

Voters on Tuesday morning at the Greenbriar East Elementary polling place in Chantilly weren't there because they cared deeply who'd be the next Sully District supervisor or School Board representative. Instead, they either believed it's important to vote, in general, or they wanted their own party to win.

Take Greenbriar resident Brian Hansen, for example. "I didn't research the issues, so I'll probably vote for my party," he said. "I'm concerned about the balance in the [Virginia] House and Senate and would prefer it to be more Democratic. I think our

leaders and policies do matter. And if we don't turn out to vote, then we're conceding our issues to the people who do and who have more influence and money."

Similarly, Greenbriar's Dawn Hubler said, "I wanted to vote and get the right people in [office] who'll do something, and not all this political stuff. I voted for the

straight, Republican ticket." When asked what she thought about the bond issues for schools, plus police and fire facilities, she said, "I voted no on them because they're confusing; you read them and aren't sure what they're really saying."

Greenbriar's Brandon Gotwalt considers it his civic duty to vote. "I'm a fan of progress in Northern Virginia, as it applies to the momentum we've made in the McAuliffe ad-



This sign in English and Spanish tells people where to vote.



Some of the election signs for the Republican candidates.

ministration," he said. "And any opportunity I can get to further that progress and undo the quagmire that was bestowed upon the commonwealth by the previous, criminal administration, I will take it. I'll do so by voting, being an activist for the causes I care about and encouraging others to look beyond backwards ideology."

As for Greenbriar resident Ariane Thompson, she said, "It's a small election, but I

wanted to vote. It's my duty; and Virginia's a purple state — which means our votes count." Especially interested in the 34th Senate race, she planned to vote for incumbent state Sen. Chap Petersen because "he's a Democrat and I want as many Democrats as possible in the General Assembly."

Judy Weltz, with the Fairfax County Democratic Party, handed out sample bal-

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'Providing Opportunities for Immigrants'

CIF and labor center have come a long way.

BY BONNIE HOBBS
THE CONNECTION

Initially, Centreville's Hispanic immigrants were met here with fear and hostility. But today — largely through the efforts of some caring individuals who were brave enough to stand up for them — they're valued members of the local community.

And last Tuesday, Oct. 27, Centreville Immigration Forum (CIF) President Alice Foltz recognized some



Padre Diego Santiago.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



The CIF 2016 board of directors: (Back row, from left) are Stephen Vandivere, Jim Daniels, Ed Duggan and Benito Raymundo; and (front row, from left) Pedro Brito, Alice Foltz, Brayan Brito, Carol Robinson and Leonor Mariona. Not pictured: Luis Flores, Juan Chavez, Hubert Graves, Lisa Johnson-Firth, Diego Rivera and Marcial Santos.

"It all first started as a human dialogue about how to help the workers."

— **Michael Frey, Sully District Supervisor**

"About five years and five months ago, we had a contentious hearing at Centre Ridge Elementary," she said. "There were varying ideas about what to do about these immigrants, and some people were very angry."

Seeking work, the men would stand outside the library and a shopping center hoping employers would come by and offer them day labor. And they indeed got jobs — but often, after working eight hours, they were

cheated out of their pay.

Meanwhile, many residents and business owners alike wanted them to just disappear. But, said Foltz, "Thanks to the support of [Sully District Supervisor] Michael Frey, we moved in a different direction." The CIF was formed and enlisted Spanish-speaking volunteers to start a dialogue with the mainly Guatemalan workers to determine how best to help them.

"We had nothing in our treasury, but Ed Duggan put in \$100," said Foltz. "Then people volunteered to be on our board, and some of the workers were in it, too." CIF members directed the laborers to social services that could aid them and their families and connected them to churches offering English-language classes. But they were still hired from the streets.

Then in early 2010, Al Dwoskin, owner of the Centreville Square Shopping Center,

proposed the idea for a worker center. He later donated one of his storefronts for it and agreed to pay for utilities if the CIF would run it.

So the CIF began fundraising and solicited grants and donations to hire a director and an assistant, called the coordinator. It also invited the laborers to its planning meetings, had them develop the center's rules and regulations and made sure they were an integral part of the new facility so they'd actually use it.

"One of the major goals of the CIF is to provide opportunities for immigrants to become part of the larger community," said Foltz. "And at the heart of it is matching people with jobs."

Shani Moser was the Centreville Labor Resource Center's (CLRC) first director. Workers learned each other's trades and employers began hiring them directly from

the center, which opened in December 2011 at 5956 Centreville Crest Lane, on the shopping center's lower level. Roberto Fernández later replaced Moser, who left to become a high-school Spanish teacher, and the center continued to thrive.

Then about a year ago, Molly Maddra-Santiago — who's been with the center from the start, as its coordinator — became the new director. And longtime CIF member Terry Angelotti, who also writes the CIF's grant applications, became the organization's executive director. Also about a year ago, the CIF became a nonprofit.

CLRC Volunteer Coordinator Wynne Tysdal said the CLRC has a real sense of community, thanks to the CIF. "I saw a group of people who banded together to address a common concern and then provided the resources they needed," she said. "And ev

SEE PROVIDING. PAGE 4

'We're Building a Loyal Following' Future looks bright for CLRC.

BY BONNIE HOBBS
THE CONNECTION

Things are looking up for the Centreville Labor Resource Center's (CLRC). And last week, its many accomplishments were celebrated during the Centreville Immigration Forum's (CIF) fifth annual meeting.

The CIF also installed new board members, who'll serve three-year terms. Among them was Brayan Brito, who attends Mountain View High and is in GMU's Dream-Catchers Program which supports capable, at-risk youth enrolled in alternative education.

"It's been one of our better years for employment and we're building a loyal following," said CLRC Director Molly Maddra-Santiago. "This summer, we had over 100 workers/month out on jobs. In 2015, we had four months with over 60-percent employment; in 2014, we only did this once."

She said the workers are getting more and more jobs in skilled work such as painting, drywall and carpentry. And after mailing CLRC brochures to 7,500 homeowners and contacting small contractors about the workers' services, the center saw 12-percent job growth between January and September.

"In both evening and daytime classes, our ESOL students showed significant improvement in English ability," said Maddra-Santiago. "And our daytime ESOL students believe what they learned helped them do their jobs better."

The CLRC also has a partnership with NOVA to provide vocational training in plumbing and electrical work. And it's developing a partnership with GMU to create a conflict-prevention program.

CLRC Organizer Marley Pulido has been strengthening worker unity while increasing the center's visibility as an organization. He's only been with the CLRC since Febru-



ary, but has already created three programs. He began a cultural group that grew from five to 25 members and enables the workers to showcase their heritage in entertainment performances.

Pulido also started a Spanish-language,

community newspaper produced by and for the workers. And he organized the Commission for Labor Justice which tackles wage theft and workers' rights through direct negotiations with employers. He hopes all these things will entice the few, remaining workers still seeking work from the streets to join the CLRC, instead.

CIF Treasurer Ed Duggan was pleased to celebrate the group's fifth anniversary, and he said it's "heartening to see the workers taking more responsibility." He said the CIF is approaching financial stability and owes a "deep debt of gratitude" to Al Dwoskin for taking care of the CLRC's rent and utilities. "We wouldn't be here, if not for him," said Duggan. "This year to date, we've spent \$125,000 and raised \$130,000, and we've got \$45,900 in the bank — about three months of operating expenses. We're working on obtaining a line of credit from BB&T, and we're going to have an audit done, the

SEE BUILDING. PAGE 4

NEWS



From left are Molly Maddra-Santiago, Rafael Fernandez and Michael Frey.



From left are Molly Maddra-Santiago, Kitty Stapleton and Michael Frey.



From left are Marley Pulido, Cammy Gawlak and Michael Frey.

‘Providing Opportunities for Immigrants’

FROM PAGE 3

ery time I go to the CLRC, I see workers with a sense of hope and determination, and I see volunteers giving them help and encouragement.”

Calling the labor center “close to my heart,” Frey said that, at the start, there were no rules or blueprint for developing it. “We had more fear than we had solutions, but we pushed through it,” he said. “Then when AI offered the space, the guys [workers] fixed it up beautifully and Terri began to submit grant applications and raise money.”

Today, said Frey, “A testimony to what we’ve accomplished is that there are no complaints from the neighborhoods [about the CLRC]. The community was willing to give it a chance, and now two-thirds or more of the employers live in Centreville. We got support from the community through the volunteers and by people willing to follow their beliefs and reach out to help each other.”

And what’s impressive, he said, is that “It all first started as a human dialogue about how to help the workers. I’d never met Alice before [then], but she’s amazing. And to be here celebrating your fifth anniversary is wonderful. The CLRC is rapidly becoming a cornerstone of the community, and I look

forward to all you will do in the future and to your 10th anniversary.”

Already, the CIF has taken a big step forward by establishing a four-member, worker leadership council called the Directiva, which is part of CIF’s board. It’s comprised of workers Leonor Mariona, Pedro Brito, Juan Chavez and Diego Rivera. “Leonor and Pedro have been involved with the center from the beginning,” said Maddra-Santiago. “And we think it’s time to have the center led by the workers.”

During the celebration, the CIF presented several certificates of appreciation. Honored were: Stefano Coronado, Youth Volunteer of the Year; Rafael Fernandez, CLRC Administrative Volunteer of the Year; Kitty Stapleton, ESOL Volunteer of the Year; Cammy Gawlak, Committee Volunteer of the Year; Barb Caputo, CIF Administrative Volunteer of the Year; Loren Hershey, CIF Community Hero; Juanita Cabrera-Lopez, CLRC Community Hero; and Leonor Mariona, Pedro Brito, Juan Chavez and Diego Rivera, Directiva Leadership Awards.

Guest speaker was Padre Diego Santiago of Santa Maria Parish in Nebaj, Guatemala, and 85 percent of the CLRC workers are from Nebaj. A Catholic priest, his parish serves about 90 communities in a poor area without jobs, health care or economic re-



From left are Molly Maddra-Santiago, Pedro Brito, Leonor Mariona and Michael Frey.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

sources. Foltz said about 95 percent of Santiago’s parishioners are “living in poverty. And learning that helps me better understand our immigrants here.”

“The political situation there has been difficult, and the people are concerned about it,” said Santiago. “About two days

ago, a new president was elected, and people are excited to see the changes he might bring. We’re also hoping there’ll be immigration reform in the United States.” To the CIF he said, “Thank you for the work you’re doing, serving the people in this community, and may God bless you.”

‘Building a Loyal Following’

FROM PAGE 3

end of this year, which will help us get further grants.”

CIF Executive Director Terry Angelotti said the CIF recently received two grants for next year. The Meyer Foundation gave \$25,000, and the Cafritz Foundation, \$15,000. So, she said, “We’re in the best financial shape we’ve ever been in.”

The 2016 budget anticipates \$342,000 in expenses. That amount includes 31 percent for the CLRC’s daily operations, 16 percent each for education and organizing projects and events, 5 percent for recruiting and maintaining volunteers, 13 percent toward fundraising and 19 percent for administration.

“Our goals are to increase the employ-

ment rate so 50 percent of those coming to the CLRC get jobs,” said Angelotti. “We also want to increase program participation by 15 percent and implement a worker-membership program; we hope to issue 200 ID cards with photos by March 2016.”

“We want to expand our community organizing and train 20 community leaders,” she continued. “And we want to begin offering Spanish literacy for people who haven’t completed a formal education in their home country. We’re developing a program through NOVA to do this.”

For more information about the CIF and CLRC, go to www.centrevilleimmigrationforum.org.

BULLETIN BOARD

ELECTRONICS RECYCLING

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

DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson’s Support Group for people living with Parkinson’s disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

Herrity: Board Made Decisions Not to Disclose

Supervisor speaks up on transparency at first meeting to review 140+ recommendations from ad hoc police commission.

BY TIM PETERSON
THE CONNECTION

While Commonwealth's Attorney Raymond Morrogh was held up as one source of stalling the release information regarding the 2013 shooting death of Springfield man John Geer by then-Fairfax County police officer Adam Torres, Supervisor Pat Herrity (R-Springfield) offered that "decisions we made" on the Board of Supervisors, on the counsel of the Fairfax County attorney, were also responsible for Torres' name, discrepancies in the investigation and other details of the incident being withheld from the public and Geer's family until a lawsuit finally forced the police department to release everything.

Herrity spoke up during a meeting of the board's public safety committee on Oct. 27 to discuss the 142 final recommendations of the Ad Hoc Police Practices Review Commission created in the spring by Board Chairman Sharon Bulova.

Bulova responded that it was county policy to not release the name of officers in

an officer involved shooting until the Commonwealth's Attorney decided whether or not to pursue criminal charges against the officer. In the case of Geer, "obviously that didn't go well," She said. "It just didn't happen for a very, very long time in this case."

Herrity came back that the Board of Supervisors made the decision to withhold both the name and details about Geer's death.

Lack of any information about the case for more than 16 months fueled public frustration. The ad hoc commission report on communications referred to a cultural predisposition not to disclose information within the police department and Board of Supervisors.

Torres is now being held at the Adult Detention Center awaiting trial on second degree murder in Geer's death.

During her report on communications subcommittee recommendations, Merni Fitzgerald highlighted the recommendations for "maximum disclosure, minimum delay" in terms of information sharing, the

need for a civilian public information officer, establishing a written process for giving out information and providing more "open data" to the public.

Deputy county executive and former Police Chief David Rohrer explained at the Oct. 27 meeting how county staff and the police department were already digesting the report and organizing it into a "matrix" to sort, prioritize and track changes, costs and timelines.

"There have been a lot of challenges," Rohrer said. "We see this as an opportunity to move forward."

The deputy county executive referenced body cameras and an independent review board as examples of "not so straightforward" recommendations that would require discussion. He added that there's "no one review model," and whatever form of oversight is chosen "has to be fair to all, the community, others and police officers."

Some recommendations in the areas of mental health and use of force have already begun to be implemented, especially ones that repeated recommendations from the previously completed Police Executive Research Forum study.

"We're not afraid of scrutiny," Rohrer said. "These powers are granted to police by the public — trust has to be maintained."

POLICE CHIEF Edwin Roessler said some

of the changes already made or in the process of being implemented include the hostage barricade policy, creating a culture of "slow it down, hold and contain" for dealing with tense situations and mandating all first line supervisors report directly to the full-time policy change team.

"The law enforcement profession needs to re-engineer itself," Roessler said. "The sanctity of preservation of human life has to be paramount."

During the report from the commission's independent oversight subcommittee, members of the commission further explained the functions of their recommendations for a civilian review board and independent auditor.

Chiefly, the auditor would be outside the police department and become involved in the process, embedded with police, as soon as a use of force incident that causes death or serious injury has occurred.

The civilian review board, similar to a model in Virginia Beach, wouldn't review the serious cases that involved the auditor, but rather complaints of abuse of authority by police from citizens who are dissatisfied with the final determinations of police in other instances. The review board would then report to the Board of Supervisors.

For information on the ad hoc police commission, visit www.fairfaxcounty.gov/policecommission.



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During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Centre View is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg

format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up?

EDITORIAL

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, Chantilly Connection among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

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homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to Chantilly@connectionnewspapers.com. Please provide the submissions by Friday, Dec. 4.

The Children's Connection will publish the week of Dec. 28, 2015.

Where Domestic Violence and Homelessness Meet

BY JOE MEYER
EXECUTIVE DIRECTOR & CEO
SHELTER HOUSE, INC.

What if you wake up one day in fear of your physical safety? What would you do if you had absolutely no access to any of your bank accounts? What if you found yourself completely isolated from your friends and family and had no resources? Unfortunately, these are the very real situations that victims of domestic violence find themselves in before they seek out support and shelter.

Shelter House, Inc. operates Fairfax County's only 24-hour emergency domestic violence shelter, Artemis House. This past year, Artemis House increased its bed capacity from 34 to 42 trying meet the needs of the 60-100 individuals who call the Artemis House hotline on

a monthly-basis.

One recent Artemis House resident "had no access to the family account, credit/debit cards. [The abuser] did not even give her, as we often see, an 'allowance.' She could not even ask for feminine hygiene products. He made all the financial decisions and still accused her of stealing money," says Suzanne Pigg, director of Artemis House.

Statistics show that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. Chances are you either have been or know someone who has been in a situation of domestic violence. And in 2015, 41 percent of adults in families who were homeless reported that it was because of domestic violence. This is an alarming increase from 33 percent in 2014.

Because of the overlapping circumstances of

COMMENTARY

homelessness and domestic violence, Artemis House isn't the only safe-haven for victims of domestic violence. Shelter House operates two other family shelters — Katherine Hanley and Patrick Henry Family Shelters, that

house an overwhelming amount of homeless families who have also experienced and been affected by domestic violence. This is an addition to Shelter House's transitional and permanent supportive housing services — programs that also see a large amount of cases where families are affected by domestic violence.

Why are so many families who are homeless affected by domestic violence? One big reason is 98 percent of domestic violence cases involve financial abuse. Many families who are homeless have experienced having an abuser control their access to accounts, imposing a strict allowance of funds or coercing them into signing documents for loans or leases. The ways in which financial abuse occurs varies, but is consistent threat and serves as an effective and damaging way for an abuser to keep a victim under their control.

Domestic violence, and the homelessness that it can lead to, are not separate or isolated issues. They are intertwined issues that affect individuals and families and communities. It is up to us as a community to speak out against abusers and stand in solidarity with those who have been victim of domestic violence and financial abuse. Part of Shelter House's outreach efforts this year have included participating in the Purple Purse Challenge, a national month-long awareness and fundraising campaign held in October aimed at promoting financial empowerment. But much like homelessness and domestic violence, our outreach does not end in October. Help us raise awareness and make an impact by visiting www.shelterhouse.org and find out ways you can get involved.

If you or someone you know is experiencing domestic violence, contact the 24-hour county hotline or Artemis House hotline to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940



PHOTO CONTRIBUTED

Historic Marker

On Oct. 17, during the annual Centreville Day event, the John Witt and Virginia Colony chapters, National Society Colonial Dames XVIIC, dedicated an historic marker at Mt Gilead house in Centreville. At the dedication, both Fairfax County Sully District Supervisor Michael Frey and Board Chairman Sharon Bulova remarked on the importance of preserving historic properties in Fairfax County. The marker was placed by the Society to recognize the history of the property that was built circa 1785 and operated at one time as a tavern in the former Newgate community. The property is located in the Centreville Historic district and owned by the Fairfax County Park Authority.

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Working at Greenbriar East Elementary on Tuesday are election officers (from left) Earl Park, Cynthia Carey, Rebecca Gotwalt and Larry Costanzo.



PHOTOS BY BONNIE HOBBS THE CONNECTION

Turning Out To Vote

FROM PAGE 2

lots outside Greenbriar East. She said the voter turnout was steady, although lighter than usual. "I think there's disinterest because it's not a presidential election," she said. "But there should be interest, especially because of the bond issues for the schools and fire stations. I also think people are kind of oblivious to what this is all about; they haven't studied the issues and don't know what they are."

Her husband, Allen, working with her, added, "I think most people just vote their party. They don't pay attention and are ignorant about what's going on. So I think the people who come out and vote are more likely to actually be more interested and involved."

Susan Marcus, chief election officer for the Greenbriar East precinct, said 240 people had voted there by 10:45 a.m. But, she said, "I've heard one precinct got 600 voters already. Compared to a presidential election, it's slow, but we've had a pretty good flow. It's a longer ballot because of the number of candidates on it — for example, for the School Board and the Soil and Water Conservation District. And when you add in the bond issues, there's a lot to read. So I think we're having a good turnout for this kind of election."

Marcus has done this job for seven or eight years now. "I feel it's my time to give back," she said. "The person who trained me is of a different party, but he told me, 'When you're an election officer, you drop your party affiliation at the door and serve the whole



Election signs outside Greenbriar East Elementary.

electorate.' Our goal is to help everyone who comes here to vote. They usually ask, 'Am I in the right place?' and 'Why are we using paper ballots?'"

She said the paper ballots are because "our voting machines were so old that they don't make the parts for them, anymore. And this way, there's a paper record, in case there's a recount. And since it's scanned electronically, there's a second record, as well."

Scouts' Food Drive Helps Families

The Sully District Scouting for Food Drive benefiting Western Fairfax Christian Ministries (WFCM) will be Saturday, Nov. 14.

The Boy Scouts' mission is to collect non-perishable food items on behalf of the WFCM Food Pantry (www.wfcmva.org), which provides assistance to families right here in the local community, regardless of religion.

The food collected will fill the food pantry shelves for five to six months and is critical for feeding many hungry families in the community.

On Saturday, Nov 7, troops will canvass the neigh-

borhoods leaving an empty bag with a list of suggested items to donate (see attached letter) and will return the following Saturday, Nov 14, to collect the food. Please leave food donations out by 9 a.m. for collection.

"WFCM is very grateful for our community and its generosity in donating food," said WFCM Community Outreach Manager Jennie Bush. "We thank our neighbors and the Sully District Boy Scouts for their kindness, generosity, time and effort that everyone puts into making the Scouting for Food Drive such a huge success."

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SPORTS



Centreville's Julian Garrett carries the ball against Chantilly on Oct. 30.



Centreville's Christian Brooks leaps in an attempt to knock down a pass thrown by Chantilly quarterback David Tamarro.

PHOTOS BY WILL PALENSCAR/ FOR THE CONNECTION

Centreville Football Beats Chantilly, 37-20

For those who thought Centreville football was finished after losing to Conference 5 leader Westfield last week, be warned. Fast forward to Friday, Oct. 30, Senior Night and the last home game of the season for Chantilly. Centreville, holding a 9-3 head-to-head advantage against their cross town rival dating back to 2004, was set for another Conference 5 matchup.

Chantilly struck first when David Tamarro connected with Trevon Montgomery on a 68-yard touchdown. Montgomery would have 3 catches for 101 yards. Centreville responded with a short touchdown run by Julian Garrett, who would rush for 130 yards on 20 carries and 3 touchdowns.

In the second half, Centreville scored quickly after a 51-yard pass from Centreville QB Jameel Siler to Kyle Richbourg. Chantilly, now trailing 23-7 was able to respond with a 50-yard touchdown reception by Korben Sparks. However, it was Centreville's ground

game that took control, gaining nearly 300 yards and scoring four touchdowns. It was reminiscent of last year's squad, which was runner up in the VHSL state championship and was led by Taylor Boose and AJ Turner's running game. The duo now plays at the University of Cincinnati, and the University of South Carolina, respectively.

In the fourth, Centreville's Richbourg and Julian Garrett added two more touchdown runs and Chantilly receiver Sparks added his second touchdown reception of the game, along with 136 yards, and Centreville would win for the fifth consecutive time against their crosstown rivals, 37-20.

Chantilly fell to 5-4, 2-2 in Conference 5 and have a season finale at conference-leader Westfield (8-1, 4-0) on Friday. Centreville improved to 4-5, 2-2 in the conference, and will play Robinson (6-3, 3-1) in their final regular season game.

— WILL PALENSCAR



Chantilly's Trevon Montgomery (1) and Cush Eastman celebrate a Chargers touchdown against Centreville on Oct. 30.

Westfield Field Hockey Beats Madison

On Oct. 29, Westfield and Madison compete in the 6A North region field hockey quarterfinals at Westfield. The two schools battled in the regular season with Westfield winning 3-0. This game would be an offensive struggle in the first half for both squads. In the second half with 25:24 left, Madison would take the lead. With 17:33 to go, Mackenzie Karl would even things up at 1. Karl would score the winning goal on a penalty stroke with 15:01 to go in the game to break the tie and advance Westfield to the region semifinals.

Westfield faced Woodson on Tuesday, after The Connection's deadline.

The region championship game is at 7 p.m. on Thursday, Nov. 5.

— WILL PALENSCAR



Nicki McNamara and the Westfield field hockey team advanced to the region semifinals with a 2-1 win over Madison on Oct. 29.

PHOTO BY WILL PALENSCAR

BULLETIN BOARD

THROUGH NOV. 12

Fall Food Drive. Drop off food at Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Food Drive to benefit Ashland Christian Emergency Services (ACES), the Capital Area Food Bank, Feeding America, the Oxon Hill Food Pantry and the Southern Maryland Food Bank. Visit www.sheehy.com or call 410-760-3500.

WEDNESDAY/NOV. 11

Caregivers Conference. 8 a.m.-3:30 p.m. at Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. The 29th Annual Caregiver Conference is titled "Prepare to Care: Getting Your Ducks in a Row." The conference will provide information and advice for the transition of becoming a caregiver. There is a \$30 conference fee that covers breakfast, lunch, and conference materials. Visit www.nvdcc2015.eventbrite.com.

WELLBEING

Gearing up for Turkey Trot

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

BY MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past.

"I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots.

Running USA, a non-profit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year.

"Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training.

"Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regiment to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in

Locate a Local Turkey Trot

www.runningintheusa.com or
www.runnersworld.com/race-finder

small amounts," said Steele. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steele. "Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you

are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average

of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be done two to three days per week, advises Steele. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steele.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax. "Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steele. "You'll be surprised how much better you feel in general after doing this for about a week or two."

"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."

— Susan Colarco, certified running coach



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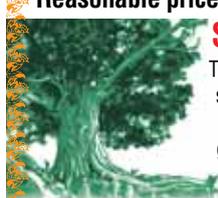
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ONGOING

GFWC Western Fairfax County Woman's Club is selling 2015 White House Christmas ornaments. This year's ornament honors 30th President, Calvin Coolidge. The ornament cost \$20. Call 703-378-6216 for more.

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

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English Conversation Group. Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.

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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.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

FRIDAY/NOV. 6

Magic Show. 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Magician Cantori performs acts of hypnosis and other demonstrations. Partial proceeds benefit the Meant to Live Foundation. Tickets are \$32 for members and \$40 for nonmembers. Visit www.wineryatbullrun.com.

NOV. 6-DEC. 24

Fair Oaks Mall Celebrates with "Peanuts Gang." Various times at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. To celebrate the launch of *The Peanuts Movie* on Friday, Nov. 6, guests will find Peanuts characters center stage within interactive Ice Palaces at the mall. The indoor holiday displays will feature a 30-foot dome complete with falling snow, a light show and other activities. Free to attend. Visit www.shopfairoaksmall.com/events.

SATURDAY/NOV. 7

Holiday Bazaar. 9 a.m.-3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road,

Centreville. More than 60 local craft vendors will be on hand selling handmade items. Also find a silent auction, bake sale, "book nook," food, and more. Free admission. Visit www.centreville-umc.org.

Slave Life at Sully. 1 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. At the slave quarters, guests are invited to learn about the lives and chores of slaves who lived at Sully. Make a hoe cake, card wool and fill a pin cushion, and use a draw knife to work with wood. Tour the slave quarter and original outbuildings. Tickets are \$10-12. Visit www.parktakes.fairfaxcounty.gov.

Singles Dinner and Movie Night. 5 p.m. at PF Chang's, 4250 Fairfax Corner Ave., Fairfax Corner. Singles are invited to a fixed price dinner, followed by a movie of their choosing. This event is sponsored by New Beginnings, a support group for separated/divorced men and women. A \$30 ticket buys dinner, soda, tip and movie ticket. RSVP required. Call 301-924-4101 or visit www.newbeginningsusa.org.

Wintertime Life of a Confederate Soldier. 5 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn about the Confederate soldiers who lived in Centreville-area winter camps from October of 1861 to March of 1862. Practice drilling with a Civil War reenactor, see a musket firing demonstration, and try building a winter shelter. Taste the hardtack that soldiers commonly ate during the war and modern s'mores. The cost is \$8. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

HomeAid Northern Virginia Gala & Auction. 6 p.m. at Westfields

Marriott Washington Dulles Hotel, 14750 Conference Center Drive, Chantilly. Auction items include a hot air balloon ride, Wizards tickets, a back-of-house tour at the National Zoo and more. Proceeds benefit HomeAid Northern Virginia, a nonprofit that manages the renovations and construction of shelters for homeless families and individuals. Tickets are \$200. Visit www.homeaidnova.org for more.

Texas Hold'em Fundraiser. 7 p.m. at Prince William County Police Association Hall, 14288 Independent Hill Drive, Manassas. NOVEC HELPS is an employee volunteer non-profit 501 (c) 3 organization that works together with family and friends to make positive contribution to their communities. Register to help by participating in the "Hands to Help" fundraiser. Registration starts at 6 p.m. The buy-in is \$50. Visit www.novechelps.org.

Harvest Wine Dinner. 8 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Celebrate the harvest season with a menu featuring butternut squash and apple soup, salade mimosas, rosemary grilled butcher's cut steak and more — all paired with Paradise Springs wine. Tickets are \$119-139. Visit www.paradisepresswinery.com.

SATURDAY-SUNDAY/NOV. 7-8

Pumpkin Madness. 10 a.m.-6 p.m. (5 p.m. in November) at Cox Family Farms, 15621 Braddock Road, Centreville. Find a new "Imaginature Trail," hayrides, giant slides, rope swings, the Cornndrum Cornfield adventure and farm animals. Tickets are \$5-17. Visit www.coxfarms.com for more.

SUNDAY/NOV. 8

Military Brass Quintet. 8:45 a.m. and 11 a.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Jubilee Christian Center of Fairfax will have a Patriotic Gathering to honor U.S. Military persons (active, reserve & retired). It will feature an Army brass quintet presenting patriotic music. Free. Visit www.jccag.org for more.

Jane Austen Tea. 1 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Learn about the roles of members of Jane Austen's household, learn about fashion, medicine, and gardening in Austen's era. Tea and refreshments will be served. Tickets are \$28-30. Visit www.parktakes.fairfaxcounty.gov.

Fairfax Station Railroad Museum Sale. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Railroad collectibles, antiques, railroad memorabilia, toys and art will be available for purchase. All proceeds will help support the museum's operations. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org for more.

Book Talk. 2 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. AARP Virginia and the Organization of Chinese American Women (OCAW) will host local author Veronica Li as she discusses her new book, "Confucius Says," a novel about caring for elderly parents based on the author's own experience. Free. Call 1-877-926-8300 to register.

WEDNESDAY/NOV. 11

Texas Roadhouse Celebrates Veterans Day. 11 a.m.-2 p.m. at Texas Roadhouse, 4993 Westone Plaza, Chantilly. All veterans — including all active, retired or former United States military can choose one of 10 entrees for free. Call 703-378-9887.

THURSDAY/NOV. 12

Centreville Quilter's Auction. 6-10 p.m. at Colin Powell Elementary School Cafeteria, 13340 Leland Road, Centreville. Bid on fabrics, notions, quilts, and more. There will be silent and live auctions. Free to attend. Contact Jodi Heins at jodiheins@aol.com for more.

SATURDAY/NOV. 14

Gospel Concert. 6 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. True Spirit Bluegrass Gospel Band performs. Free, but donations accepted. Call 703-631-1799.

Community Irish Dance. 6:30-10 p.m. at Frying Pan Park Visitor's Center, 2739 West Ox Road, Herndon. Take an Irish dance class and dance to music by Old Pitch and Friend. Tickets are \$15 for adults, half price for children. Families will pay a maximum of \$35. Visit www.ccepotomac.org.

SUNDAY/NOV. 15

Table-top N Gauge Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Tabletop N Gauge model trains will be on display and running. Admission for museum members and children under 4 is free, \$2 for children ages 5-15, and \$4 for adults 16 and older. Visit www.fairfax-station.org for more.

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